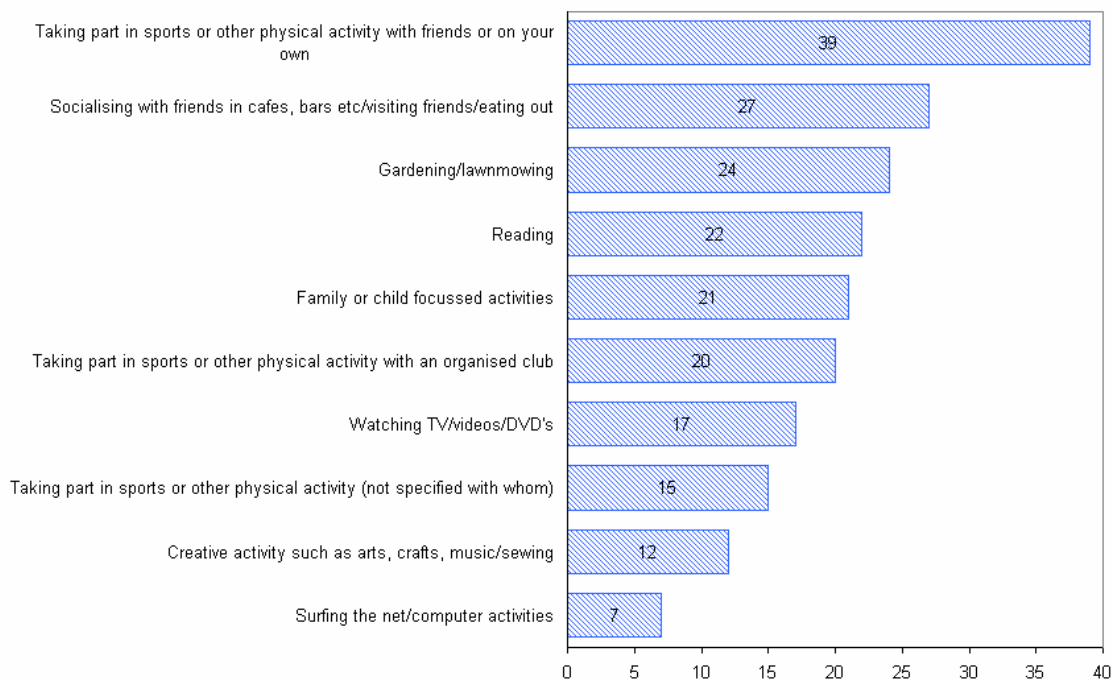


## 5. FREE TIME

### 5.1 Activities Undertaken In Free Time

Residents were asked to describe the three main things they did in their free time. Two out of five (39%) stated that they took part in sports or other physical activity (either on their own or with friends), while 27% stated that they liked to socialise with friends in cafes and bars, visit friends and/or eat out. Other commonly mentioned past-times included gardening and lawn mowing (24%), reading (22%), family and child focused activities (21%) and taking part in sports or other physical activity with an organised club (20%).

**Figure 5.1: Activities Undertaken In Free Time (%) (National Level)**



Base: n=7800 (All respondents)

Note: Graph lists the ten most frequently mentioned reasons. A full list of reasons is provided in Appendix One

Of the Twelve Cities, residents of Christchurch were most likely to state that in their free time they took part in sports or other physical activity on their own or with friends (53%), while those living in Porirua were least likely to mention this activity (20%). Mention of socialising with friends in cafes and bars/visiting friends/eating out was most common among residents living in Hamilton (35%) while it was least common among those living in Rodney (21%). Of the twelve cities, Wellington residents were most likely to read in their free time (32%). Those living outside the Twelve Cities were notably more likely to participate in sports or other physical activity with friends or alone (46%, compared with 32% of Twelve Cities residents) and gardening/lawn mowing (29%, compared with 19% of Twelve Cities residents).

**Table 5.1: Most Frequently Mentioned Activities Undertaken In Free Time – By Location (%)**

	National Average (n=7800)	Rodney (n=500)	North Shore (n=500)	Waitakere (n=500)	Auckland (n=500)	Manukau (n=500)	Tauranga (n=500)	Hamilton (n=500)
Taking part in sports or other physical activity with friends or on your own	39	26	33	24	28	24	22	22
Socialising with friends in cafes, bars etc/visiting friends/eating out	27	21	28	27	34	26	27	35
Gardening/lawn mowing	24	26	17	19	15	19	25	18
Reading	22	21	20	23	23	22	22	25
Family or child focused activities	21	16	21	23	18	22	18	20
Taking part in sports or other physical activity (not specified with whom)	20	34	25	26	20	27	37	35
Watching TV/videos/DVD's	17	12	18	17	24	24	16	20
Taking part in sports or other physical activity with an organised club	15	16	21	14	16	12	17	12
Creative activity such as arts, crafts, music/sewing	12	13	11	11	9	10	12	12
Surfing the net/computer activities	7	6	6	6	8	6	4	7

	<b>Porirua</b> <i>(n=500)</i>	<b>Lower Hutt</b> <i>(n=500)</i>	<b>Wellington</b> <i>(n=500)</i>	<b>Christchurch</b> <i>(n=800)</i>	<b>Dunedin</b> <i>(n=500)</i>	<b>Total Twelve Cities</b> <i>(n=6300)</i>	<b>Rest of New Zealand</b> <i>(n=1500)</i>
Taking part in sports or other physical activity with friends or on your own	20	33	28	53	49	32	46
Socialising with friends in cafes, bars etc/visiting friends/eating out	25	23	32	22	27	28	25
Gardening/lawn mowing	18	20	13	27	24	19	29
Reading	21	27	32	24	25	24	21
Family or child focused activities	23	21	15	21	16	20	22
Taking part in sports or other physical activity with an organised club	13	20	16	25	28	18	23
Watching TV/videos/DVD's	19	19	23	16	17	20	15
Taking part in sports or other physical activity <i>(not specified with whom)</i>	28	17	29	3	3	21	7
Creative activity such as arts, crafts, music/sewing	10	10	10	14	15	11	13
Surfing the net/computer activities	7	7	6	7	7	7	7

Base: All respondents

Those aged 65 years or over were significantly less likely to participate in sports or other physical activities with friends or alone (31%) than all other respondents (40%), particularly those aged 50-64 years (41%). There appears to be an inverse relationship between age and participation in socialising with friends in cafes and bars, visiting friends and/or eating out, with mention of socialising decreasing with age (mentioned by 46% of those aged 15-24 years but only 15% of those aged 65 years or over). In contrast, participation in gardening and lawn mowing increases with age, being mentioned by only 2% of residents aged 15-24 years, but increasing to 45% of those aged 65 years or over.

**Table 5.2: Most Frequently Mentioned Activities Undertaken In Free Time - By Age (%) (National Level)**

	<b>15-24 Years (n=1366)</b>	<b>25-49 Years (n=3659)</b>	<b>50-64 Years (n=1559)</b>	<b>65+ Years (n=1216)</b>
Taking part in sports or other physical activity with friends or on your own	38	40	41	31
Socialising with friends in cafes, bars etc/visiting friends/eating out	46	26	20	15
Gardening/lawn mowing	2	19	38	45
Reading	14	22	29	24
Family or child focused activities	9	30	15	13
Taking part in sports or other physical activity with an organised club	25	18	18	24
Watching TV/videos/DVD's	28	17	15	11
Taking part in sports or other physical activity ( <i>not specified with whom</i> )	14	16	16	11
Creative activity such as arts, crafts, music/sewing	11	8	15	21
Surfing the net/computer activities	15	5	5	5

Base: All respondents

Of the four ethnic groups, residents of New Zealand European descent were most likely to spend their free time taking part in sports or other physical activities on their own or with friends (39%), while those of Asian or Indian descent were less likely to participate in this activity (34%). Those of New Zealand European descent were also most likely to enjoy gardening and lawn mowing (26%), while those of Pacific Island descent are the least likely to participate (8%). Of the four ethnic groups, residents of Asian or Indian descent were most likely to spend their free time reading (27%) and least likely to spend it on family or child focused activities (16%), while those of Maori and Pacific Island descent are least likely to spend time reading (both with 20%), but most likely to spend time on family or child related activities (each with 26%).

**Table 5.3: Most Frequently Mentioned Activities Undertaken In Free Time – By Ethnicity (%) (National Level)**

	<b>New Zealand European</b> (n=6404)	<b>Maori</b> (n=919)	<b>Pacific Peoples</b> (n=382)	<b>Asian/Indian</b> (n=483)
Taking part in sports or other physical activity with friends or on your own	39	37	36	34
Socialising with friends in cafes, bars etc/visiting friends/eating out	27	28	27	29
Gardening/lawn mowing	26	17	8	14
Reading	22	20	20	27
Family or child focused activities	20	26	26	16
Taking part in sports or other physical activity with an organised club	20	20	24	13
Watching TV/videos/DVD's	15	17	29	34
Taking part in sports or other physical activity ( <i>not specified with whom</i> )	16	14	11	12
Creative activity such as arts, crafts, music/sewing	13	11	6	6
Surfing the net/computer activities	6	7	7	16

Base: All respondents

Note: Respondents able to select multiple ethnicities. Consequently bases may total more than 100%

Females were significantly more likely than males to spend their free time reading (30%, compared to 14% of males), socialising with friends in cafes and bars, visiting friends and/or eating out (29%, compared to 24% of males), gardening and/or lawn mowing (28%, compared to 19% of males), and/or participating in creative activities such as arts, crafts, music and sewing (16%, compared to 8% of males). In contrast, males were more likely than females to spend their time taking part in sports or other physical activities either on their own or with friends (41%, compared to 36% of females) or with an organised club (25%, compared to 15% of females), and/or watching TV, videos or DVD's (20%, compared to 15% of females).

**Table 5.4: Most Frequently Mentioned Activities Undertaken – By Gender (%)  
(National Level)**

	Male (n=3744)	Female (n=4056)
Taking part in sports or other physical activity with friends or on your own	41	36
Socialising with friends in cafes, bars etc/visiting friends/eating out	24	29
Gardening/lawn mowing	19	28
Reading	14	30
Family or child focused activities	20	21
Taking part in sports or other physical activity with an organised club	25	15
Watching TV/videos/DVD's	20	15
Taking part in sports or other physical activity ( <i>not specified with whom</i> )	15	15
Creative activity such as arts, crafts, music/sewing	8	16
Surfing the net/computer activities	10	4

Base: All respondents

Results suggest a clear distinction between the free time activities of higher income households (\$70,001+) and lower income households (\$50,000 or less). Residents from higher income households were significantly more likely to spend their free time taking part in sports or other physical activities either on their own or with friends (44%, compared with 37% of lower income households) and/or with an organised club (23%, compared with 18% of lower income households), and/or socialising with friends in cafes and bars, visiting friends and/or eating out (30%, compared with 23% of lower income households). In contrast, lower income households were more likely to spend their time gardening and/or lawn mowing (29%, compared with 21% of higher income households), and participating in creative activities such as arts, crafts, music and sewing (15%, compared with 9% of higher income households).

**Table 5.5: Most Frequently Mentioned Activities Undertaken – By Annual Household Income (%) (National Level)**

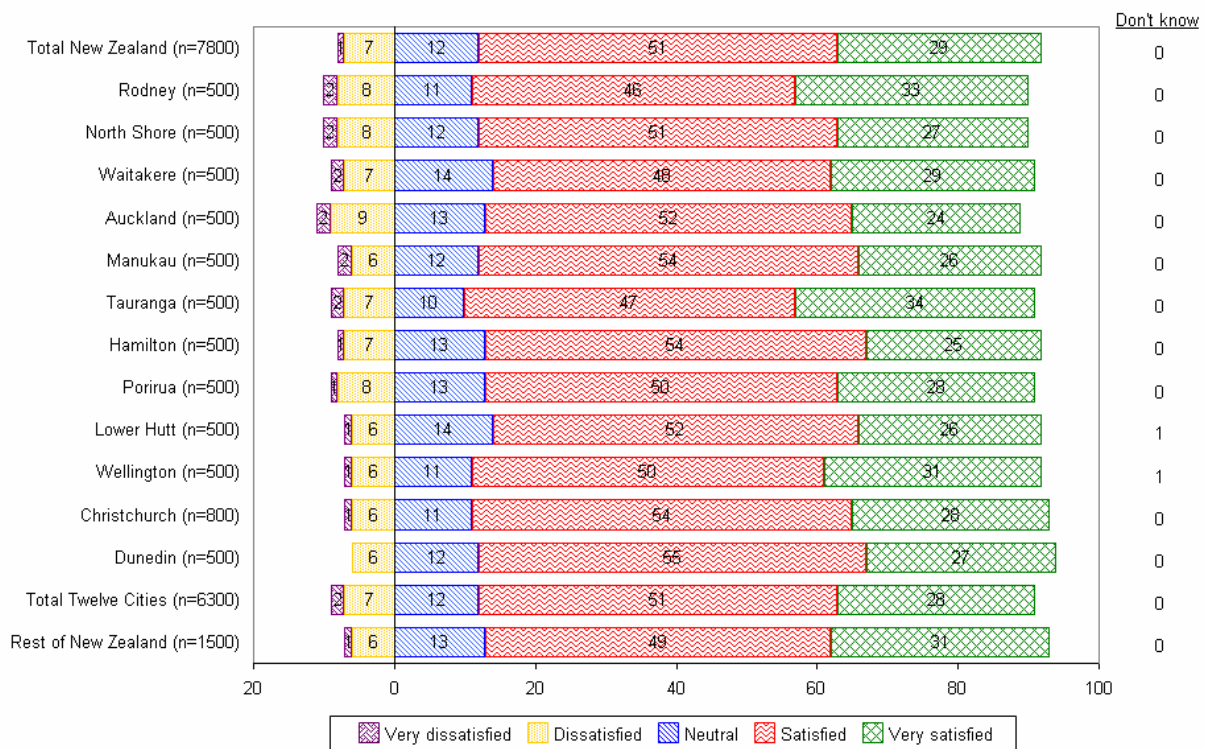
	<b>\$20,000 or less</b> (n=1006)	<b>\$20,001 - \$30,000</b> (n=756)	<b>\$30,001- \$50,000</b> (n=1360)	<b>\$50,001- \$70,000</b> (n=1258)	<b>\$70,001- \$100,000</b> (n=1116)	<b>\$100,001- \$150,000</b> (n=717)	<b>\$150,001+</b> (n=449)
Taking part in sports or other physical activity with friends or on your own	35	33	41	35	45	43	44
Socialising with friends in cafes, bars etc/visiting friends/eating out	22	20	25	27	30	27	33
Gardening/lawn mowing	31	32	25	22	20	25	18
Reading	24	28	23	24	20	23	17
Family or child focused activities	14	20	22	26	25	22	24
Taking part in sports or other physical activity with an organised club	15	19	19	22	23	22	24
Watching TV/videos/DVD's	16	18	18	20	17	15	18
Taking part in sports or other physical activity (not specified with whom)	13	11	13	15	18	21	18
Creative activity such as arts, crafts, music/sewing	18	14	12	10	9	8	10
Surfing the net/computer activities	9	7	7	7	6	4	4

Base: All respondents

## 5.2 Satisfaction With Free Time

Four in five New Zealand residents (80%) were either *satisfied* (51%) or *very satisfied* (29%) with their free time. Eight percent expressed some level of dissatisfaction, 7% being *dissatisfied* and a further 1% being *very dissatisfied* (1%) with their free time. Those living in Christchurch and Dunedin were most likely to be *satisfied* or *very satisfied* with their free time (each with 82%), while residents of Auckland were least likely to be *satisfied/very satisfied* (76%). There was no notable difference in the level of satisfaction with free time between residents of the Twelve Cities (79%) and those living elsewhere (80%).

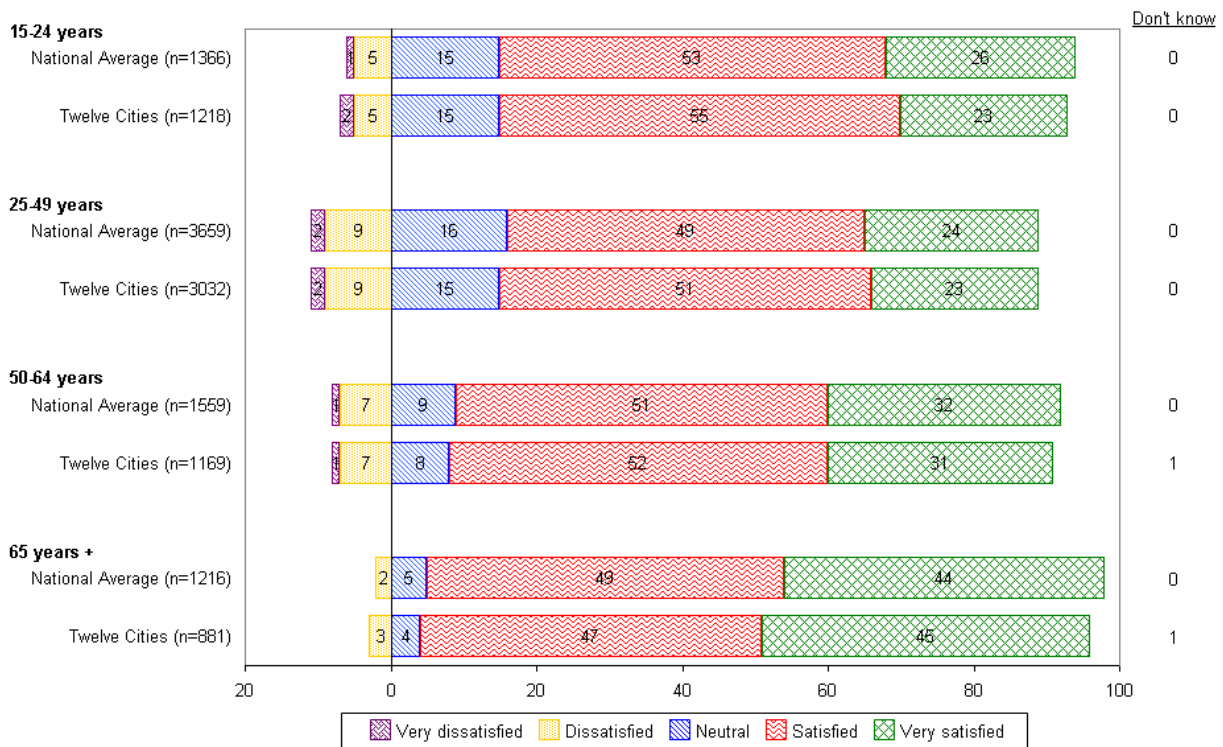
**Figure 5.2: Satisfaction With Free Time - By Location (%)**



Base: All respondents

Both nationally, and a Twelve Cities' level, residents aged 65 years or older were significantly more likely to be *satisfied* or *very satisfied* with their free time (93% nationally; 92% Twelve Cities) than all other respondents (77% at both levels), while those aged between 25 and 49 were the least likely to *satisfied/very satisfied* (73% and 74% respectively).

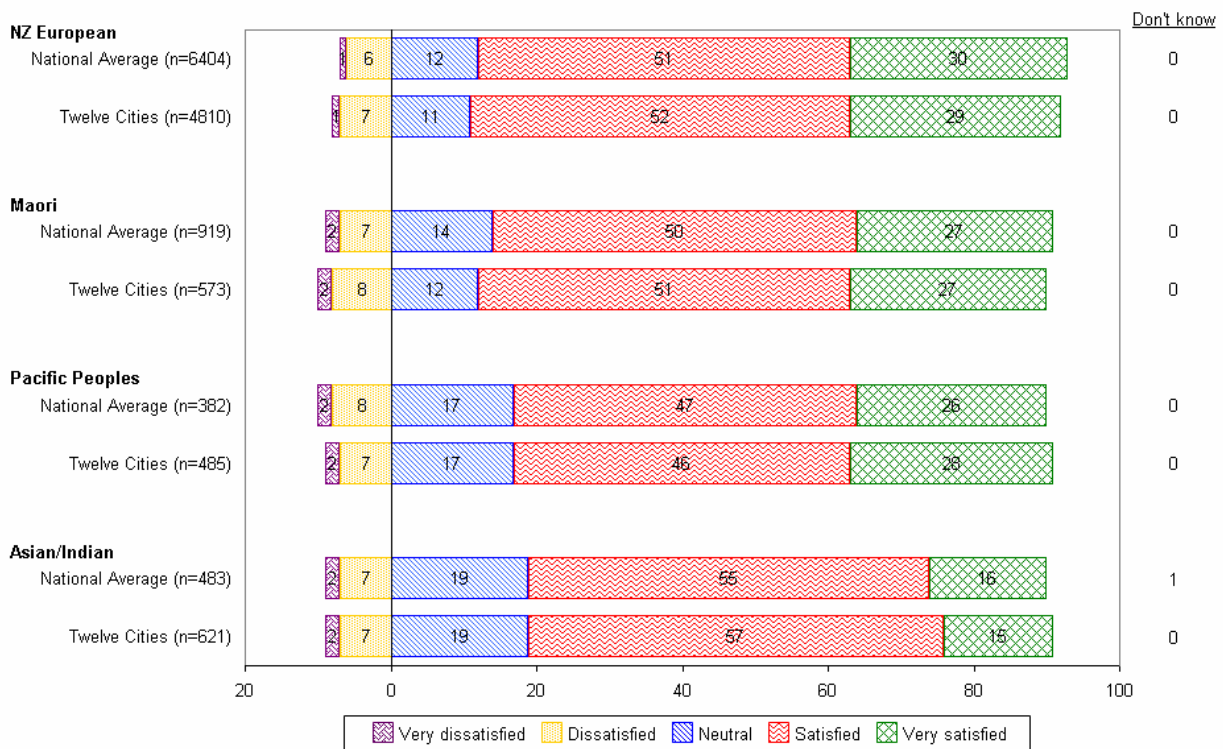
**Figure 5.3: Satisfaction With Free Time - By Age (%)**



Base: All respondents

Nationally and at the Twelve Cities level, residents of New Zealand European descent were most likely to state that they were *satisfied* or *very satisfied* with their free time (81% at both levels), followed by residents of Maori descent (77% nationally; 78% Twelve Cities). Those of Asian or Indian descent were least likely to be *satisfied/very satisfied* (71% nationally; 72% Twelve Cities).

**Figure 5.4: Satisfaction With Free Time - By Ethnicity (%)**

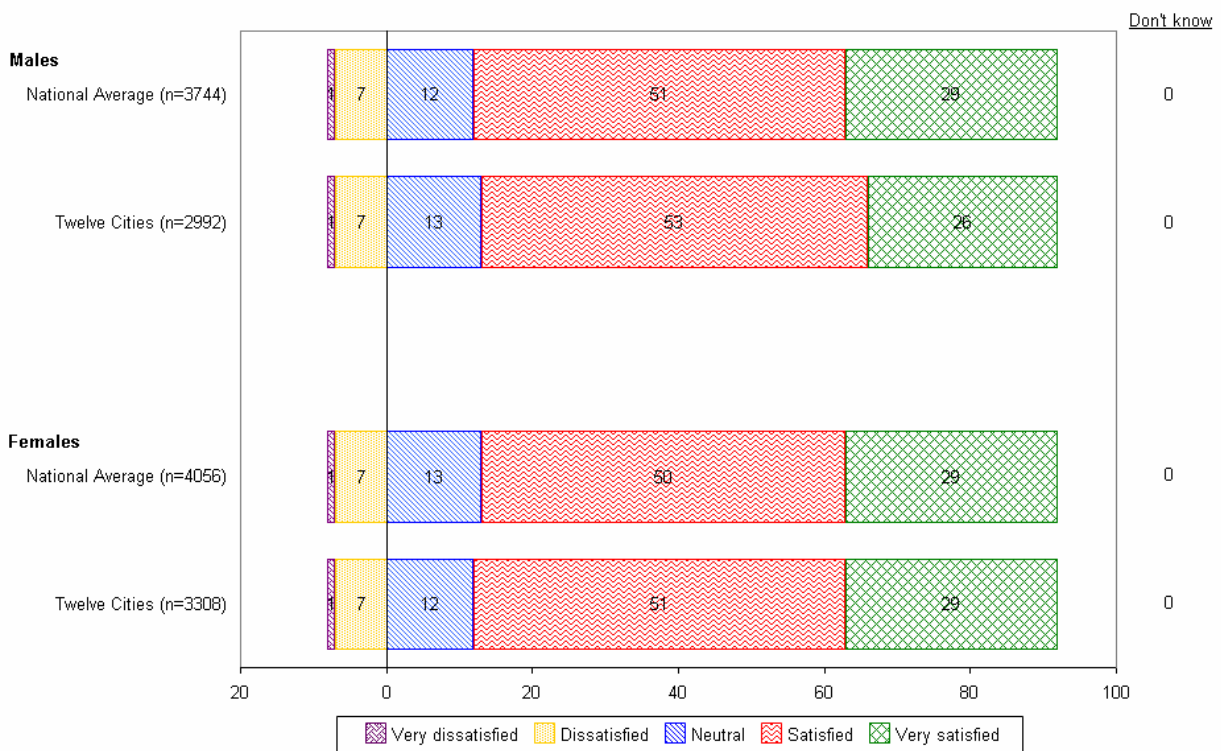


Base: All respondents

Note: Respondents able to select multiple ethnicities. Consequently bases may total more than 100%

At both the national and Twelve Cities' level, results for satisfaction with free time did not differ greatly by gender. Nationally, males (80%) were slightly more likely than females (79%) to be *satisfied/very satisfied* with their free time, while at the Twelve Cities' level, females (80%) were slightly more likely to express satisfaction than males (79%).

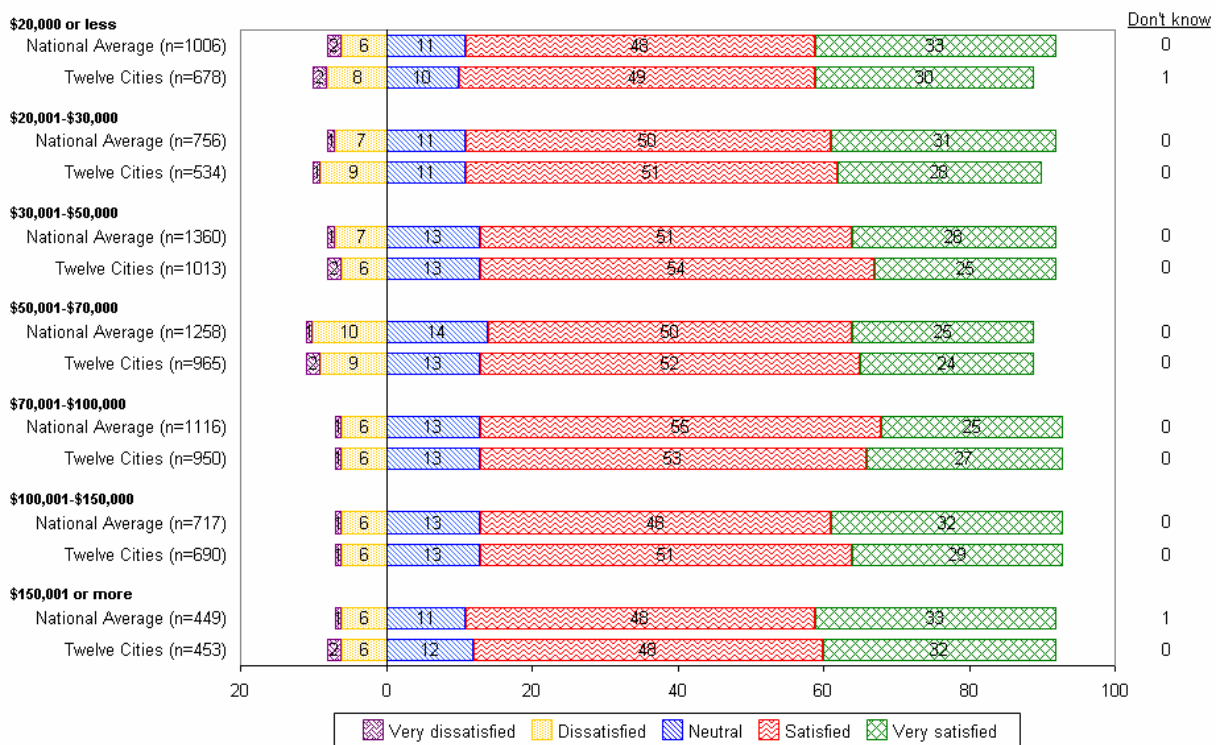
**Figure 5.5: Satisfaction With Free Time - By Gender (%)**



Base: All respondents

Both nationally and at the Twelve Cities level, there were no notable differences in satisfaction with free time by household income. However, at both levels, those earning between \$50,000 and \$70,000 a year were significantly less likely to be *satisfied/very satisfied* (75% nationally; 76% Twelve Cities) than all other residents (81% nationally; 80% Twelve Cities).

**Figure 5.6: Satisfaction with Free Time - By Household Income (%)**

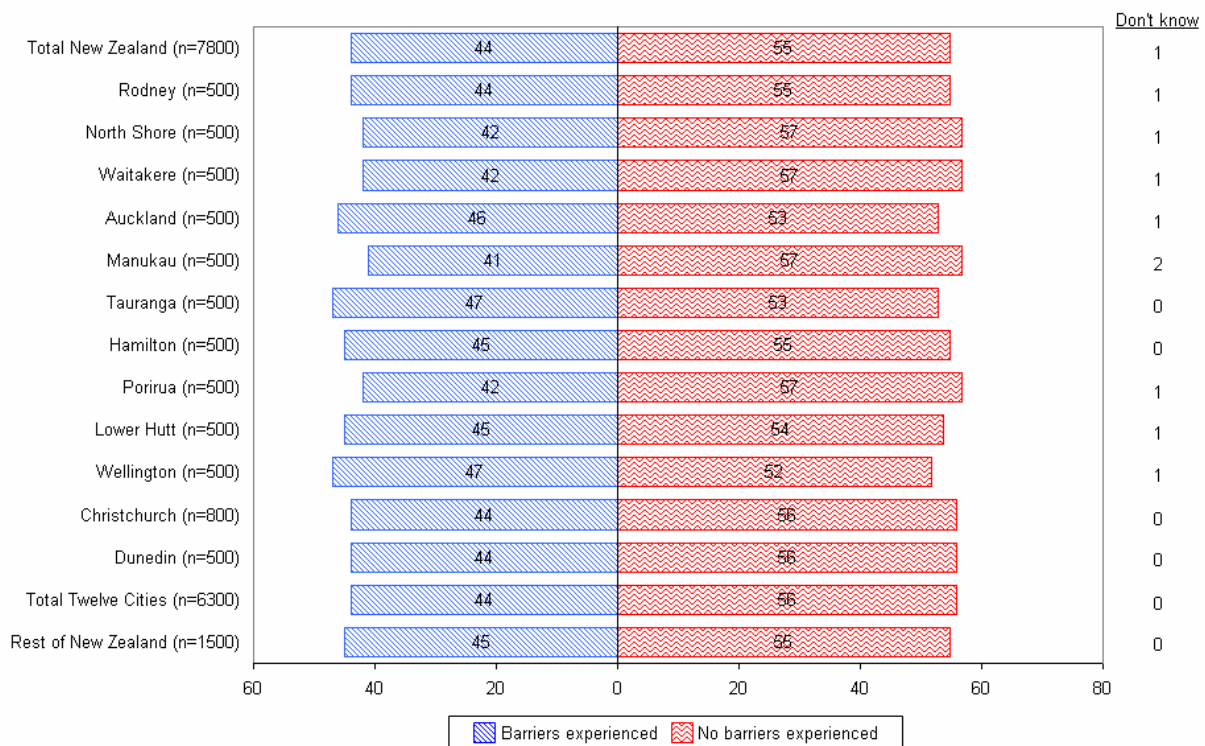


Base: All respondents

### 5.3 Experience Of Barriers To Leisure Activity

Over half of New Zealand residents (55%) did not experience any barriers that made it difficult to take part in free time activities that were important to them. Those living in Tauranga and Wellington were most likely to have *experienced* barriers to leisure activities (47%), while those from Manukau were least likely to have (41%). There were no notable differences in the experience of barriers between residents of the Twelve Cities (44%) and those living in the rest of the New Zealand (45%).

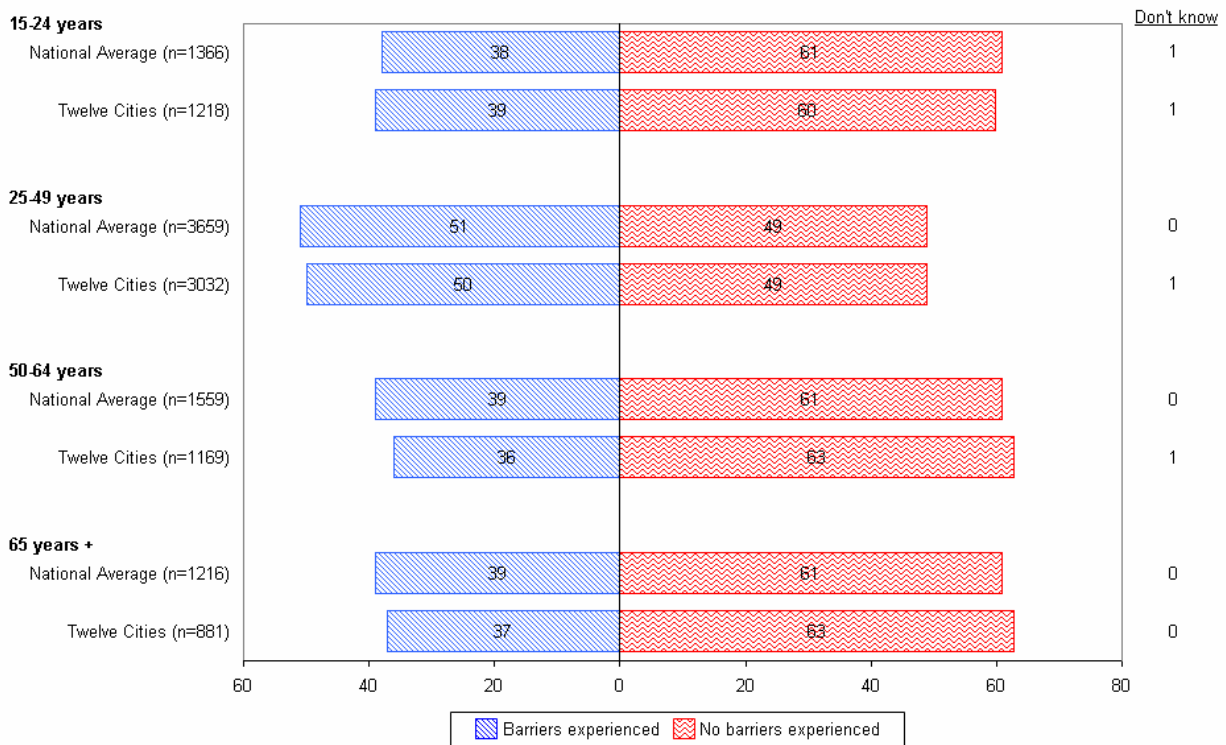
**Figure 5.7: Experience Of Barriers To Leisure Activities - By Location (%)**



Base: All respondents

Both nationally and a Twelve Cities' level, residents aged between 25 and 49 years old were significantly more likely to have experienced barriers to participation in free time activities (51% nationally; 50% Twelve Cities) than all other residents (39% nationally; 38% Twelve Cities).

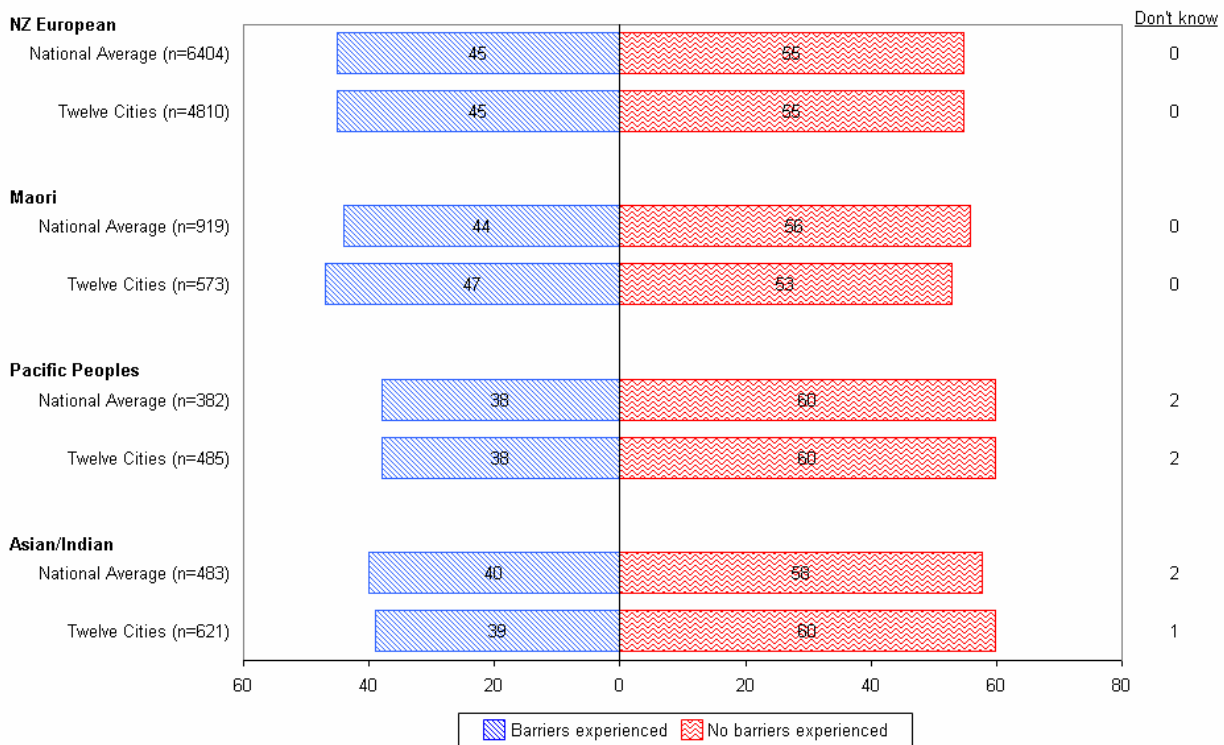
**Figure 5.8: Experience Of Barriers To Leisure Activities - By Age (%)**



Base: All respondents

Nationally, New Zealand European residents were most likely to state that they had experienced barriers to participating in free time activities (45%), while those of Pacific Island descent were least likely (38%). At the Twelve Cities' level, residents of Maori descent were most likely to report barriers to free time activities (47%) while those of Pacific Island descent were least likely (38%).

**Figure 5.9: Experience Of Barriers To Leisure Activities - By Ethnicity (%)**

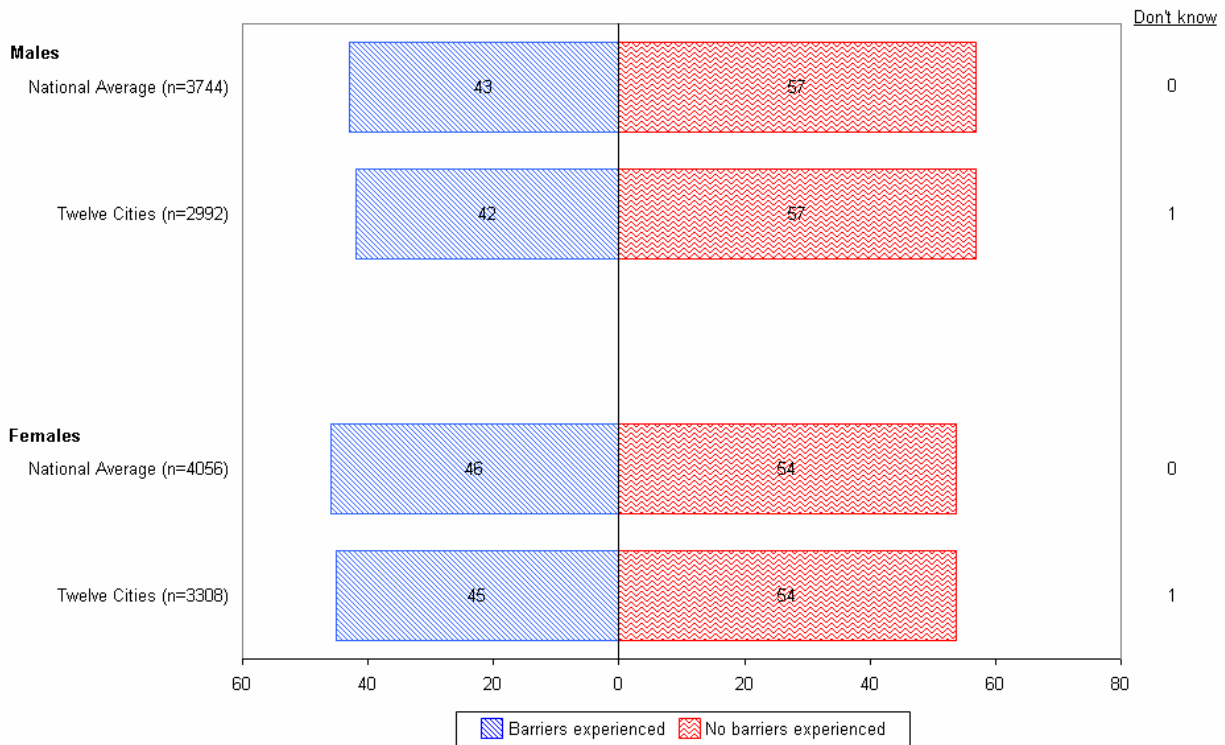


Base: All respondents

Note: Respondents able to select multiple ethnicities. Consequently bases may total more than 100%

At both the national and Twelve Cities' level, females were significantly more likely to have experienced barriers to leisure activities (46% nationally; 45% Twelve Cities) than their male counterparts (43% nationally; 42% Twelve Cities).

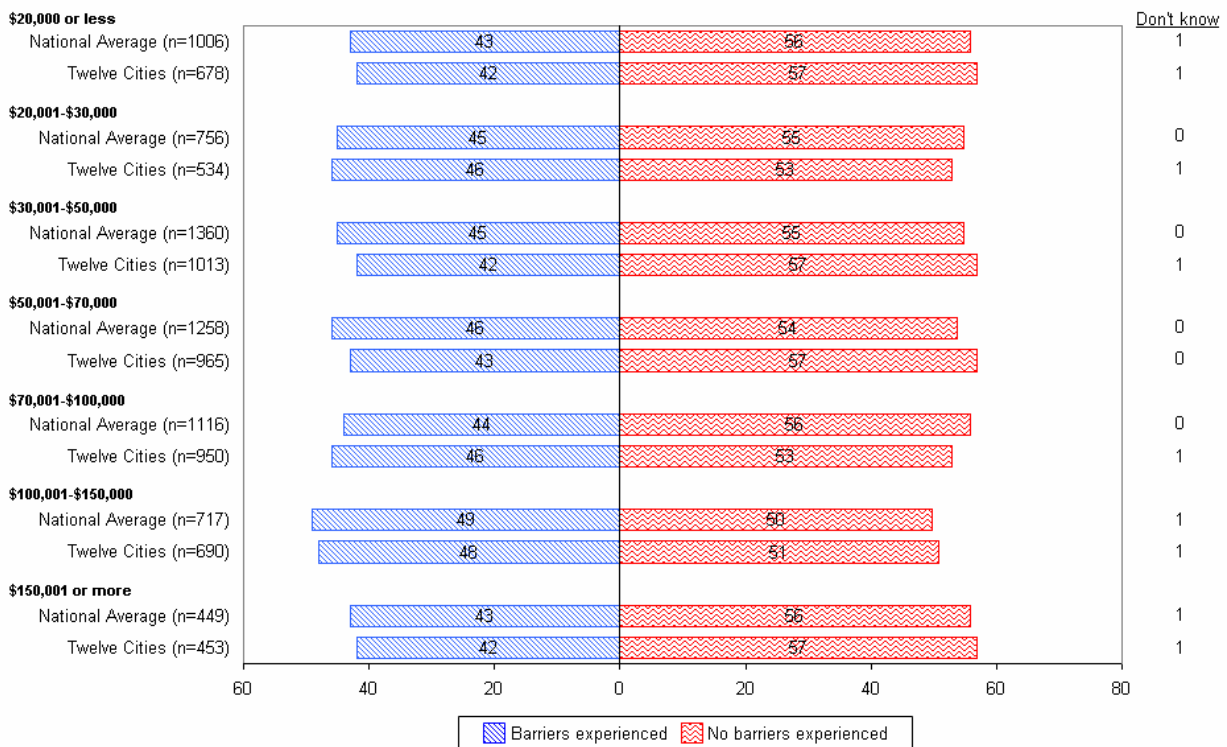
**Figure 5.10: Experience Of Barriers To Leisure Activities - By Gender (%)**



Base: All respondents

Both nationally and at Twelve Cities' level, there appears to be no relationship between household income and experience of barriers to leisure activities. At both levels, those with a household income of \$100,001-\$150,000 were most likely to report experiencing barriers (49% nationally; 48% Twelve Cities) while residents with a household income of \$20,000 or less or \$150,001 or more were least likely (43% nationally; 42% Twelve Cities).

**Figure 5.11: Experience Of Barriers To Leisure Activities - By Household Income (%)**

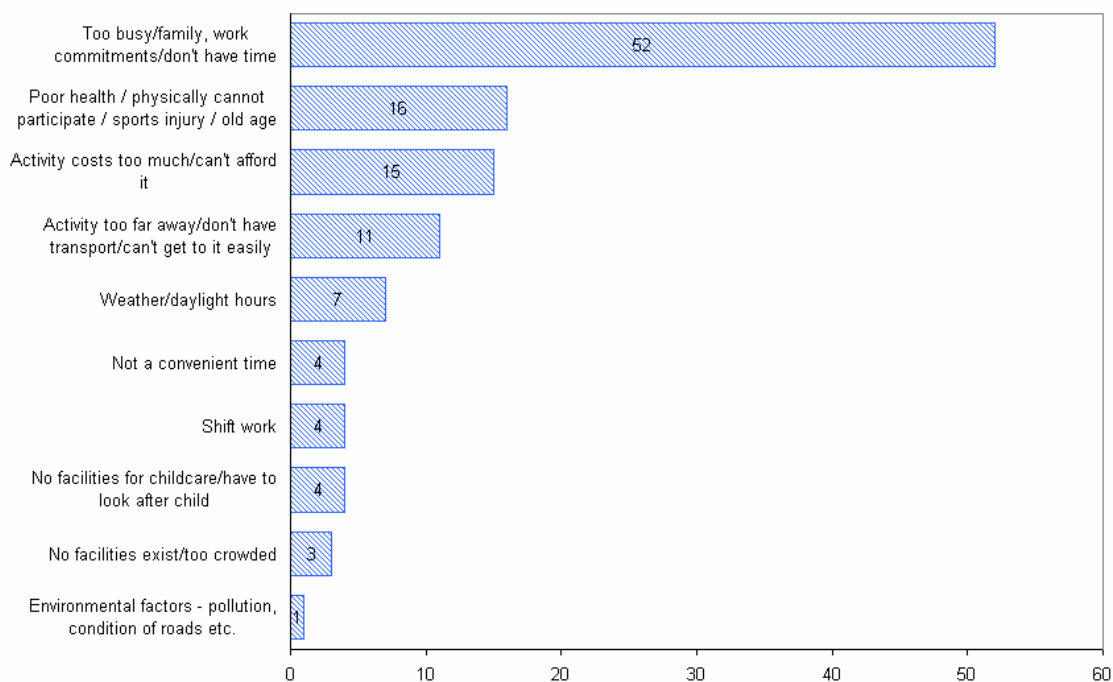


Base: All respondents

## 5.4 Barriers To Physical Activity

Those who stated that they had experienced barriers to important activities were asked what type of barriers they had experienced. The most commonly mentioned barrier was being too busy, having family commitments and/or not having time (52%). An additional 16% stated that they had poor health, physically could not participate, had a sports injury and/or could not participate because of old age, while 15% stated that the activity cost too much and/or they couldn't afford to participate/participate more often.

**Figure 5.12: Barriers To Physical Activity (%) (National Level)**



Base: n=3453 (Respondents experiencing at least once barrier to participating in activities that are important to them)

Note: Graph lists the ten most frequently mentioned reasons. A full list of reasons is provided in Appendix One

Around half of residents from all cities cited being too busy, have family commitments and/or don't have time as a barrier to participation (from 55% of those living outside the Twelve Cities to 40% among Lower Hutt residents). Tauranga residents were over-represented among those stating that poor health/physical ability/old age was a barrier to participation (22%), while Dunedin (21%) and Hamilton (20%) residents were over-represented among those citing cost/affordability issues. Accessibility of activities was particularly a barrier for Rodney residents (19%). Residents living outside the Twelve Cities were significantly more likely to cite being too busy/family and work commitments/don't have time (55%) and poor health/physical/old age (19%) as barriers to participation in leisure activity than Twelve Cities' residents (49% and 14% respectively).

**Table 5.6: Most Frequently Mentioned Barriers To Leisure Activity – By Location (%)**

	National Average (n=3453)	Rodney (n=221)	North Shore (n=207)	Waitakere (n=212)	Auckland (n=229)	Manukau (n=206)	Tauranga (n=233)	Hamilton (n=222)
Too busy/family, work commitments/don't have time	52	41	45	46	51	50	43	53
Poor health/physically cannot participate/sports injury/old age	16	14	17	15	11	13	22	13
Activity costs too much/can't afford it	15	13	10	15	12	11	13	20
Activity too far away/don't have transport/can't get to it easily	11	19	16	12	16	8	7	7
Weather/daylight hours	7	3	9	4	4	5	6	4
No facilities for childcare/have to look after child	4	3	3	5	3	4	5	8
Shift work	4	3	1	4	5	3	3	3
Not a convenient time	4	3	3	2	3	7	3	4
No facilities exist/too crowded	3	7	4	2	5	6	7	2
Environmental factors - pollution, condition of roads etc.	1	2	3	0	3	1	0	0

	<b>Porirua</b> (n=210)	<b>Lower Hutt</b> (n=225)	<b>Wellington</b> (n=237)	<b>Christchurch</b> (n=349)	<b>Dunedin</b> (n=218)	<b>Total Twelve Cities</b> (n=2752)	<b>Rest of New Zealand</b> (n=674)
Too busy/family, work commitments/don't have time	46	40	51	53	51	49	55
Poor health/physically cannot participate/sports injury/old age	13	12	11	18	17	14	19
Activity costs too much/can't afford it	10	17	18	17	21	15	16
Activity too far away/don't have transport/can't get to it easily	7	11	11	11	10	12	10
Weather/daylight hours	9	9	12	9	13	7	7
No facilities for childcare/have to look after child	8	6	5	5	4	5	4
Shift work	7	3	3	4	3	3	5
Not a convenient time	4	5	2	4	4	4	4
No facilities exist/too crowded	1	1	3	1	2	4	2
Environmental factors - pollution, condition of roads etc.	1	2	3	1	1	2	<1

*Base: Those experiencing at least one barrier to participating in activities that are important to them*

Older residents (those aged 65 years or over) were significantly less likely to cite being too busy/family commitments/lack of time as a barrier to leisure activities (16%) than all other respondents (58%), while those aged 25-49 years were most likely to cite this reason as a barrier (63%). In contrast, older residents were more likely to mention that they were in poor health, physically cannot participate, had a sports injury and/or could not participate due to old age (63% of those aged 65 years or more, compared with 9% of all other respondents). Those aged 15-24 years were over-represented among residents citing accessibility issues (activity too far away/don't have transport/can't get to it easily) as a barrier to leisure activities (20%, compared with 9% of all other respondents).

**Table 5.7: Most Frequently Mentioned Barriers To Leisure Activity - By Age (%)  
(National Level)**

	15-24 Years (n=523)	25-49 Years (n=1851)	50-64 Years (n=606)	65+ Years (n=472)
Too busy/family, work commitments/don't have time	51	63	48	16
Poor health/physically cannot participate/sports injury/old age	4	6	22	63
Activity costs too much/can't afford it	18	17	13	9
Activity too far away/don't have transport/can't get to it easily	20	9	9	10
Weather/daylight hours	6	7	8	5
No facilities for childcare/have to look after child	2	7	1	<1
Shift work	3	5	5	1
Not a convenient time	3	5	5	1
No facilities exist/too crowded	6	2	3	1
Environmental factors - pollution, condition of roads etc.	1	1	1	1

Base: Those experiencing at least one barrier to participating in activities that are important to them

Of the four ethnic groups, residents of Pacific Island descent were most likely to mention that they were too busy and do not have time to participate in leisure activities important to them (62%) while those of New Zealand European descent were least likely to cite this barrier (51%). In contrast, those of New Zealand European (18%) and Maori (14%) descent were more likely than those of Pacific Island (4%) and Asian or Indian (3%) descent to mention that poor health, physically cannot participate, having a sports injury and/or being unable to participate due to old age as a barrier to participating in leisure activities. Maori residents were significantly over-represented among those mentioning cost/affordability as a barrier (20%, compared with 14% of all other residents).

**Table 5.8: Most Frequently Mentioned Barriers To Leisure Activity – By Ethnicity (%) (National Level)**

	<b>New Zealand European</b> (n=2909)	<b>Maori</b> (n=403)	<b>Pacific Peoples</b> (n=146)	<b>Asian/ Indian</b> (n=193)
Too busy/family, work commitments/don't have time	51	56	62	59
Poor health/physically cannot participate/sports injury/old age	18	14	4	3
Activity costs too much/can't afford it	15	20	14	11
Activity too far away/don't have transport/can't get to it easily	11	9	12	13
Weather/daylight hours	8	6	3	5
No facilities for childcare/have to look after child	4	7	5	4
Shift work	4	5	5	2
Not a convenient time	4	4	4	7
No facilities exist/too crowded	3	1	2	4
Environmental factors - pollution, condition of roads etc.	1	1	1	<1
Lack of motivation/energy	1	2	2	<1
Facilities exist but are poor/inadequate, lack of choice	1	<1	<1	1
Safety concerns	1	0	0	1
Don't have/know anyone to go with/do activity with	<1	1	<1	3

Base: Those experiencing at least one barrier to participating in activities that are important to them

Females were significantly more likely than males to mention that they were in poor health, physically cannot participate, have a sports injury and/or cannot participate due to old age (18%, compared with 14% of males), that the activity cost too much and/or they could not afford it (18%, compared with 12% of males), that the activity was too far away, they didn't have transport and/or couldn't get to it easily (12%, compared with 9% of males), and/or that they had to look after their children and/or there are no facilities for childcare (7%, compared with 2% of males). In contrast, males were more likely than females to mention being too busy with family or work commitments and/or not having time for other activities (56%, compared with 48% of females).

**Table 5.9: Most Frequently Mentioned Barriers To Leisure Activity – By Gender (%)**  
(National Level)

	Male (n=1608)	Female (n=1845)
Too busy/family, work commitments/don't have time	56	48
Poor health/physically cannot participate/sports injury/old age	14	18
Activity costs too much/can't afford it	12	18
Activity too far away/don't have transport/can't get to it easily	9	12
Weather/daylight hours	8	6
No facilities for childcare/have to look after child	2	7
Shift work	4	4
Not a convenient time	4	4
No facilities exist/too crowded	3	2
Environmental factors - pollution, condition of roads etc.	1	1

Base: Those experiencing at least one barrier to participating in activities that are important to them

A comparison of results by household income shows that lower income households (those with a household income of \$30,000 or less) were significantly less likely to cite being too busy with family and work commitments and/or don't have time as a barrier to participation in leisure activities (33%) than those with a household income of \$30,001 or more (59%). However, lower income households were significantly more likely to cite poor health, physically unable to participate, having a sports injury and/or being unable to participate due to old age (34%, compared with 10% of all other residents) and the activity costing too much and/or they couldn't afford it (23%, compared with 12% of all other respondents).

**Table 5.10: Most Frequently Mentioned Barriers To Leisure Activity – By Annual Household Income (%) (National Level)**

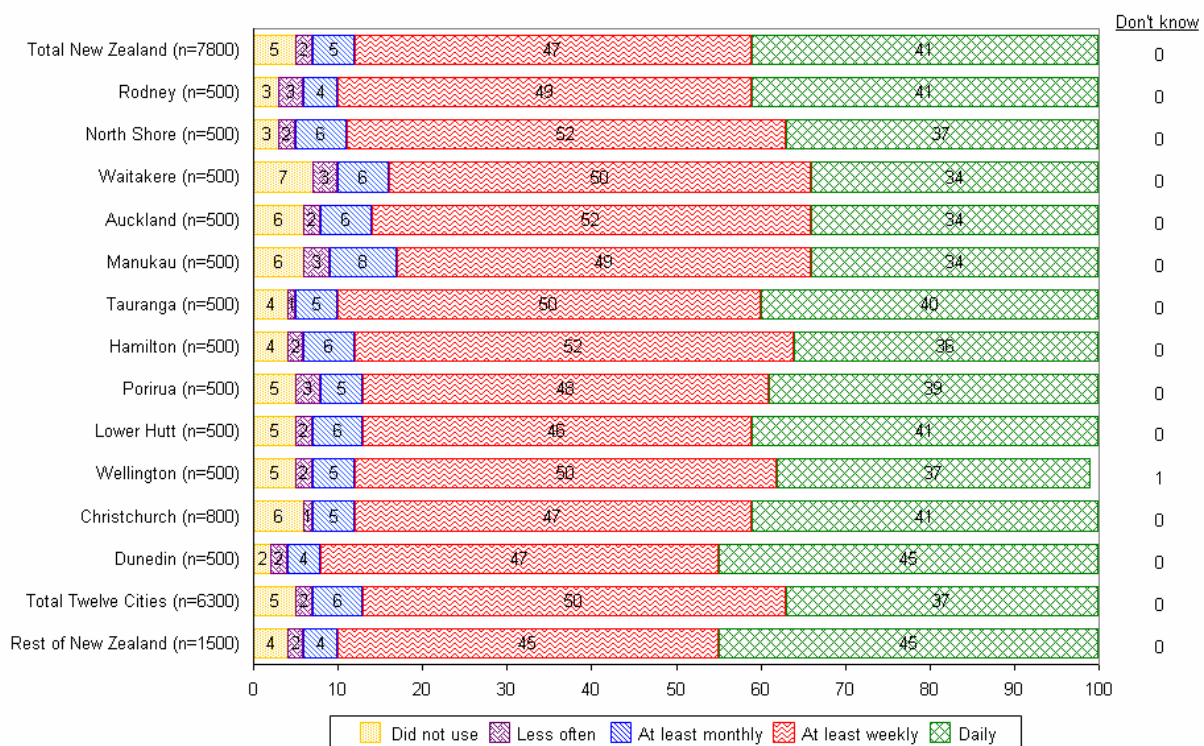
	<b>\$20,000 or less</b> (n=431)	<b>\$20,001 - \$30,000</b> (n=342)	<b>\$30,001- \$50,000</b> (n=609)	<b>\$50,001- \$70,000</b> (n=579)	<b>\$70,001- \$100,000</b> (n=488)	<b>\$100,001- \$150,000</b> (n=353)	<b>\$150,001+</b> (n=192)
Too busy/family, work commitments/don't have time	27	40	60	61	63	61	57
Poor health/physically cannot participate/sports injury/old age	39	27	11	12	7	5	9
Activity costs too much/can't afford it	24	23	19	14	11	7	11
Activity too far away/don't have transport/can't get to it easily	14	9	7	10	11	12	9
Weather/daylight hours	5	4	9	6	7	9	5
No facilities for childcare/have to look after child	2	5	5	4	7	5	3
Shift work	1	3	5	6	7	4	2
Not a convenient time	2	6	4	3	6	4	1
No facilities exist/too crowded	1	2	3	2	4	4	4
Environmental factors - pollution, condition of roads etc.	1	<1	<1	1	2	2	2

Base: Those experiencing at least one barrier to participating in activities that are important to them

## 5.5 Frequency Of Doing Physical Activity

The greatest single share of New Zealand residents (47%) stated that they participated in physical activity *at least once a week*, while 41% stated they did some form of physical activity *daily*. An additional 5% stated they participated *once a month*. Five percent stated that they *did not ever* do any form of exercise or physical activity. Residents of Dunedin were most likely to state that they participated in some form of physical activity *at least once a week/daily* (92%), while Manukau residents were least likely to participate in physical activity this often (83% *at least once a week/daily*). While not significantly different, residents living outside the Twelve Cities were more likely to participate in physical activity *at least once a week/daily* (90%) than Twelve Cities' residents (87%).

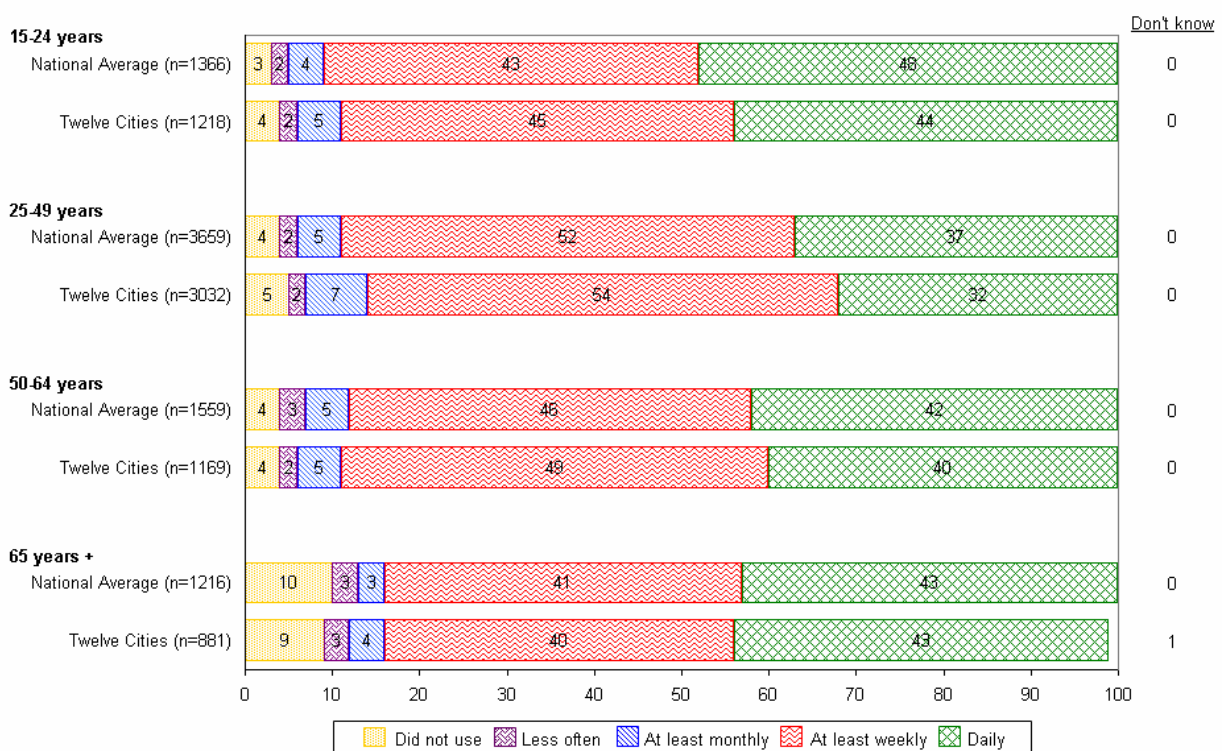
**Figure 5.13: Frequency of Doing Physical Activity - By Location (%)**



Base: All respondents

Both nationally and a Twelve Cities' level, residents aged 65 years or over were significantly less likely to take part in physical activity *at least once a week/daily* (84% nationally; 83% Twelve Cities) than all other respondents (89% nationally; 88% Twelve Cities), this difference being most notable when compared with those aged 15-24 years (91% nationally; 89% Twelve Cities participating in physical activity *at least once a week/daily*). Those aged 15-24 years were also most likely to participate in physical activity *daily* (48% nationally; 44% Twelve Cities) while those aged 65 years or over were over-represented among those *never* doing physical activity (10% nationally; 9% Twelve Cities).

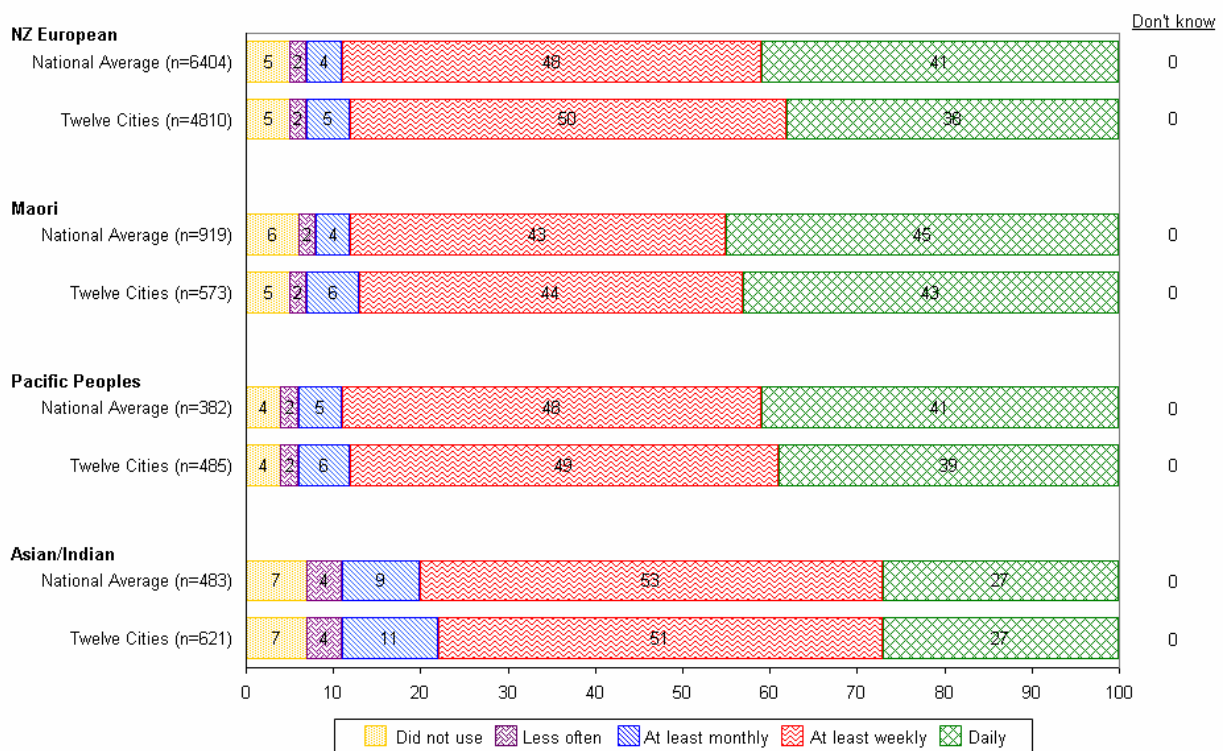
**Figure 5.14: Frequency of Doing Physical Activity - By Age (%)**



Base: All respondents

Both nationally and at the Twelve Cities level, residents of Asian or Indian descent were significantly less likely to have participated in physical activity *at least once a week/daily* (80% nationally; 78% Twelve Cities) than all other respondents (89% nationally; 88% Twelve Cities). Of the four ethnic groups, residents of Maori descent were most likely to state that they took part in physical activity *daily* (45% nationally; 43% Twelve Cities) while Asian/Indian residents were over-represented among those *never* participating in physical activity (7% at both levels).

**Figure 5.15: Frequency of Doing Physical Activity - By Ethnicity (%)**

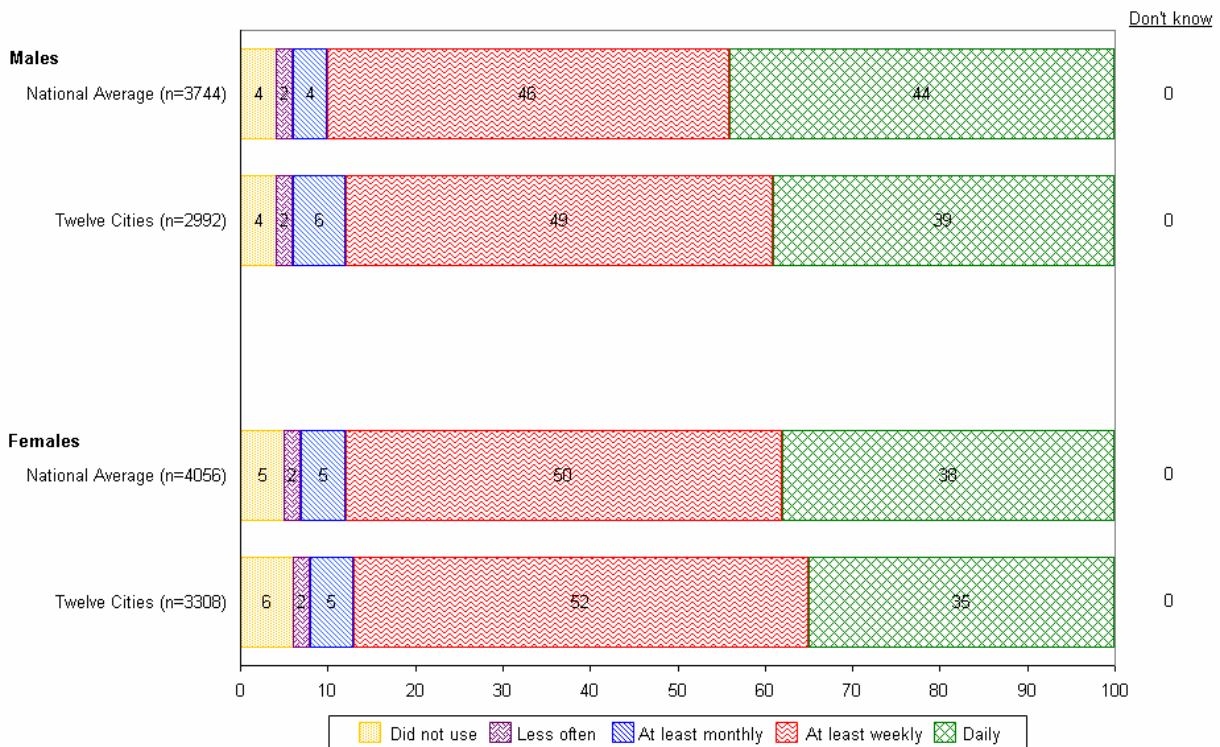


Base: All respondents

Note: Respondents able to select multiple ethnicities. Consequently bases may total more than 100%

Both nationally and at the Twelve Cities' level, males were significantly more likely to report participating in physical activity *daily* (44% nationally; 39% Twelve Cities) than their female counterparts (38% nationally; 35% Twelve Cities). Males were also more likely to participate in physical activity *at least once a week/daily* (90% nationally; 88% Twelve Cities) than females (88% nationally; 87% Twelve Cities).

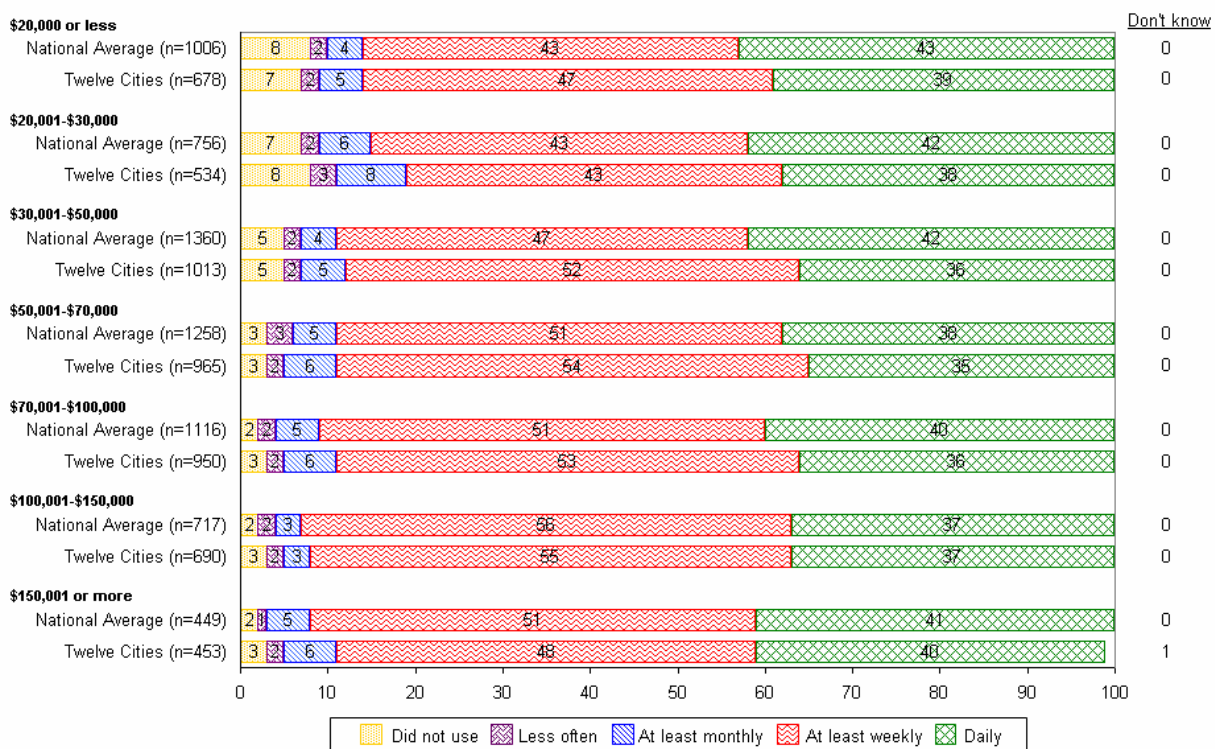
**Figure 5.16: Frequency of Doing Physical Activity - By Gender (%)**



Base: All respondents

Results show that residents from lower income households (\$30,000 or less) were significantly less likely to participate in physical activity *at least once a week/daily* (86% nationally; 84% Twelve Cities) than households with an annual income of \$30,001 or more (89% nationally; 88% Twelve Cities), this difference being particularly notable when compared with residents with a household income of \$100,001 or more (92% nationally; 91% Twelve Cities participating in physical activity *at least once a week/daily*). Among the lowest income group (\$20,000 or less), participation in physical activity was particularly polarised, nationally this group having the highest share participating in physical activity *daily* (43%) but also the highest share who *never* participate in physical activity (8%).

**Figure 5.17: Frequency of Doing Physical Activity - By Household Income (%)**



Base: All respondents