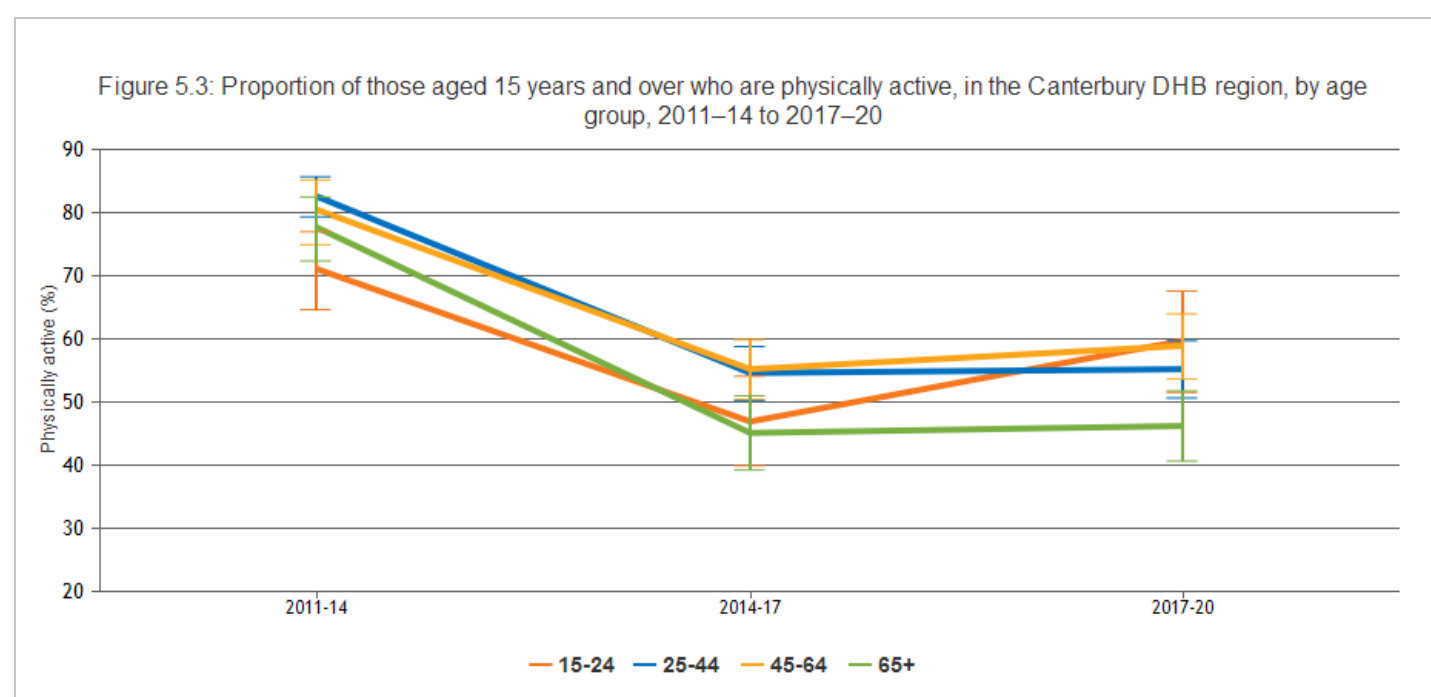


## Physical activity: Breakdown by age

Downloaded from <https://www.canterburywellbeing.org.nz/our-wellbeing/health/physical-activity/#link-breakdown-by-age> on 19/04/2024 11:10 AM



The figure shows a pattern of higher proportions of respondents being physically active (at least 150 minutes of moderate-intensity or equivalent physical activity per week) for the three younger age groups (15–24 years, 59.7%; 25–44 years, 55.2%; and 45–64 years, 58.9%, 2017–20) compared with the oldest age group (65+ years, 46.2%, 2014–17). However, the differences are not statistically significant in 2017–20.

### Data Sources for Physical activity

**Source:** Ministry of Health.

**Survey/data set:** New Zealand Health Survey to 2020. Access publicly available data from the Ministry of Health website [https://minhealthnz.shinyapps.io/nz-health-survey-2020-21-annual-data-explorer/\\_w\\_c2718a23/#!/explore-indicators](https://minhealthnz.shinyapps.io/nz-health-survey-2020-21-annual-data-explorer/_w_c2718a23/#!/explore-indicators)

**Source data frequency:** Survey conducted continuously with data reported annually. Regional results (pooled data) released every 3 years.

Metadata for the Physical activity indicator is available at <https://www.canterburywellbeing.org.nz/index-data>

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