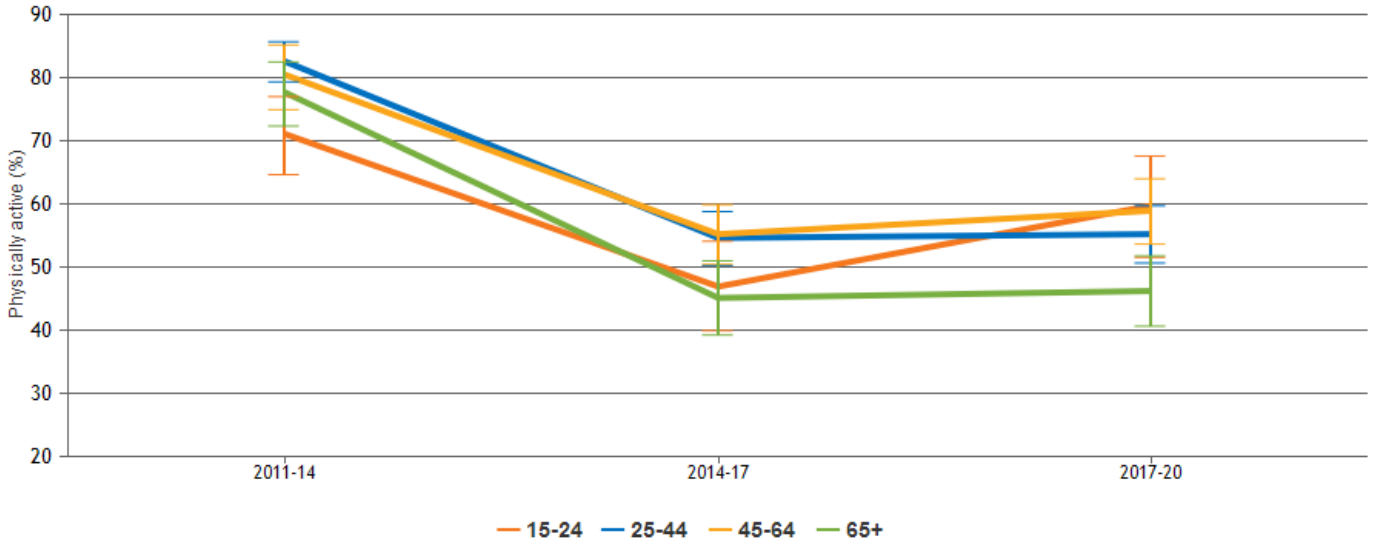
Physical activity: Breakdown by age

Downloaded from https://www.canterburywellbeing.org.nz/our-wellbeing/health/physical-activity/#link-breakdown-by-age on 28/03/2024 10:23 PM

Figure 5.3: Proportion of those aged 15 years and over who are physically active, in the Canterbury DHB region, by age group, 2011–14 to 2017–20



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
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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