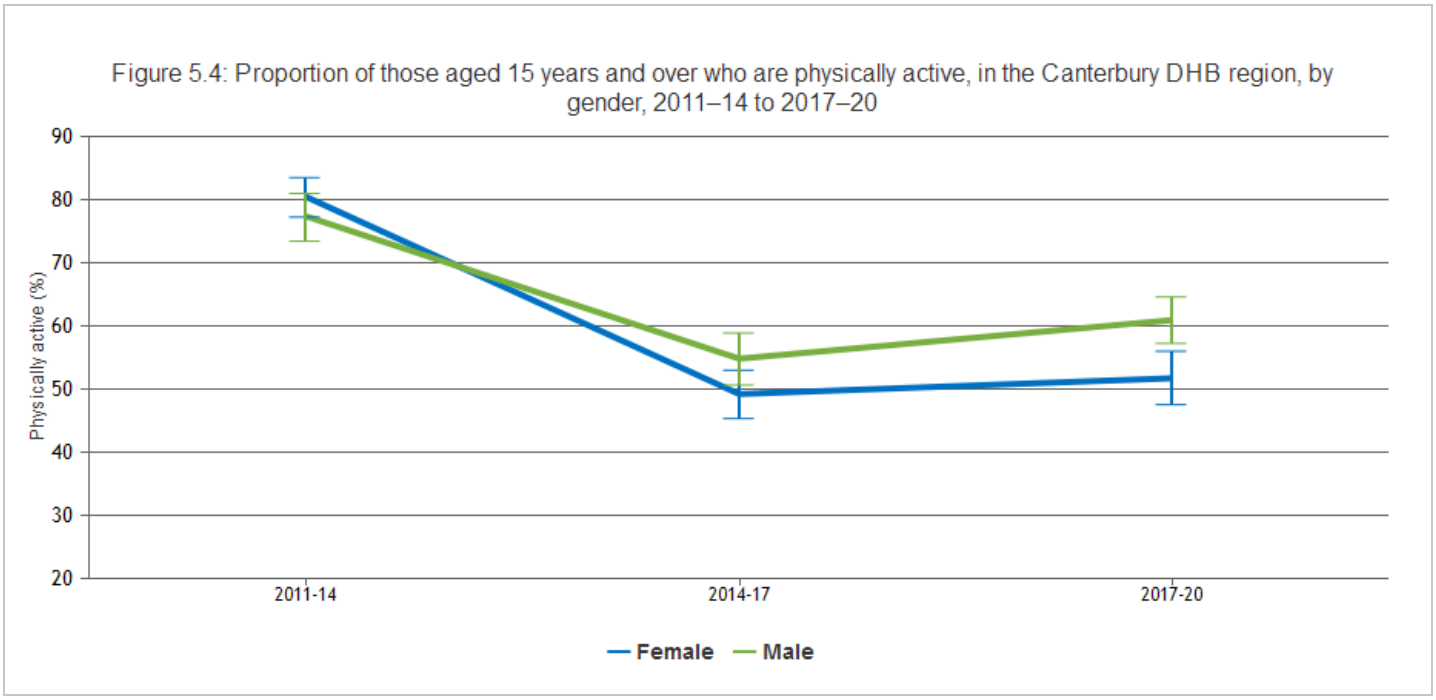
Physical activity: Breakdown by gender

Downloaded from https://www.canterburywellbeing.org.nz/our-wellbeing/health/physical-activity/#link-breakdown-by-gender on 30/03/2024 12:19 AM



The figure shows that similar proportions of female and male respondents aged 15 years and over in the Canterbury DHB region indicated being physically active (at least 150 minutes of moderate-intensity or equivalent physical activity per week), for the periods 2011–14 and 2014–17. However, for 2017–20, the proportion of females who were physically active (51.7%) was statistically significantly less than that for males (60.9%).

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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