

Analysis of Physical Activity Data Collected by the 1996/97 New Zealand Health Survey

Table 1: Reported levels of physical activity, by sociodemographic variables: percent (standard errors)

	SEDENTARY			RELATIVELY INACTIVE			RELATIVELY ACTIVE			HIGHLY ACTIVE		
	Unadj	Adj*	Pop Est	Unadj	Adj*	Pop Est	Unadj	Adj*	Pop Est	Unadj	Adj*	Pop Est
Total	15.3 (0.6)	/	431211	23.9 (0.7)	/	674197	19.2 (0.6)	/	543757	41.6 (0.9)	/	1175621
Sex:												
Male	17.1 (0.9)	17.1 (0.9)	234349	21.4 (1.1)	21.4 (1.0)	294704	17.0 (0.9)	16.9 (0.8)	233258	44.5 (1.3)	44.6 (1.3)	611693
Female	13.6 (0.8)	13.5 (0.8)	196862	26.2 (0.9)	26.2 (0.9)	379494	21.4 (0.9)	21.5 (0.9)	310499	38.9 (1.1)	38.8 (1.1)	563929
Age:												
15-24 yr	12.4 (1.4)	12.4 (1.4)	65584	22.4 (1.9)	22.5 (1.9)	118190	18.2 (1.5)	18.2 (1.5)	96007	47.0 (2.2)	46.8 (2.2)	248184
25-44 yr	15.4 (0.9)	15.4 (0.9)	176175	26.2 (1.0)	26.2 (1.0)	299023	20.6 (1.0)	20.6 (1.0)	235201	37.8 (1.2)	37.8 (1.2)	431200
45-64 yr	15.6 (1.1)	15.5 (1.1)	116819	23.4 (1.4)	23.5 (1.4)	175922	20.4 (1.3)	20.4 (1.3)	152907	40.6 (1.6)	40.6 (1.6)	304620
65-74 yr	12.9 (1.4)	12.9 (1.4)	31525	18.9 (1.6)	19.1 (1.6)	46256	14.4 (1.6)	14.2 (1.6)	35255	53.8 (2.3)	53.8 (2.3)	131514
75+ yr	25.6 (2.4)	25.5 (2.4)	41107	21.7 (2.0)	21.5 (2.0)	34807	15.2 (1.9)	15.3 (2.0)	24386	37.5 (2.6)	37.8 (2.7)	60104
Ethnicity												
European/ Pākehā	14.9 (0.7)	14.7 (0.7)	337550	23.5 (0.8)	23.7 (0.8)	532944	19.5 (0.8)	19.6 (0.8)	441562	42.1 (1.0)	42.0 (1.0)	955341
Māori	17.3 (1.4)	19.8 (1.6)	48239	21.6 (1.5)	21.9 (1.5)	60426	16.6 (1.3)	16.6 (1.3)	46237	44.5 (1.9)	41.6 (1.9)	124272
Pacific	14.7 (1.8)	14.1 (1.8)	19443	25.9 (2.2)	28.4 (2.6)	34238	21.9 (2.5)	21.1 (2.4)	28965	37.6 (2.5)	36.4 (2.5)	49714
Other	17.8	20.5	25978	31.9	29.9	46590	18.5	19.6	26992	31.7	30.1	46294

	(3.5)	(4.3)		(4.9)	(4.6)		(2.8)	(3.3)		(4.0)	(4.2)	
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Table 1 (cont)

	SEDENTARY			RELATIVELY INACTIVE			RELATIVELY ACTIVE			HIGHLY ACTIVE		
	Unadj	Adj*	Pop Est	Unadj	Adj*	Pop Est	Unadj	Adj*	Pop Est	Unadj	Adj*	Pop Est
Family income												
0-\$20,000	18.2 (1.2)	17.0 (1.5)	91639	24.5 (1.3)	25.8 (1.7)	123583	17.1 (1.1)	18.4 (1.4)	86258	40.2 (1.4)	38.9 (1.7)	202508
\$20,001-30,000	14.2 (1.4)	15.3 (1.7)	53932	22.5 (1.6)	24.0 (1.9)	85426	18.7 (1.5)	19.5 (1.6)	70874	44.5 (2.0)	41.2 (2.1)	168801
\$30,001-50,000	15.6 (1.3)	14.0 (1.2)	83359	23.7 (1.4)	22.8 (1.5)	127049	20.2 (1.3)	20.1 (1.3)	108264	40.4 (1.6)	43.1 (1.7)	216271
\$50,001+	13.0 (1.2)	14.6 (2.0)	114015	24.4 (1.5)	23.1 (1.7)	213100	20.8 (1.3)	20.0 (1.4)	181491	41.8 (1.9)	42.2 (2.2)	365742
NZDep96 score												
1 (least deprived)	12.5 (1.3)	12.5 (1.3)	100882	24.7 (1.7)	24.5 (1.7)	199666	20.1 (1.5)	19.6 (1.4)	162810	42.8 (2.1)	43.3 (2.0)	346030
2	17.4 (1.4)	17.7 (1.5)	122139	21.5 (1.3)	21.2 (1.4)	150924	18.4 (1.3)	18.4 (1.4)	128819	42.6 (1.8)	42.7 (1.9)	298820
3	15.4 (1.1)	15.5 (1.1)	98146	24.6 (1.3)	25.0 (1.3)	156182	20.0 (1.2)	20.1 (1.2)	127105	40.0 (1.5)	39.4 (1.5)	253879
4 (most deprived)	16.2 (1.0)	16.7 (1.1)	110043	24.6 (1.1)	24.6 (1.1)	167425	18.4 (0.9)	18.3 (0.9)	125022	40.8 (1.2)	40.4 (1.2)	276892
Smoking status												
Current smoker	18.9 (1.2)	19.1 (1.2)	132511	24.6 (1.2)	24.2 (1.2)	172383	16.6 (1.1)	16.5 (1.1)	116516	39.9 (1.5)	40.2 (1.5)	279941
Ex smoker	15.1 (1.0)	14.7 (1.4)	105840	23.2 (1.3)	23.3 (1.6)	162802	20.0 (1.3)	20.6 (1.6)	140569	41.8 (1.7)	41.4 (2.1)	293557
Never smoked	13.5 (0.9)	14.0 (0.9)	191084	23.8 (1.1)	23.8 (1.1)	336868	20.2 (0.9)	20.1 (0.9)	285538	42.5 (1.2)	42.1 (1.2)	600456

Table 1 (cont)

	SEDENTARY			RELATIVELY INACTIVE			RELATIVELY ACTIVE			HIGHLY ACTIVE		
	Unadj	Adj	Pop Est	Unadj	Adj	Pop Est	Unadj	Adj	Pop Est	Unadj	Adj	Pop Est
Education												
No qualification	19.5 (1.1)	19.4 (1.2)	157565	23.6 (1.2)	23.8 (1.3)	190939	18.0 (1.1)	18.7 (1.2)	145289	38.8 (1.3)	38.1 (1.4)	313623
School or post school only	14.1 (1.0)	14.2 (1.0)	142493	22.1 (1.1)	21.8 (1.1)	223901	18.5 (1.0)	18.1 (1.1)	187259	45.3 (1.5)	45.9 (1.5)	458558
School and post school	13.0 (1.0)	13.1 (1.1)	129105	25.8 (1.3)	24.8 (1.4)	256301	21.0 (1.1)	20.3 (1.2)	208438	40.2 (1.4)	41.8 (1.5)	399077
Self-rated health												
Excellent or v.good	12.9 (0.7)	12.9 (0.7)	209383	22.7 (0.9)	22.4 (0.9)	367846	20.6 (0.9)	20.2 (0.9)	334029	43.8 (1.1)	44.5 (1.1)	710848
Good	15.1 (1.2)	15.1 (1.2)	123740	26.7 (1.3)	27.1 (1.4)	218690	18.4 (1.1)	18.5 (1.1)	150878	39.8 (1.6)	39.4 (1.6)	326754
Fair or poor	25.5 (2.0)	24.0 (2.1)	86664	23.5 (1.7)	24.4 (2.0)	80074	15.5 (1.4)	15.9 (1.5)	52821	35.5 (2.2)	35.7 (2.3)	120955

*Adjusted rates are adjusted for age and sex, except when they are age specific in which case they are adjusted only for sex, or when they are sex specific in which case they are adjusted only for age.

Table 2: Reported levels of physical activity, by sociodemographic variables, for males: percent (standard errors)

MALES	SEDENTARY			RELATIVELY INACTIVE			RELATIVELY ACTIVE			HIGHLY ACTIVE		
	Unadj	Adj*	Pop Est	Unadj	Adj*	Pop Est	Unadj	Adj*	Pop Est	Unadj	Adj*	Pop Est
Total	17.1 (0.9)	17.1 (0.9)	234349	21.4 (1.1)	21.4 (1.0)	294704	17.0 (0.9)	16.9 (0.8)	233258	44.5 (1.3)	44.6 (1.3)	611693
Age:												
15-24 yr	12.7 (2.2)	/	33827	17.8 (2.7)	/	47420	16.4 (2.1)	/	43691	53.0 (3.3)	/	141070
25-44 yr	18.8 (1.4)	/	104168	22.9 (1.6)	/	127446	17.3 (1.4)	/	95986	41.0 (1.9)	/	227748
45-64 yr	17.7 (1.7)	/	65996	22.4 (1.9)	/	83643	18.8 (1.8)	/	70070	41.2 (2.4)	/	153735
65-74 yr	13.5 (2.3)	/	15717	21.0 (2.6)	/	24494	11.5 (2.0)	/	13439	54.0 (3.3)	/	62985
75+ yr	23.4 (3.6)	/	14640	18.7 (3.2)	/	11700	16.1 (3.4)	/	10072	41.8 (4.2)	/	26154
Ethnicity												
European/ Pākehā	17.6 (1.1)	17.6 (1.1)	194137	20.8 (1.1)	20.7 (1.1)	229652	16.9 (1.0)	16.9 (1.0)	187251	44.7 (1.4)	44.8 (1.4)	493850
Māori	16.5 (2.2)	20.0 (2.6)	21756	15.0 (2.0)	16.1 (2.2)	19730	16.6 (2.0)	16.5 (2.1)	21917	51.9 (2.9)	47.4 (2.9)	68422
Pacific	15.9 (2.8)	15.3 (2.6)	10461	22.0 (2.9)	26.8 (3.7)	14455	23.2 (4.0)	22.2 (4.0)	15239	38.9 (4.1)	35.7 (3.7)	25516
Other	11.2 (3.7)	15.5 (5.7)	7994	43.1 (7.8)	43.0 (7.3)	30867	12.4 (3.8)	13.8 (4.6)	8851	33.4 (6.2)	27.7 (5.5)	23905

Table 2 (cont)

MALES	SEDENTARY			RELATIVELY INACTIVE			RELATIVELY ACTIVE			HIGHLY ACTIVE		
	Unadj	Adj*	Pop Est	Unadj	Adj*	Pop Est	Unadj	Adj*	Pop Est	Unadj	Adj*	Pop Est
Family income												
0-\$20,000	21.8 (2.0)	21.1 (2.4)	44984	21.6 (2.2)	21.6 (2.7)	44617	14.6 (1.7)	16.0 (2.3)	30173	42.0 (2.3)	41.3 (2.7)	86566
\$20,001-30,000	15.4 (2.2)	17.5 (3.1)	26835	24.3 (2.5)	26.2 (2.9)	42296	13.7 (1.9)	14.7 (2.2)	23748	46.5 (3.1)	41.6 (3.3)	80861
\$30,001-50,000	18.4 (2.0)	17.2 (1.9)	49678	19.2 (1.8)	18.3 (1.8)	51824	18.8 (1.9)	18.8 (1.9)	50568	43.6 (2.5)	45.6 (2.6)	117531
\$50,001+	14.8 (1.7)	15.8 (2.4)	70739	22.7 (2.1)	21.4 (2.1)	108539	18.6 (1.7)	17.0 (1.6)	89353	43.9 (2.6)	45.8 (2.9)	210499
NZDep96 score												
1 (least deprived)	14.9 (1.9)	15.3 (2.0)	60233	22.1 (2.6)	21.6 (2.5)	89379	18.0 (1.9)	16.8 (1.8)	72610	45.0 (3.0)	46.3 (2.9)	182031
2	21.6 (2.2)	22.0 (2.3)	71102	17.6 (1.9)	17.1 (1.9)	57890	15.2 (1.6)	14.9 (1.7)	49887	45.5 (2.5)	46.0 (2.7)	149604
3	15.1 (1.6)	15.2 (1.6)	46162	23.4 (2.0)	24.0 (2.0)	71692	19.0 (1.7)	19.1 (1.7)	58303	42.6 (2.2)	41.7 (2.2)	130527
4 (most deprived)	17.0 (1.5)	18.0 (1.7)	56851	22.6 (1.6)	22.9 (1.6)	75743	15.7 (1.4)	15.2 (1.4)	52458	44.7 (1.9)	43.9 (1.8)	149530
Smoking status												
Current smoker	20.0 (1.9)	19.4 (1.8)	72744	21.3 (1.8)	21.8 (1.8)	77352	16.0 (1.6)	15.6 (1.6)	58270	42.6 (2.3)	43.2 (2.3)	154823
Ex smoker	16.0 (1.4)	16.0 (2.4)	58243	20.2 (1.7)	19.7 (2.2)	73525	18.7 (1.9)	19.7 (2.4)	68160	45.1 (2.3)	44.5 (3.1)	164098
Never smoked	16.0 (1.4)	16.7 (1.5)	102807	22.1 (1.7)	22.0 (1.6)	142366	16.5 (1.3)	16.4 (1.3)	105861	45.4 (1.9)	44.9 (1.9)	291779

Table 2 (cont)

MALES	SEDENTARY			RELATIVELY INACTIVE			RELATIVELY ACTIVE			HIGHLY ACTIVE		
	Unadj	Adj*	Pop Est	Unadj	Adj*	Pop Est	Unadj	Adj*	Pop Est	Unadj	Adj*	Pop Est
Education												
No qualification	22.0 (1.9)	22.7 (2.0)	79507	20.4 (1.9)	20.1 (1.9)	73809	15.6 (1.5)	15.9 (1.6)	56472	42.1 (2.2)	41.2 (2.3)	152429
School or post school only	15.8 (1.4)	15.9 (1.5)	81090	17.9 (1.5)	17.8 (1.4)	91875	16.1 (1.4)	16.4 (1.6)	82469	50.2 (2.1)	49.9 (2.2)	257875
School and post school	14.8 (1.5)	14.5 (1.6)	73324	25.9 (1.9)	24.8 (1.9)	128511	19.0 (1.6)	19.0 (1.7)	94316	40.3 (2.0)	41.7 (2.1)	199779
Self-rated health												
Excellent or v good	15.3 (1.1)	15.3 (1.1)	119665	19.5 (1.3)	19.3 (1.3)	152677	18.8 (1.3)	18.5 (1.2)	147615	46.4 (1.6)	46.8 (1.6)	364134
Good	16.2 (1.7)	16.2 (1.8)	64459	27.2 (2.0)	27.4 (2.1)	108340	14.5 (1.5)	14.6 (1.5)	57693	42.1 (2.3)	41.7 (2.3)	167744
Fair or poor	25.7 (3.3)	26.1 (3.4)	44281	18.8 (2.4)	19.0 (2.8)	32491	14.4 (1.9)	14.0 (1.9)	24908	41.1 (3.5)	40.8 (3.7)	70825

*Adjusted rates are adjusted for age, except where they are age specific.

Table 3: Reported levels of physical activity, by sociodemographic variables, for females: percent (standard errors)

FEMALES	SEDENTARY			RELATIVELY INACTIVE			RELATIVELY ACTIVE			HIGHLY ACTIVE		
	Unadj	Adj*	Pop Est	Unadj	Adj*	Pop Est	Unadj	Adj*	Pop Est	Unadj	Adj*	Pop Est
Total	13.6 (0.8)	13.5 (0.8)	196862	26.2 (0.9)	26.2 (0.9)	379494	21.4 (0.9)	21.5 (0.9)	310499	38.9 (1.1)	38.8 (1.1)	563929
Age:												
15-24 yr	12.1 (2.0)		31756	27.0 (2.6)		70770	20.0 (2.2)		52316	40.9 (2.9)		107114
25-44 yr	12.3 (1.1)		72007	29.3 (1.4)		171576	23.7 (1.3)		139215	34.7 (1.4)		203451
45-64 yr	13.5 (1.5)		50823	24.5 (1.8)		92279	22.0 (1.7)		82837	40.0 (2.0)		150885
65-74 yr	12.4 (1.7)		15808	17.0 (1.9)		21762	17.1 (2.3)		21817	53.6 (3.0)		68529
75+ yr	27.1 (3.3)		26468	23.6 (2.6)		23107	14.6 (2.3)		14314	34.7 (3.1)		33950
Ethnicity												
European/ Pākehā	12.3 (0.8)	12.0 (0.9)	143413	26.1 (1.1)	26.5 (1.1)	303292	21.9 (1.0)	22.2 (1.1)	254311	39.7 (1.2)	39.3 (1.3)	461491
Māori	18.0 (1.7)	19.6 (1.9)	26483	27.6 (1.9)	27.5 (2.0)	40696	16.5 (1.6)	16.8 (1.7)	24320	37.9 (2.2)	36.1 (2.2)	55850
Pacific	13.5 (2.1)	13.1 (2.3)	8982	29.7 (2.9)	29.8 (3.2)	19784	20.6 (2.7)	20.0 (2.6)	13726	36.3 (3.2)	37.1 (3.6)	24198
Other	24.2 (5.7)	25.2 (6.2)	17984	21.2 (3.9)	17.6 (3.6)	15723	24.4 (3.9)	25.0 (4.6)	18142	30.2 (5.4)	32.3 (6.3)	22390

Table 3 (cont)

FEMALES	SEDENTARY			RELATIVELY INACTIVE			RELATIVELY ACTIVE			HIGHLY ACTIVE		
	Unadj	Adj*	Pop Est	Unadj	Adj*	Pop Est	Unadj	Adj*	Pop Est	Unadj	Adj*	Pop Est
Family income												
0-\$20,000	15.7 (1.4)	13.1 (1.8)	46656	26.5 (1.6)	29.7 (2.1)	78966	18.8 (1.4)	20.6 (1.7)	56085	39.0 (1.7)	36.6 (2.0)	115942
\$20,001-30,000	13.2 (1.7)	13.1 (1.6)	27097	21.0 (2.0)	22.0 (2.2)	43130	23.0 (2.1)	24.0 (2.3)	47126	42.8 (2.5)	40.9 (2.5)	87940
\$30,001-50,000	12.7 (1.6)	11.0 (1.5)	33682	28.4 (2.2)	27.1 (2.3)	75225	21.7 (1.9)	21.3 (2.0)	57697	37.2 (2.2)	40.7 (2.5)	98740
\$50,001+	11.0 (1.5)	13.5 (3.0)	43277	26.5 (2.1)	24.8 (2.4)	104561	23.3 (1.8)	22.8 (2.2)	92138	39.3 (2.3)	38.8 (2.8)	155243
NZDep96 score												
1 (least deprived)	10.0 (1.5)	9.9 (1.5)	40649	27.2 (2.1)	27.3 (2.1)	110287	22.3 (2.0)	22.2 (2.0)	90200	40.5 (2.3)	40.5 (2.3)	163998
2	13.7 (1.6)	13.6 (1.6)	51036	25.0 (2.0)	25.1 (2.1)	93034	21.2 (1.9)	21.8 (2.0)	78932	40.1 (2.3)	39.5 (2.4)	149216
3	15.8 (1.7)	15.8 (1.8)	51984	25.7 (1.7)	25.9 (1.6)	84491	20.9 (1.6)	21.1 (1.7)	68802	37.5 (2.0)	37.3 (2.0)	123352
4 (most deprived)	15.4 (1.2)	15.6 (1.2)	53192	26.6 (1.4)	26.2 (1.4)	91682	21.0 (1.3)	21.2 (1.3)	72564	36.9 (1.6)	37.0 (1.6)	127362
Smoking status												
Current smoker	17.7 (1.5)	18.7 (1.6)	59766	28.1 (1.7)	26.5 (1.7)	95031	17.2 (1.5)	17.4 (1.5)	58246	37.0 (1.9)	37.4 (1.9)	125119
Ex smoker	14.1 (1.5)	13.5 (1.6)	47596	26.4 (1.9)	26.6 (2.1)	89277	21.4 (1.7)	21.4 (1.9)	72409	38.2 (2.2)	38.5 (2.5)	129459
Never smoked	11.4 (1.0)	11.4 (1.1)	88277	25.2 (1.3)	25.6 (1.3)	194502	23.3 (1.2)	23.7 (1.2)	179677	40.0 (1.5)	39.4 (1.5)	308677

Table 3 (cont)

FEMALES	SEDENTARY			RELATIVELY INACTIVE			RELATIVELY ACTIVE			HIGHLY ACTIVE		
	Unadj	Adj*	Pop Est	Unadj	Adj*	Pop Est	Unadj	Adj*	Pop Est	Unadj	Adj*	Pop Est
Education												
No qualification	17.5 (1.3)	16.3 (1.3)	78059	26.3 (1.5)	27.2 (1.7)	117131	19.9 (1.5)	21.4 (1.7)	88816	36.2 (1.6)	35.1 (1.8)	161194
School or post school only	12.3 (1.3)	12.6 (1.4)	61403	26.5 (1.6)	25.5 (1.6)	132027	21.0 (1.4)	19.8 (1.3)	104790	40.2 (1.7)	42.0 (1.9)	200684
School and post school	11.2 (1.2)	11.7 (1.4)	55781	25.7 (1.7)	24.8 (1.8)	127790	23.0 (1.6)	21.6 (1.5)	114122	40.1 (1.9)	41.8 (2.1)	199298
Self-rated health												
Excellent or v good	10.7 (0.9)	10.5 (0.9)	89718	25.7 (1.3)	25.4 (1.3)	215169	22.2 (1.2)	21.8 (1.1)	186414	41.4 (1.4)	42.3 (1.5)	346715
Good	14.1 (1.5)	14.0 (1.5)	59280	26.2 (1.6)	26.7 (1.6)	110349	22.1 (1.5)	22.2 (1.5)	93185	37.7 (2.0)	37.2 (2.0)	159010
Fair or poor	25.2 (2.3)	22.0 (2.2)	42382	28.3 (2.3)	29.5 (2.6)	47582	16.6 (1.9)	17.7 (2.1)	27913	29.8 (2.5)	30.9 (2.7)	50130

*Adjusted rates are adjusted for age, except where they are age specific.

Table 4: Proportion of people (by sex and age groups) participating in specific activities at all, and at a vigorous level: percent (standard errors)

	TOTAL % PARTICIPATING IN ACTIVITY		% OF MALES	% OF FEMALES	% 15-24 YR	% 25-44 YR	% 45-64 YR	% 65+ YR	% OF PARTICIPANTS REPORTING VIGOROUS ACTIVITY	
	UNADJ	Pop Est	Adj*	Adj*	Adj*	Adj*	Adj*	Adj*	UNADJ	Pop Est
Walking	61.4 (0.8)	1733383	54.6 (1.2)	68.0 (1.0)	62.3 (2.0)	62.1 (1.2)	60.7 (1.5)	60.0 (1.7)	29.6 (1.0)	512459
Swimming	9.1 (0.5)	256726	9.2 (0.8)	9.0 (0.7)	14.5 (1.6)	10.5 (0.8)	6.0 (0.8)	3.7 0.6	35.1 (3.0)	90001
Gardening	36.2 (0.8)	1023034	29.9 (1.2)	42.2 (1.1)	9.5 (1.3)	34.3 (1.2)	48.3 (1.6)	54.2 (1.8)	26.6 (1.3)	272498
Cycling/ mountain biking	9.1 (0.5)	258118	11.6 (0.8)	6.7 (0.6)	20.7 (1.9)	9.9 (0.7)	3.5 (0.5)	2.1 (0.5)	58.6 (3.0)	151185
Running/ jogging	10.5 (0.5)	295947	12.5 (0.8)	8.5 (0.7)	24.7 (1.9)	11.8 (0.8)	3.6 (0.5)	0.9 (0.4)	84.7 (2.0)	250762
Aerobics	3.7 (0.3)	104195	1.3 (0.3)	6.0 (0.5)	5.2 (0.8)	5.3 (0.5)	1.5 (0.4)	1.2 (0.3)	83.6 (2.6)	87086
Gym exercise	9.6 (0.5)	271436	11.5 (0.8)	7.8 (0.6)	21.3 (1.7)	9.9 (0.7)	4.7 (0.8)	2.2 (0.6)	80.6 (2.1)	218815
Exercise at home	13.6 (0.6)	384930	12.0 (0.8)	15.2 (0.8)	17.6 (1.9)	13.2 (0.8)	13.4 (1.1)	9.8 (1.0)	51.7 (2.3)	199161
Tennis	2.7 (0.3)	76016	3.1 (0.4)	2.3 (0.4)	4.4 (1.0)	3.2 (0.5)	1.4 (0.3)	1.4 (0.5)	78.5 (4.3)	59649
Bowls	2.9 (0.2)	81331	3.5 (0.4)	2.3 (0.2)	0.5 (0.3)	1.2 (0.2)	3.4 (0.4)	9.7 (1.0)	9.7 (2.4)	7874

Table 4 (cont)

	TOTAL % PARTICIPATING IN ACTIVITY		% OF MALES	% OF FEMALES	% 15-24 YR	% 25-44 YR	% 45-64 YR	% 65+ YR	TOTAL % PARTICIPATING IN VIGOROUS ACTIVITY	
	UNADJ	Pop Est	Adj*	Adj*	Adj*	Adj*	Adj*	Adj*	UNADJ	Pop Est
Golf	5.3 (0.4)	150344	7.5 (0.7)	3.4 (0.4)	3.3 (0.8)	4.7 (0.6)	7.0 (0.8)	6.6 (0.9)	18.1 (2.6)	27246
Netball	2.6 (0.3)	73845	1.2 (0.3)	4.0 (0.4)	7.1 (1.0)	2.9 (0.5)	0.5 (0.2)	0.0 (0.0)	81.4 (4.7)	60140
Rugby	3.6 (0.3)	101690	5.9 (0.6)	1.3 (0.2)	10.7 (1.3)	3.6 (0.4)	0.3 (0.1)	0.0 (0.0)	84.6 (4.1)	86036
Cricket	1.9 (0.2)	53711	3.2 (0.4)	0.7 (0.2)	5.8 (0.9)	1.7 (0.3)	0.4 (0.2)	0.0 (0.0)	54.5 (6.3)	29280
Sailing	1.4 (0.2)	39166	1.6 (0.3)	1.1 (0.3)	2.1 (0.7)	1.5 (0.4)	1.2 (0.3)	0.3 (0.2)	22.5 (7.6)	8827
Other	11.7 (0.5)	329459	14.1 (0.9)	9.2 (0.6)	21.6 (1.7)	11.2 (0.7)	8.8 (0.9)	5.0 (0.7)	61.3 (2.4)	202028

*Adjusted rates are adjusted for age and sex, except when they are age specific in which case they are adjusted only for sex, or when they are sex specific in which case they are adjusted only for age.

Table 5: Participation in vigorous activity in the last week: percent (standard errors)

TOTAL	VIGOUROUS ACTIVITY		
	Unadj	Adj*	Pop Est
Total	46.8 (0.9)		1322997
Sex:			
Male	48.2 (1.3)	47.8 (1.3)	662590
Female	45.5 (1.1)	45.8 (1.1)	660407
Age:			
15-24 yr	63.6 (2.1)	63.5 (2.1)	336012
25-44 yr	49.8 (1.2)	49.8 (1.2)	568552
45-64 yr	42.3 (1.7)	42.3 (1.7)	317563
65-74 yr	30.1 (2.2)	30.1 (2.2)	73708
75 yr +	16.9 (1.9)	17.1 (1.9)	27162
Ethnicity			
European/ Pākehā	45.6 (1.0)	46.7 (1.0)	1033860
Māori	52.3 (2.1)	46.8 (2.1)	145971
Pacific	59.0 (2.6)	52.3 (2.8)	78054
Other	44.6 (4.4)	42.7 (4.8)	65112
Family income			
0-\$20,000	37.0 (1.5)	44.9 (2.1)	186578
\$20,001-\$30,000	41.8 (1.9)	44.2 (2.1)	158592
\$30,001-50,000	44.7 (1.7)	43.6 (1.8)	238988
\$50,001+	54.9 (1.8)	51.6 (2.1)	479898
NZDep96 score			
1 (least deprived)	51.0 (2.1)	50.7 (2.0)	412909
2	43.7 (1.8)	44.7 (1.8)	305920
3	44.3 (1.6)	44.0 (1.6)	281547
4 (most deprived)	47.5 (1.3)	46.3 (1.3)	322622

Table 5: Cont.

TOTAL	VIGOUROUS ACTIVITY		
	Unadj	Adj*	Pop Est
Education			
No qualification	38.2 (1.3)	40.6 (1.4)	308599
School or post school only	47.8 (1.4)	46.5 (1.4)	484179
School and post school	52.8 (1.5)	52.1 (1.5)	524665
Self-rated health			
Excellent or v.good	51.5 (1.2)	50.0 (1.2)	835251
Good	43.2 (1.7)	43.8 (1.6)	354184
Fair or poor	36.5 (2.1)	38.6 (2.2)	124367

*Adjusted rates are adjusted for age and sex, except when they are age specific in which case they are adjusted only for sex, or when they are sex specific in which case they are adjusted only for age.

Table 6: Participation in vigorous activity in the last week, for males: percent (standard errors)

MALES	VIGOUROUS ACTIVITY		
	Unadj	Adj*	Pop Est
Total	48.2 (1.3)	47.8 (1.3)	662590
Age:			
15-24 yr	67.2 (3.0)		178864
25-44 yr	49.4 (1.8)		274252
45-64 yr	43.7 (2.6)		163071
65-74 yr	29.6 (3.1)		34493
75 yr +	19.0 (3.1)		11910
Ethnicity			
European/ Pākehā	46.1 (1.4)	46.8 (1.4)	509604
Māori	55.8 (3.4)	50.5 (3.3)	73590
Pacific	65.9 (3.7)	59.5 (4.2)	43263
Other	50.5 (7.5)	48.8 (7.5)	36133
Family income			
0-\$20,000	37.4 (2.6)	45.3 (3.4)	77116
\$20,001-\$30,000	39.8 (2.9)	41.9 (3.3)	69091
\$30,001-50,000	43.9 (2.5)	44.6 (2.6)	118327
\$50,001+	55.9 (2.5)	54.0 (2.9)	267982
NZDep96 score			
1 (least deprived)	51.6 (3.0)	50.2 (2.9)	208473
2	42.1 (2.6)	42.6 (2.7)	138317
3	48.0 (2.5)	46.9 (2.5)	147292
4 (most deprived)	50.4 (1.9)	48.4 (2.0)	168508

Table 6: Cont.

MALES	VIGOUROUS ACTIVITY		
	Unadj	Adj*	Pop Est
Education			
No qualification	41.3 (2.2)	41.9 (2.2)	149665
School or post school only	50.3 (2.1)	48.1 (2.2)	258093
School and post school	51.3 (2.2)	51.0 (2.2)	254467
Self-rated health			
Excellent or v good	53.8 (1.7)	51.8 (1.7)	422201
Good	43.1 (2.5)	44.0 (2.4)	171465
Fair or poor	37.1 (3.4)	36.8 (3.6)	64045

*Adjusted rates are adjusted for age, except where they are age specific.

Table 7: Participation in vigorous activity in the last week, for females: percent (standard errors)

FEMALES	VIGOUROUS ACTIVITY		
	Unadj	Adj*	Pop Est
Total	45.5 (1.1)	45.8 (1.1)	660407
Age:			
15-24 yr	60.0 (2.9)		157148
25-44 yr	50.2 (1.6)		294301
45-64 yr	41.0 (2.0)		154491
65-74 yr	30.7 (2.9)		39215
75 yr +	15.6 (2.2)		15252
Ethnicity			
European/ Pākehā	45.1 (1.2)	46.6 (1.3)	524256
Māori	49.1 (2.4)	43.3 (2.5)	72380
Pacific	52.2 (3.3)	45.5 (3.6)	34791
Other	39.0 (5.2)	36.9 (6.1)	28979
Family income			
0-\$20,000	36.8 (1.8)	44.5 (2.3)	109462
\$20,001-\$30,000	43.6 (2.6)	46.4 (2.7)	89500
\$30,001-50,000	45.5 (2.3)	42.7 (2.5)	120661
\$50,001+	53.6 (2.3)	49.3 (2.8)	211916
NZDep96 score			
1 (least deprived)	50.5 (2.4)	51.2 (2.4)	204436
2	45.0 (2.1)	46.7 (2.2)	167603
3	40.9 (2.0)	41.2 (2.0)	134255
4 (most deprived)	44.7 (1.6)	44.3 (1.6)	154114

Table 7: Cont.

FEMALE	VIGOUROUS ACTIVITY		
	Unadj	Adj*	Pop Est
Education			
No qualification	35.7 (1.6)	39.5 (1.8)	158934
School or post school only	45.3 (1.8)	45.0 (2.0)	226086
School and post school	54.4 (1.8)	53.2 (2.0)	270198
Self-rated health			
Excellent or v.good	49.3 (1.4)	48.3 (1.5)	413051
Good	43.3 (2.0)	43.7 (2.0)	182719
Fair or poor	35.9 (2.5)	40.2 (2.7)	60322

*Adjusted rates are adjusted for age, except where they are age specific.