



Capital	Wellington
Population	4,743,000
Urban Population	86.6%
Life Expectancy	81
Gini index for income inequality	0.35
Human Development Index	0.920
Literacy Rate	99.0%
Deaths from non-communicable diseases	89.0%

World Bank income category ★★★★★ **High income**

Physical Activity Prevalence



18 + years, Guthold, et al. The Lancet Global Health (2018)

Percentage of Deaths due to Physical Inactivity



In New Zealand **10.6%**

worldwide, % of deaths due to physical inactivity = **9%**

This Country Card is part of the 2nd Physical Activity Almanac (free resource on the GoPA! website)

For a description of the indicators and data sources visit: www.globalphysicalactivityobservatory.com/country-cards

Policy and Surveillance Status

National physical activity policy/plan Yes No

Title

The New Zealand Physical Activity Guidelines, 2017, New Zealand Ministry of Health; Sit Less, Move More, Sleep Well Physical Activity Guidelines for Children and Young People, 2017 Ministry of Health, Ministry of Education, Sport New Zealand; Eating and Activity Guidelines for New Zealand Adults, 2015

National recommendations Yes No

National survey(s) including physical activity questions Yes No



Surveys and instruments used to assess physical activity

International Prevalence Study 2003 (IPAQ); National Health Survey 2006/2007 (NA-IPAQ); National Health Survey 2011/2012 (NZ-PAQ); National Health Survey 2014/2015 (NZ-PAQ); New Zealand Health Survey 2016/2019 (NZ-PAQ); ACTIVE NZ: The New Zealand Participation Survey 2016 (other); New Zealand Health Survey 2002/2003 (NZ-PAQ); New Zealand Health Survey 2012/2013 (NZ-PAQ); New Zealand Health Survey 2013/2014 (NZ-PAQ); New Zealand Health Survey 2015/2016 (NZ-PAQ); New Zealand Health Survey 2017/2018 (NZ-PAQ);

National health monitoring system Yes No

Physical activity
Sedentary behavior (i.e. sitting time)

Name(s)

Physical Activity Research



0.97%



232

22nd
Position in the Ranking (n=176)

Contribution to physical activity research worldwide from 1950-2019

Total number of articles from the country from 1950-2019



Sedentary Behavior (Sitting Time)



Total Sitting Time = -- hrs/day

Daily Sitting Time Global Tertile



Physical Activity Promotion Capacity Pyramid



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