

**Sports Participation and
Ethnicity in England**

National Survey 1999/2000

Headline Findings

Nick Rowe/Ross Champion
Sport England Research
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Sport England
16 Upper Woburn Place
London
WC1H 0QP
Tel: 020 7273 1500
Fax: 020 7383 5740
Email:
info@english.sports.gov.uk
www.english.sports.gov.uk

Sports participation and ethnicity in England 1999/2000

Headline Findings – Executive Summary

The survey

- This survey, carried out by the Office for National Statistics (ONS) on behalf of Sport England, provides for the first time national statistics on the levels of participation in sport, previous sporting experiences and sporting aspirations of people from ethnic minority communities in England.
- The survey is part of Sport England's continuing commitment to better understand the extent and causes of inequity in sporting opportunities for certain groups in the population and ways to overcome them. The findings from the survey have relevance to all Sport England's areas of work but are especially important for its 'Active Communities' programme, which seeks to extend sporting opportunities for all.

The methods

- The findings are based on a random sample of 3,084 adults (aged 16 years and over) from 'non white' ethnic minority communities who were interviewed in their homes during the period June 1998 to March 2000. Respondents were identified initially through ONS's large scale Labour Force Survey and its monthly Omnibus Survey. The survey was carried out to the highest quality standards in relation to sampling, survey administration and analysis.
- The results of the survey are comparable with national population averages obtained from the sports participation questions included in the 1996 General Household Survey (GHS). It is the comparison with national averages that enables over or under-representation of the levels of participation in sport by ethnic minority groups to be established and priority areas for action to be identified. Unless specified otherwise, participation in sport is defined as having taken part in sport or physical activities on at least one occasion in the previous four weeks excluding walking.
- All methods of classification inevitably simplify the diversity that exists between different groups and within the groups themselves. Large-scale surveys of this kind, however, require categorisations to be made in order that results can be presented in a way that is statistically acceptable. For the purposes of the survey respondents were classified in the following 'ethnic groups': 'Black Caribbean'; 'Black African'; 'Black Other'; 'Indian'; 'Pakistani'; 'Bangladeshi'; 'Chinese'; and 'Other non white'. This enabled comparison with the GHS.

The findings

What are the overall levels of participation in sport by ethnic minorities and how do these compare with the population as a whole?

- For ethnic minority groups overall the participation rate in sport is 40% compared with a national average of 46%. The overall participation rate for male ethnic minorities is 49% compared with a national average for men of 54% and for female ethnic minorities it is 32% compared with a national average for all women of 39%.
- On average Black Caribbean (39%), Indian (39%) and in particular Pakistani (31%) and Bangladeshi (30%) populations have rates of participation in sport below those of the national average (46%). Only the 'Black Other' group (60%) has participation rates higher than found in the population as a whole.
- Black African men (60%) and 'Black Other' men (80%) have higher participation rates than the national average for all men (54%) while Indian (47%), Black Caribbean (45%), Bangladeshi (46%) and Pakistani (42%) men are less likely to participate in sport than men generally.
- National participation rates for women (39%) were matched or exceeded by women from 'Black Other' (45%), 'Other' (41%) and Chinese (39%) ethnic groups while women who classified themselves as Black Caribbean (34%), Black African (34%), Indian (31%), and Bangladeshi (19%) had participation rates below the national average for all women.
- The gap between men's and women's participation in sport is greater amongst some ethnic minority groups than it is in the population as a whole. The 'inequality gap' between men and women nationally is 15 percentage points whereas for the 'Black Other' ethnic group it is 35 points (although overall this is a relatively high participant group), for Bangladeshis it is 27 points, Black Africans 26 points, and Pakistanis 20 points.

Which sports do different ethnic minority groups take part in and how do they compare with national averages?

- Levels of participation in walking amongst ethnic minorities are significantly below those for the population as a whole. At the lowest end, only 19% of the Bangladeshi population takes long walks regularly compared with 44% of the population as a whole. These low activity levels are of particular concern when viewed in the context of the high incidence of heart disease, diabetes, and obesity amongst certain ethnic groups (all health problems in which regular physical activity has been proven to have a positive impact).

- For all groups, apart from the Bangladeshi population, 'keep fit/aerobics/yoga' features as the second most popular activity and this is boosted in particular by its popularity amongst women. Keep fit is by far the most popular activity after walking for women from all ethnic groups (keep fit ranks as the third most popular sport amongst the population as a whole and tied second amongst all women).
- Swimming has a lower ranking in participation amongst most ethnic minority groups (from as low as seventh in the case of the Black Caribbean population and sixth in the case of Black Africans and 'Black Others') than it does amongst the population as a whole where it ranks second in 'popularity' behind walking.
- Overall ethnic minorities are less likely to take part in swimming than the population as a whole. Black Caribbean, Black African and 'Black Other' men have particularly low levels of participation, reaching as low as 2% for 'Black Other' men which is 11% less than for men in the population as a whole. Women from Pakistani, Black Caribbean and Bangladeshi ethnic groups have particularly low levels of participation in swimming, as low as 5% for Pakistani women compared with a national average of 17% for all women.
- Participation in football amongst males from ethnic minority groups is relatively high. This is particularly the case amongst Black males with participation rates as high as 31% amongst the 'Black Other' ethnic group, which is three times the national average (10%). Given the publicity about the lack of representation of Asian footballers at the highest levels it is interesting to see that participation amongst these groups is around the national average and exceeds it in the case of Pakistani men (16%).
- There are a number of instances where sports have relatively high levels of participation amongst certain ethnic minority groups. These include:

Men

- **Weight training** amongst Black males with participation rates of 23% for the 'Black Other' group, and 12% for both Black Caribbeans and Black Africans which compares with 9% for the population as a whole.
- **Running/jogging** amongst 'Black Other' (18%), and Black African men (15%), which is higher than for males generally (7%).
- **Self-defence/martial arts** by Black Other' males (11%) and Black Caribbeans (6%) which compares with an average for all men of 1%.
- **Badminton** by Chinese men (17%), which compares with an average of 3% for all men.
- **Cricket** by Pakistani (10%), 'Black Other' (8%), and Indian (6%) men, which compares with the average for all men of 2%.
- **Basketball** amongst Black Caribbean (4%) and Black African (4%) males which compares with a population average for men of 1%; and
- **Carram-board** amongst Bangladeshi men (4%), which compares with less than 1% in the male population as a whole.

Women

- **Running/jogging** amongst Black African (11%), Black Caribbean (4%) and 'Other' (4%) ethnic group women, which compares with the average for all women of 2%.
- **Weight training** by Black Caribbean women (7%) which compares with a national average of 3%
- **Self-defence/martial arts** by Chinese women (3%), which compares with a national average of less than one percent for women generally.
- **Basketball** amongst Black Caribbean women (3%), which compares with an average participation rate of less than one percent for all women.
- **Gymnastics** amongst Black African women (3%), which compares with a national average of less than 1%.
- **Track and field athletics** by Black African women (2%) compared with a participation rate for women nationally of less than 1%.
- **Cricket** by Bangladeshi (2%) and Pakistani (2%) women, which compares with an average for women generally of less than 1%.

How many people from ethnic minority groups would like to participate in a sport that they do not currently take part in?

- A large proportion of individuals from all ethnic groups say that they would like to take up a sport in which they currently do not participate. This ranged from a high of 81% for the 'Black Other' group to 51% of the Bangladeshi community (Black African 79%; 'Other non white' 72%; Black Caribbean 65%; Chinese 61%; Indian 60%; and Pakistani 54%).
- Swimming rates very highly amongst men and women from all ethnic groups as a sport they currently don't participate in that they would like to, and rates are higher generally for women than men. The levels of 'frustrated demand' reach as high as 31% for Black African women and it is amongst women that we see swimming feature the most prominently. Even amongst Asian women the levels of interest in swimming are high with 22% of Indian, 21% of Bangladeshi and 16% of Pakistani women saying they would like to take part in swimming. These levels of interest should be set alongside the relatively low levels of participation in swimming amongst most ethnic groups described earlier.
- Keep fit/aerobics/yoga also rates highly for many ethnic minority groups as a sport they would like to take part in which they currently do not do. This is particularly the case for Black African women (26%), 'Black Other' women (25%), Black Caribbean women (22%) and Indian women (19%).
- Interest in taking part in football features prominently for Black African men (19%), Bangladeshi men (18%), 'Black Other' men (13%), Pakistani men (8%), Indian men (8%) and men in the 'Other' ethnic group (8%).

- Many males from ethnic minorities say they would like to take part in motor sport activities with percentages as high as 18% for 'Black Other' men, 13% for Chinese men, 11% for those men classified in the 'Other' ethnic group and 5% for Indian and Pakistani men.
- Another sport, which many ethnic minorities do not participate in currently, but say they would like to take part in, is self-defence/martial arts. This applies to men and women with the greatest interest being shown by 'Black Other' women (17%), Black African men (12%), Black Caribbean women (12%), Bangladeshi women (11%), Black Caribbean men (10%) and Chinese men (9%).
- Tennis appears to have considerable potential for growth amongst many ethnic groups and for both men and women. This is particularly the case amongst the Black African population with 15% of men and 11% of women saying they would like to take part.
- Cricket features prominently for men in all ethnic groups apart from Black African, 'Black Other', 'Other' and Chinese groups. Interest in playing cricket is at its highest amongst Pakistani and Black Caribbean men (12%) followed by Indian men (11%) and Bangladeshi men (8%).
- Badminton is another sport for which there is a high level of interest for men and women in many ethnic groups but particularly amongst women. For example 13% of Chinese women, 12% of Indian women, 11% of women in the 'Other' ethnic group and 10% of Pakistani, Bangladeshi and Black Caribbean women say they would like to take part in badminton. Amongst men it is the Bangladeshi's who show the greatest interest in badminton with 17% saying they would like to take part.

What prevents ethnic minorities participating in the sports they would like to do?

- 'Home and family responsibilities', 'work/study demands', 'lack of local facilities', 'lack of money' and 'I am lazy/I am too embarrassed' are the reasons most frequently given amongst all ethnic groups for not taking part. Home and family responsibilities rank particularly high amongst the Indian and Bangladeshi communities with 43% and 40% respectively of these groups giving this reason for not taking part. The Bangladeshi and 'Black Other' populations are most likely to refer to problems with lack of/ unsuitable local facilities with 48% and 45% of these groups respectively giving this reason. Lack of money is given by 25% of the 'Black Other' group and 24% of Black Caribbeans.
- For men (where sample sizes allow analysis) 'work/study demands' rate as the most frequently cited reason for not taking part with 49% of Indian men, 45% of Pakistani men and 38% of Black Caribbean men giving this as a reason.

- Women are more likely than men to give 'home and family responsibilities' for not taking part. Almost half of all Indian women (49%) along with 45% of 'Black Other' women, 44% of Pakistani women, 43% of women in the 'Other' ethnic category, 41% of Black Caribbean women and 40% of Black African women give this as a reason.

Negative experiences in sport due to ethnicity

- Generally men are more likely than women to say that they have had a negative experience in sport that is due to their ethnicity but this may partly reflect the fact, as seen earlier, that more men take part in sport than women.
- 'Black Other' men are the group most likely to say that they have had a negative experience with one in five saying that this is the case. Amongst women the 'Black Other' ethnic group also had the largest percentage saying that they had had a negative experience (approximately one in seven).
- Chinese men and women are the least likely of all the ethnic groups to feel that they have had a negative experience in sport that they considered was due to their ethnicity.

Sports participation and ethnicity in England national survey 1999/2000

Headline findings

Introduction

Promoting access and opportunity for all sections of the population to take part in sport is the central philosophy and objective of Sport England. Although sport plays a significant role in the nation's psyche and touches most, if not all people in some way throughout their lives, there is ample evidence to show that for certain groups in the population levels of participation and involvement in sport are lower than might be expected. There is considerable research evidence to show, for example, that young people take part in a lot more sport than older people, that women generally are less likely to participate in sport than men and that people from lower socio-economic backgrounds are less likely to participate than their counterparts in the middle and upper socio-economic groups.

Anecdotal evidence backed up by small-scale studies, often of a qualitative nature, suggest that ethnic minorities generally have relatively low levels of participation in sport. To date, however, these assertions have not been backed up by any large-scale empirical studies. They have also tended to be generalised to apply to 'ethnic groups' as a whole implying a homogeneity that fails to recognise the levels of diversity of culture, background and experience that exist between different ethnic groups.

It was because of this lack of sound measurement of the extent of inequality in participation in sport amongst ethnic minorities that Sport England commissioned the Office for National Statistics (ONS) to carry out the first-ever national survey of 'Sports participation and ethnicity in England'. The results from the survey help to focus attention on the real extent of inequality and provide some pointers as to the reasons why it may exist. The findings will assist with establishing strategic priorities and enable targets to be set to increase levels of participation amongst certain groups. In addition the findings will help to identify where further qualitative research is required in order to better understand the causes of inequality where it may exist and ways to overcome it.

Some background to the survey

The survey of sports participation and ethnicity was commissioned in order to:

- Provide robust statistical data on the levels and patterns of sporting participation among ethnic minority groups in England to be compared with participation behaviour among the general population.
- Explore the factors that influence sporting behaviour among ethnic minorities. In particular to explore and as far as possible to disentangle issues to do with choice, motivation, and those related to opportunity and access and possibly to racial discrimination.

In total there were 3,084 adult (16 years and over) 'non white' respondents to the survey. Because of the methodology applied, calculating response rates to this survey is necessary complex. Initial response rates to the "Omnibus Survey" sample range between 63% and 70% and for the Labour Force Survey sample the initial response rate was 54% (see paragraph below). Notwithstanding, this study still provides the largest ever sample of ethnic minorities to be surveyed on this subject. The survey was carried out by face- to- face household interviews.

Obtaining this large sample size whilst ensuring that people were selected on a random basis required a very demanding methodology. The approach taken was to identify ethnic minority populations through two other general population surveys with large sample sizes. The two surveys from which individuals from ethnic minority groups were identified were the Labour Force Survey and the ONS Omnibus Survey. In the case of the Omnibus Survey eligible individuals were asked questions about sports participation as part of the wider Omnibus questionnaire whilst in the case of the Labour Force Survey eligible respondents were followed up at a later date.

The surveys were carried out over the period from June 1998 to March 2000 in order to pick up the sample in a number of survey 'waves'. Spreading the surveys over time enabled the seasonal impact of participation in sport to be accounted for in the overall estimates. The responses from the survey have been weighted up to be representative of ethnic minority groups in England as a whole. As with any surveys there are sampling errors associated with the statistics presented in this report and these are discussed more fully in the technical report of the survey.

The primary requirement of the survey was to replicate the methodology and questions on sport used in the General Household Survey (GHS) to enable comparisons to be made with the averages for the population as a whole. As a consequence the core questions in the survey concerning participation in sport were the same as asked in the 1996 GHS. In addition to these core questions other questions were asked on spectating, reading about sport and watching sport on television, motivational factors and influences on sports participation, access to facilities, sports they would like to take part in, barriers/reasons for not participating in sports, experience of participating in sport during their school years and immediately after leaving school, and experiences of discrimination in sport.

Defining ethnicity

Defining ethnicity is fraught with methodological problems. Any label that is given to a 'group' in society will inevitably simplify the diversity that exists between different individuals in that group. This applies in particular to ethnicity where religion, culture, values, language, generation, age, gender, length of residence in a country and nationality all play a part in creating considerable diversity of experiences, expectations, ways of life and behaviours.

Carrying out a national quantitative survey and establishing a pragmatic approach to social policy and practice has required, however, that people be classified into broad 'ethnic groups'. The approach taken in this survey was dictated by the need to preserve comparability with the GHS. All respondents to the survey were asked to select the ethnic group to which they belonged from a list on a showcard. The groups listed were:

1. White
2. Black Caribbean
3. Black African
4. Black Other
5. Indian
6. Pakistani
7. Bangladeshi
8. Chinese
9. None of these

A disadvantage of this method of classifying ethnicity is that a large minority of respondents - 17% in the present survey - chose 'none of these' when asked to select the ethnic group to which they belong. Because of this and because it was thought to be important to allow them to describe their ethnicity in their own words, respondents to the survey were also asked:

"And how would you describe your ethnic origin"

In this report those individuals who report 'none of these' were classified in the 'other' group. Further analyses will be possible using self-assessed descriptions of ethnicity to gain additional perspectives on inequality and how it impacts on different groups. This analysis has, however, focused on the standard groups used in the GHS to enable comparisons with national averages to be made and inequalities in participation to be identified.

Definition of participation in sport

Throughout this report, unless specified otherwise, participation in sport is defined as *having taken part in sport or physical activities on at least one occasion in the previous 4 weeks excluding walking*. This is a standard definition used by Sport England and is consistent with the wide definition recognised by the Council of Europe. Participation in sport in this instance does not include participation in refereeing, umpiring or coaching, which is measured separately.

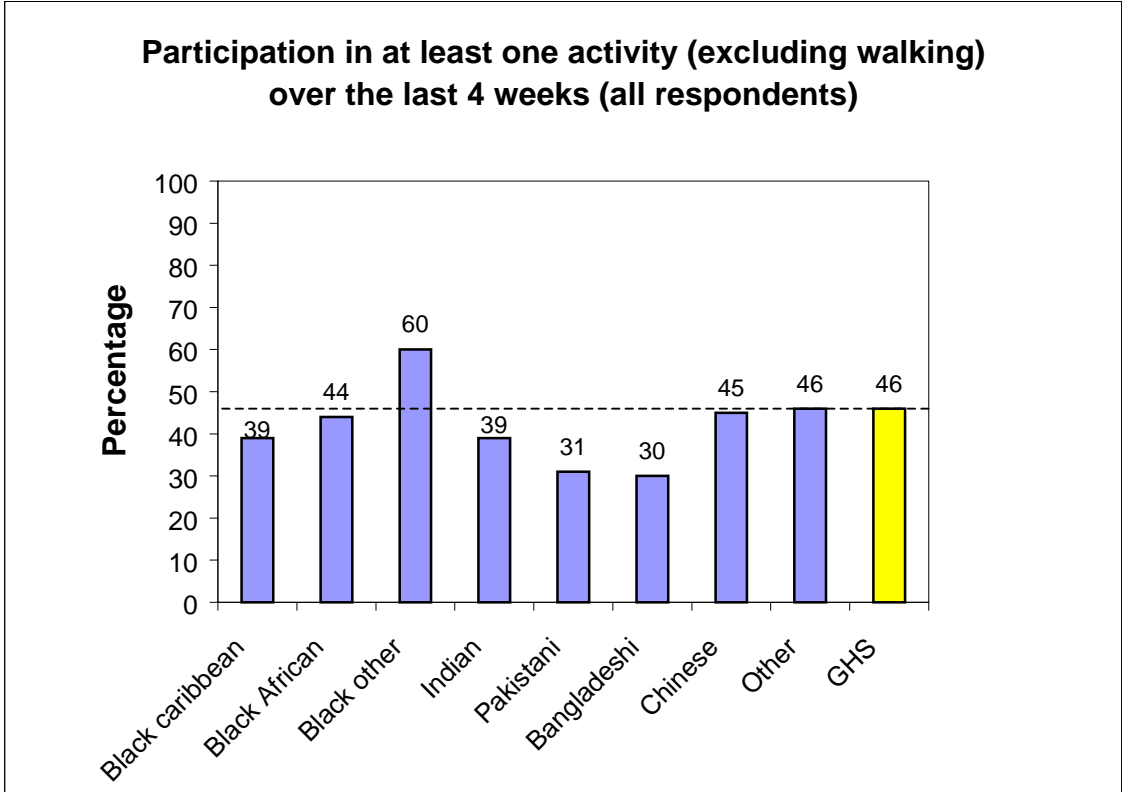
Respondents were provided with a 'showcard' list of over 40 sports and physical activities to choose from and could add other activities if not included on the list.

A full technical report of the methodology and copies of the questionnaire are available from Sport England Research.

Overall participation in sport

One of the primary objectives of this survey was to identify whether there is any difference in the levels of participation in sport by ethnic minority groups compared with the population as a whole. Figure 1 shows the overall levels of participation in sport for different ethnic groups and how this compares with the national averages.

Figure 1



The survey results show that:

- For ethnic minority groups overall the participation rate in sport is 40% compared with a national average of 46%.
- Only the 'Black Other' ethnic group have participation rates higher than the national average at 60% compared with 46%. Those classifying themselves in the 'Other' ethnic category, as Chinese, and as Black African have rates of participation equivalent to national figures (46%, 45% and 44% respectively).
- Black Caribbeans (39%), Indian (39%) and in particular Pakistani (31%) and Bangladeshi (30%) populations have participation rates significantly below those found amongst the population as a whole.

In addition to looking at the population as a whole a further analysis of participation has been carried out looking at men and women separately. The overall participation rate for male ethnic minorities is 49% compared with a national average for men of 54% and for female ethnic minorities it is 32% compared with a national average for all women of 39%.

Figures 2 and 3 show that:

- Black African (60%) and 'Black Other' (80%) men have higher participation rates than the national average (54%)
- Indian (47%), Black Caribbean (45%), Bangladeshi (46%) and Pakistani (42%) men are less likely to participate in sport than men in the population as a whole.
- National participation rates for women (39%) are matched or exceeded by women from 'Black Other' (45%), 'Other' (41%) and Chinese (39%) ethnic groups.
- Women who classify themselves as Black Caribbean (34%), Black African (34%), Indian (31%), Pakistani (21%) and Bangladeshi (19%) have participation rates below the national average for all women.
- As expected, and found in the population as a whole, men from ethnic minority groups are more likely to take part in sport than their female counterparts. However, the survey results show that for some ethnic groups the gender differences in favour of men are greater than for the population as a whole. The 'inequality gap' between men and women nationally is 15 percentage points whereas for the 'Black Other' ethnic group it is 35 points (although overall this is a relatively high participant group), for Bangladeshis it is 27 points, Black Africans 26 points, and Pakistanis 21 points.

Figure 2

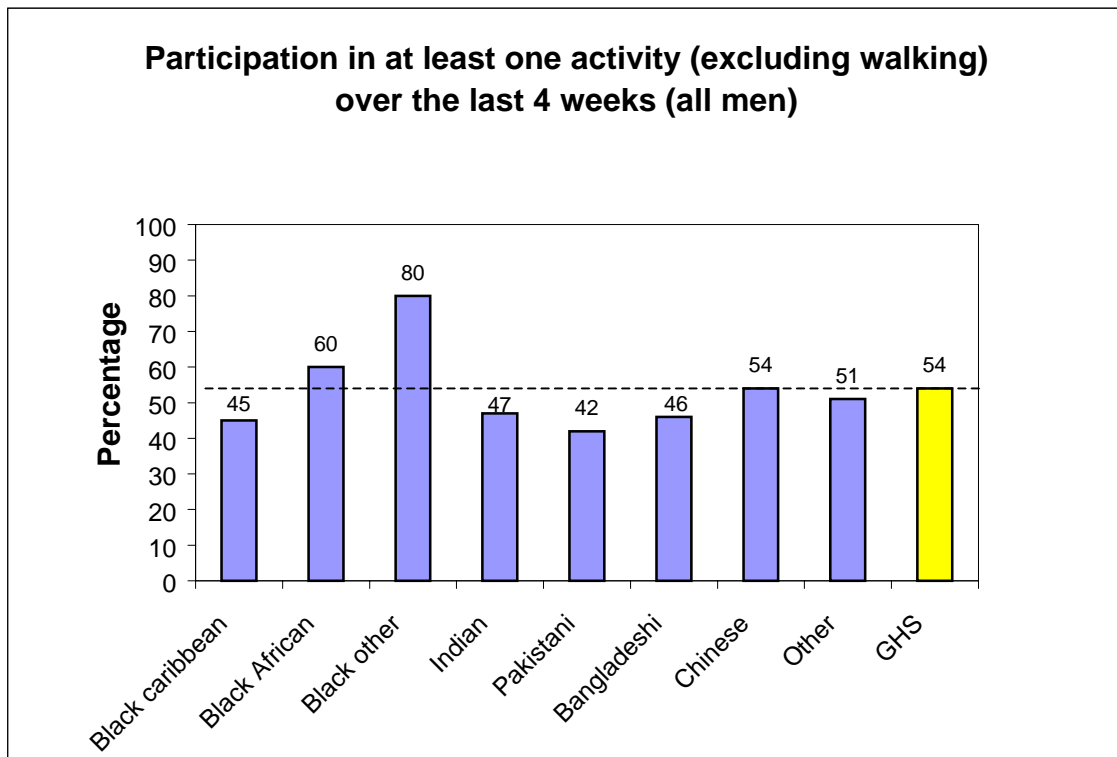
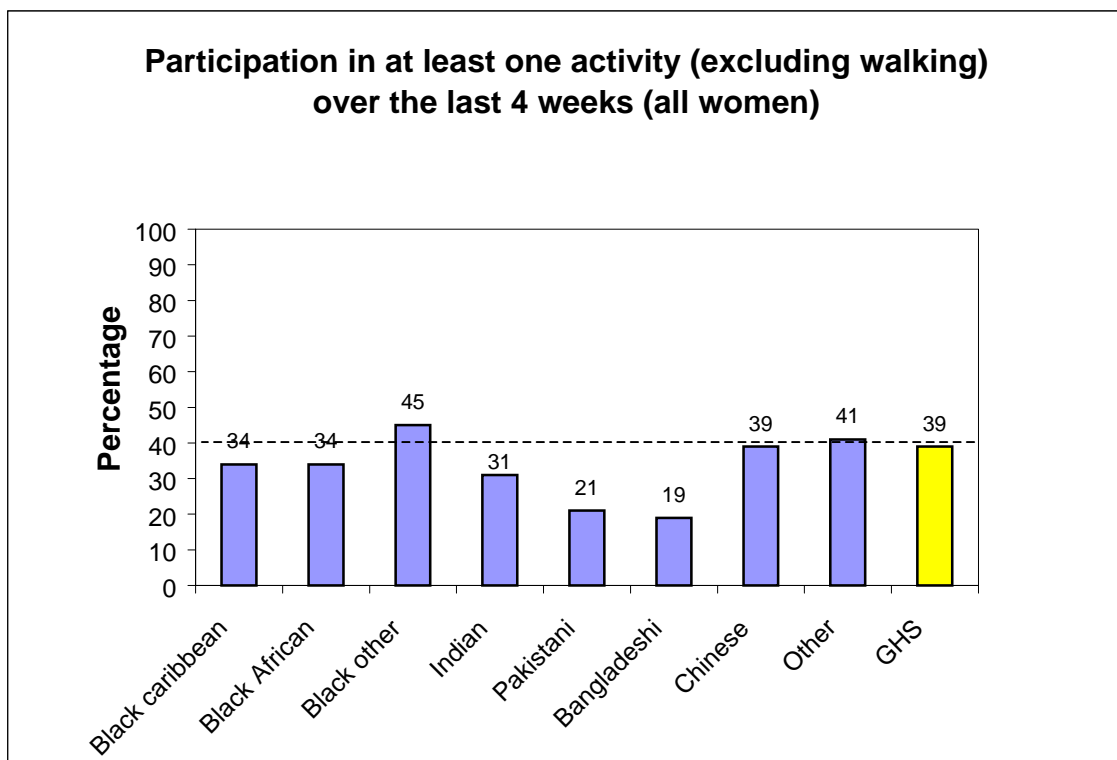


Figure 3



(Appendices 1a -1c highlight participation rates in the top ten sports in the 4 weeks before the interview for all respondents).

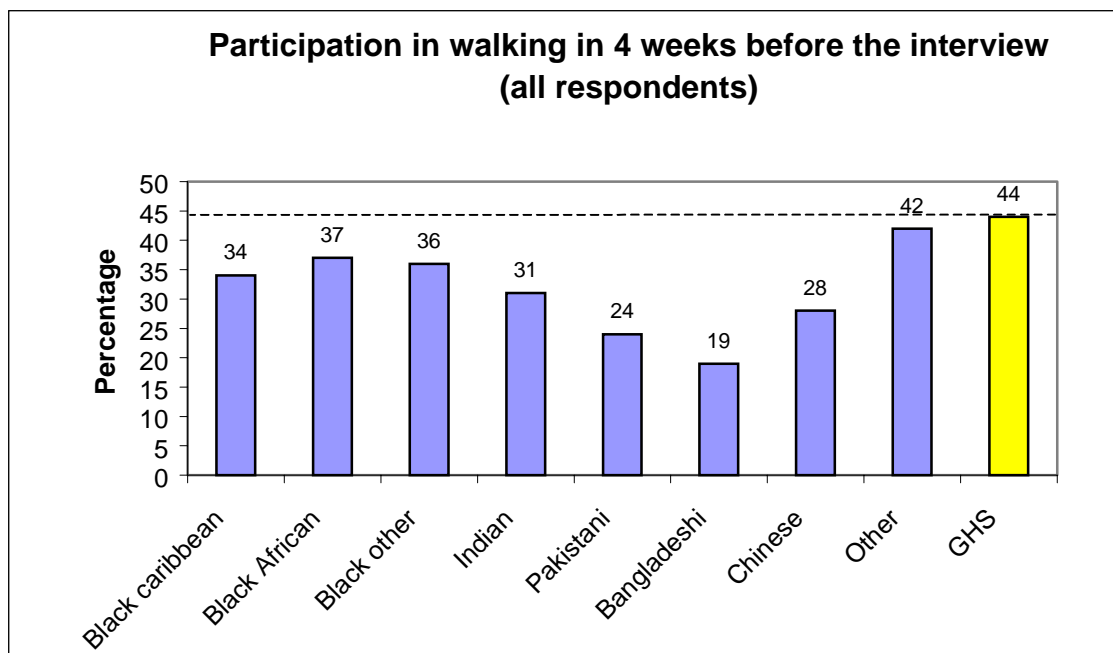
Participation in walking

The figures presented above are the levels of participation in sport excluding walking. Walking (particularly on a frequent basis and at a brisk speed) has, however, been identified as an important contributor towards an active and healthy lifestyle. Participation in walking has been defined in the survey as *‘walking or hikes of at least 2 miles or more’*.

Figure 4 below shows how the levels of participation in walking (at least once in the previous 4 weeks) vary between different ethnic groups and how this compares with the population as a whole. The results of the survey show that:

- Levels of participation in walking amongst ethnic minorities are significantly below those for the population as a whole. At the lowest end, only 19% of the Bangladeshi population regularly take long walks compared with 44% of the population as a whole
- When gender differences are examined the levels of participation in long walks is, except amongst the Chinese, lower for women than for men. The lowest participation rate is amongst Bangladeshi women with 16% taking part compared with a national average for all women of 41%. Pakistani women (21%) and Indian women (25%) are also notable for their low levels of participation although it should be noted that the sample ‘bases’, for these statistics are small.

Figure 4



Given the importance of walking as a means of exercise and its general benefits to health these low levels of activity must be of some concern. There is other evidence

to suggest (see the 1999 Health Survey for England) that physical activity levels amongst these groups are not boosted in other areas, for example through occupational activity or activity in and around the home, and we have already seen that levels of regular participation in sport are relatively low for many of these groups.

There is considerable research evidence to show that a sedentary lifestyle increases the risk of heart disease and stroke, the onset of diabetes and, particularly amongst women the likelihood of suffering from osteoporosis (brittle bone disease). Inactivity is also associated with obesity and all the health problems that go with it.

The 1999 'Health Survey for England' commissioned by the Department of Health, showed that Black Caribbean and Indian men were two thirds more likely to have a stroke than males in the population as a whole and that all male minority groups apart from Chinese men had higher rates of heart attack than the general population. The incidence of diabetes was also found to be high for many groups with the highest rates of diabetes found among South Asians: for example the rates of diabetes among Pakistani and Bangladeshi women were over five times higher than in the general population. While levels of obesity were generally lower amongst ethnic minority groups compared with the population average, this was not the case for Black Caribbean or Pakistani women who were respectively 1.8 and 1.5 times more likely to be obese than women generally.

Which sports do ethnic minority groups take part in?

Information was collected on participation in a wide range of sports and physical activities. Overall if 'walking' is included, there were 28 sports in which at least 1% of one of the 8 different ethnic groups surveyed had taken part. This is greater than the 19 sports in which at least one percent of the population overall participated. The only sport that had more than one percent of at least one ethnic group participating but does not feature in the national statistics is 'carram-board'. Sports that have more than one percent of the population as a whole taking part but where no ethnic groups have at least one percent taking part include bowls, fishing, table tennis, squash and horse riding.

The main findings from the survey may be summarised as follows:

- As expected walking or hiking 2 miles is the most 'popular' activity amongst all ethnic groups as it is amongst the population as a whole, however, as seen earlier, the levels were still relatively low.
- For all groups apart from the Bangladeshi population, 'keep fit/aerobics/yoga' features as the second most popular activity and this is boosted in particular by its popularity amongst women. Keep fit is by far the most popular activity after walking for women from all ethnic groups (keep fit ranks as the 3rd most popular sport amongst the population as a whole and tied 2nd amongst all women).
- Snooker/billiards/pool features very high in the rankings and ranges in overall popularity from number two in the ranking for the Bangladeshi population to number six for the Chinese population. The overall ranking for snooker is

boosted by its popularity amongst men where it ranks as the 2nd or 3rd most popular sport for all groups (snooker ranks as the 4th most popular sport amongst the population as a whole and 2nd amongst men).

- Swimming has a lower ranking in participation amongst most ethnic minority groups (from as low as seventh in the case of the Black Caribbean population and sixth in the case of Black Africans and 'Black Others') than it does amongst the population as a whole where it ranks second in 'popularity' behind walking (a more detailed analysis of swimming is provided below).

Figures 5 to 14 provide a detailed analysis of the highest participant sports looking at each ethnic group separately and comparing participation rates with the population as a whole. The main findings are:

Swimming

Figure 5

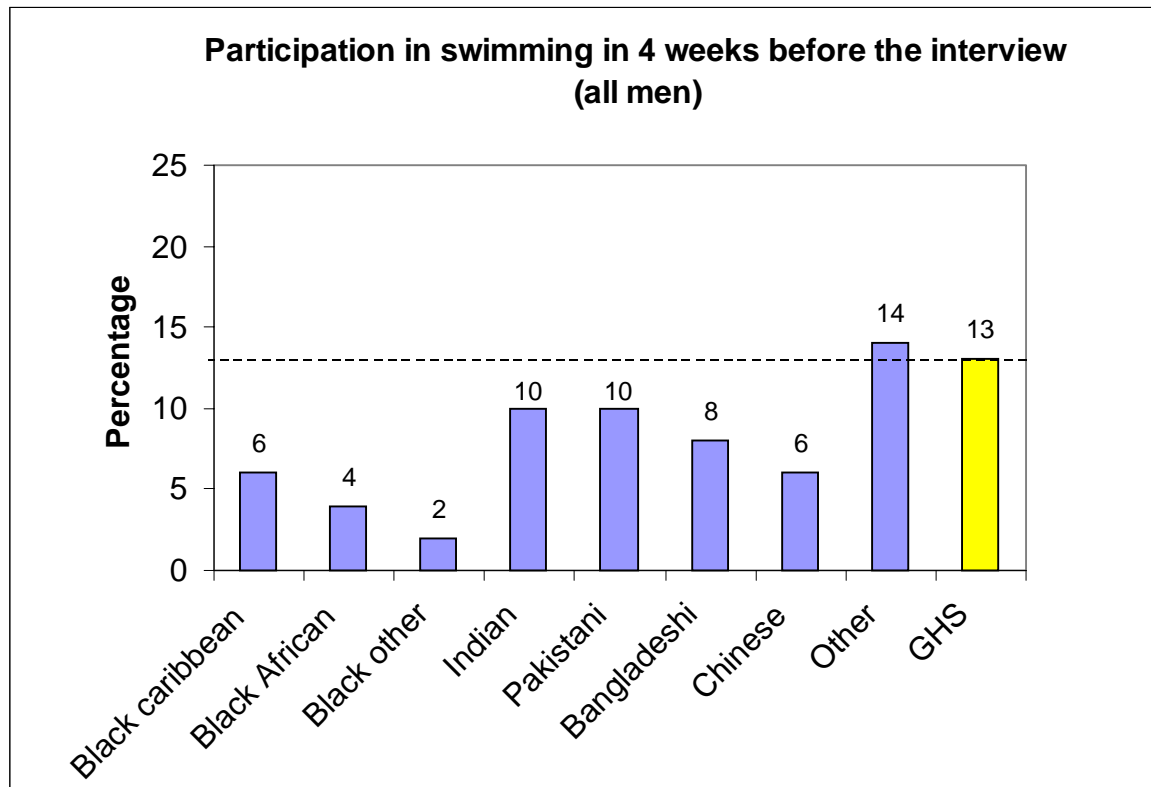
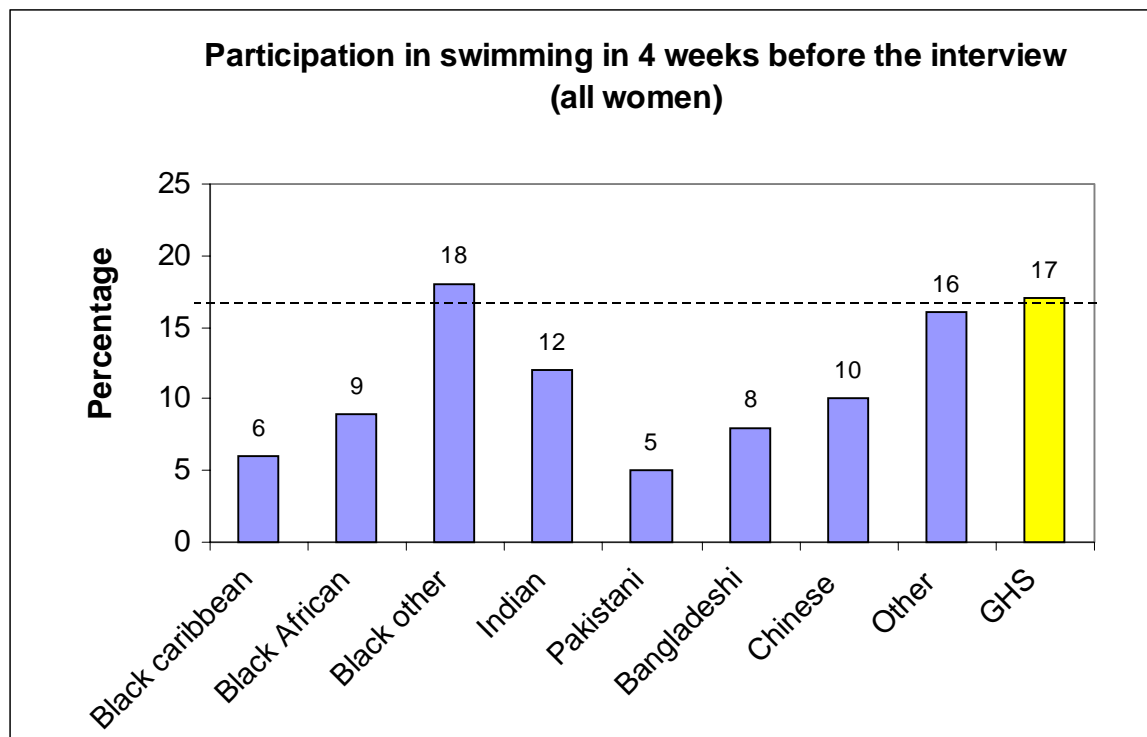


Figure 6



- Overall ethnic minorities are less likely to take part in swimming than the population as a whole. Figure 5 shows that Black Caribbean, Black African and 'Black Other' men have particularly low levels of participation reaching as low as 2% for 'Black Other' men which is 11% less than for men in the population as a whole. Amongst women from most ethnic groups participation in swimming is again lower than the population average (see Figure 6). In the case of women it is the Pakistani, Black Caribbean and Bangladeshi ethnic groups that have particularly low levels of participation, as low as 5% for Pakistani women compared with a national average of 17% for all women. These findings are consistent with those found in Sport England's survey of the use of local authority swimming pools carried out in 1997 which found significant under-representation of many ethnic groups in the use of these publicly provided facilities. Yet as we say later in this report many ethnic minorities who currently do not swim say that they would like to take part.

Keep fit/aerobics

Figure 7

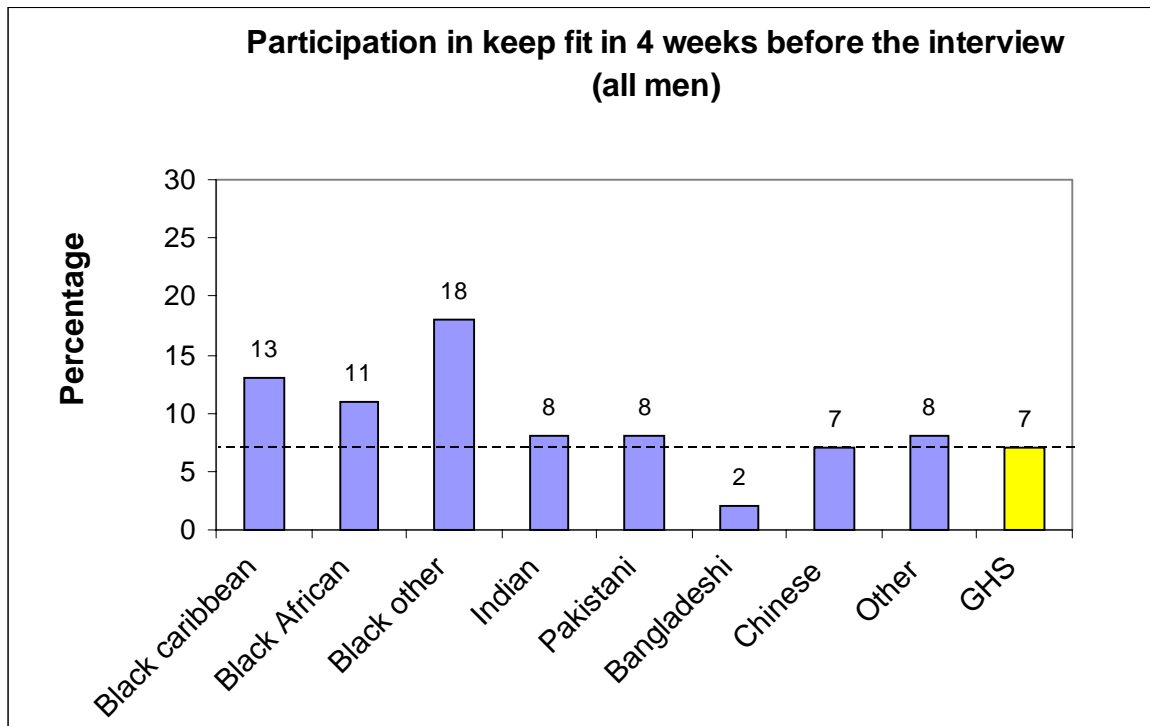
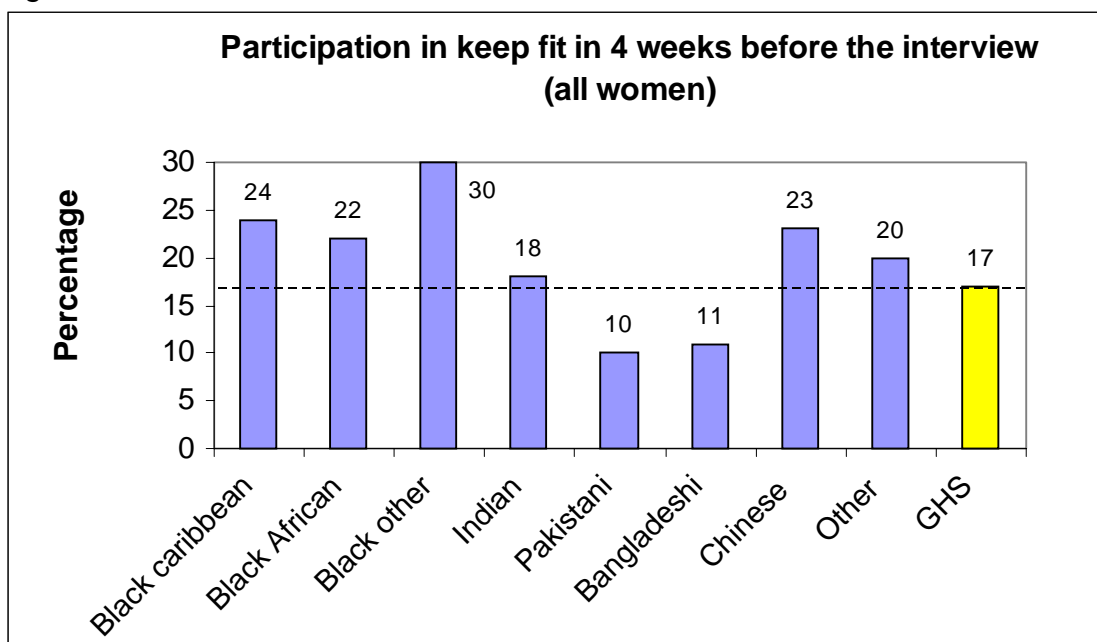


Figure 8



- Figure 7 shows that amongst Black male ethnic groups participation rates in keep fit/aerobics (which also includes yoga) are relatively high compared with the national average. For the 'Black Other' group it reaches as high as 18 %, which is considerably higher than the national average of 7%. At the other end of the spectrum Bangladeshi men are less likely to take part in keep fit than men generally.

- Keep fit/aerobics is particularly popular amongst many women from ethnic minority groups as demonstrated in Figure 8. In the 'Black Other' group the rate of participation reaches as high as 30%, which is approaching double the participation rates for the female population as a whole. Participation in keep fit is, however, relatively low amongst Pakistani (10%) and Bangladeshi (11%) women who have participation rates of about one third of those for the 'Black Other' group.

Football

Figure 9

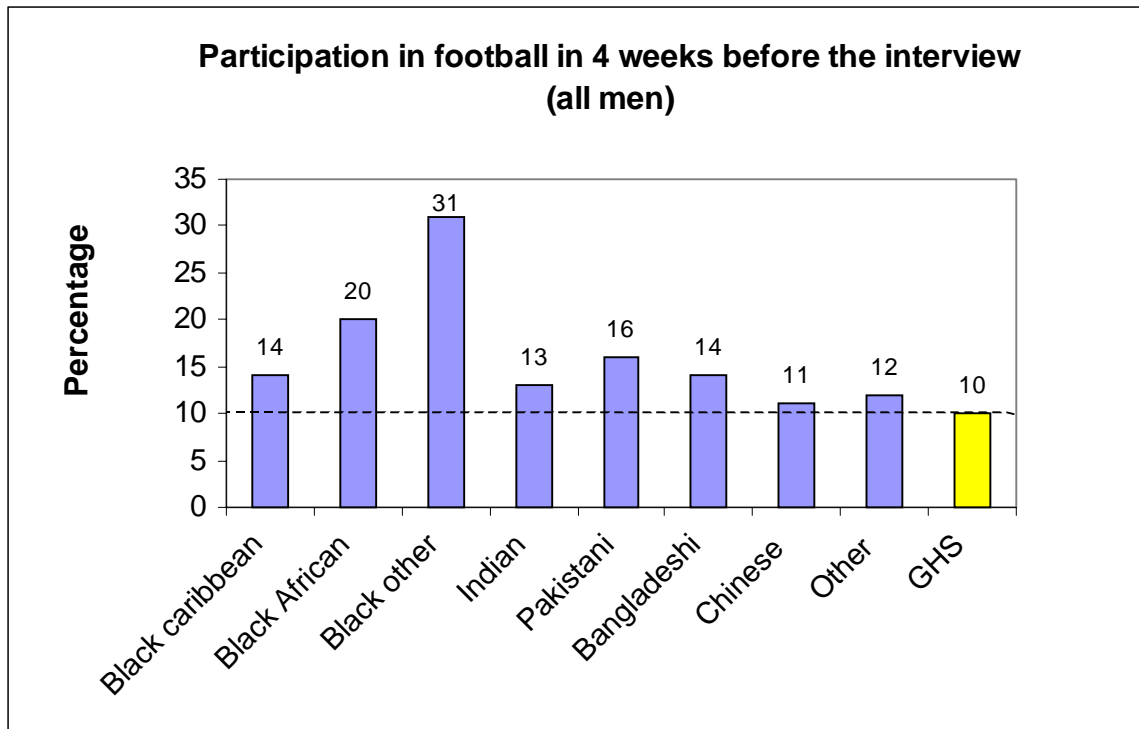
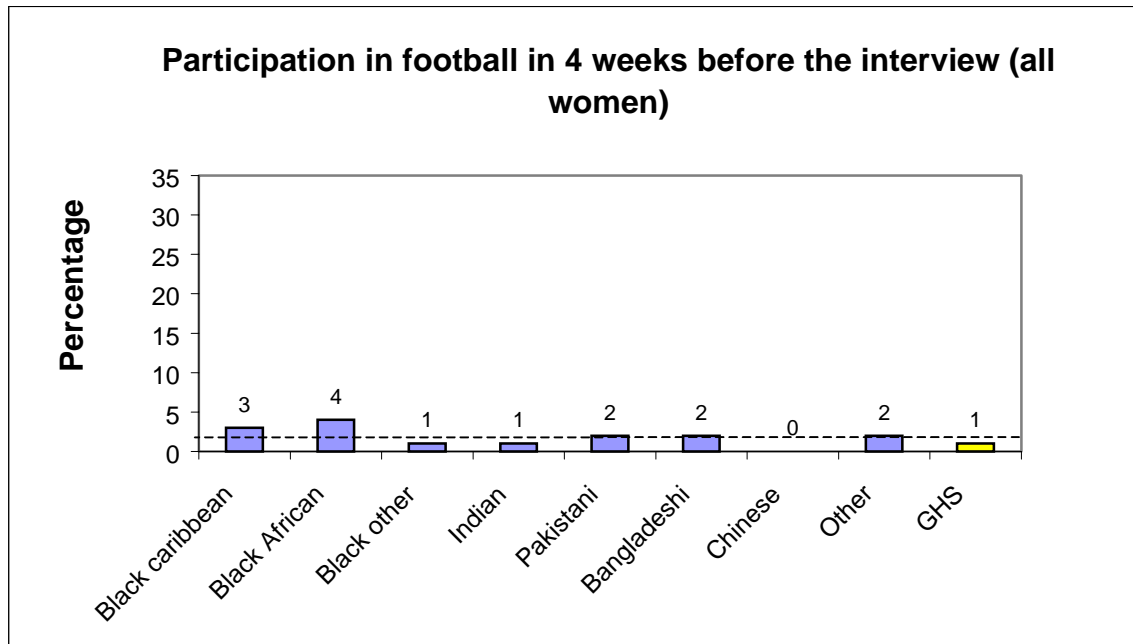


Figure 10



- Figure 9 shows that participation in football amongst males from ethnic minority groups is relatively high. This is particularly the case amongst Black males with participation rates as high as 31% amongst the 'Black Other' ethnic group, which is three times the national average. Given the publicity about the lack of representation of Asian footballers at the highest levels it is interesting to see that participation amongst these groups is at around the national average and exceeds it in the case of Pakistani men.
- The participation rates for football amongst women from ethnic minority groups are higher than might have been expected with 4% of Black African women having participated and 3% of Black Caribbean women. These figures may reflect a general growth in interest and participation in football amongst young women that was evident from Sport England's 1999 survey of 'Young People and Sport'. This survey showed significant increases in participation amongst girls generally between 1994 and 1999. In this instance, therefore, the 1996 GHS, which found 1% of women taking part in football, may provide a slight underestimate of the national participation levels in 1999/2000.

Snooker/billiards and pool

Figure 11

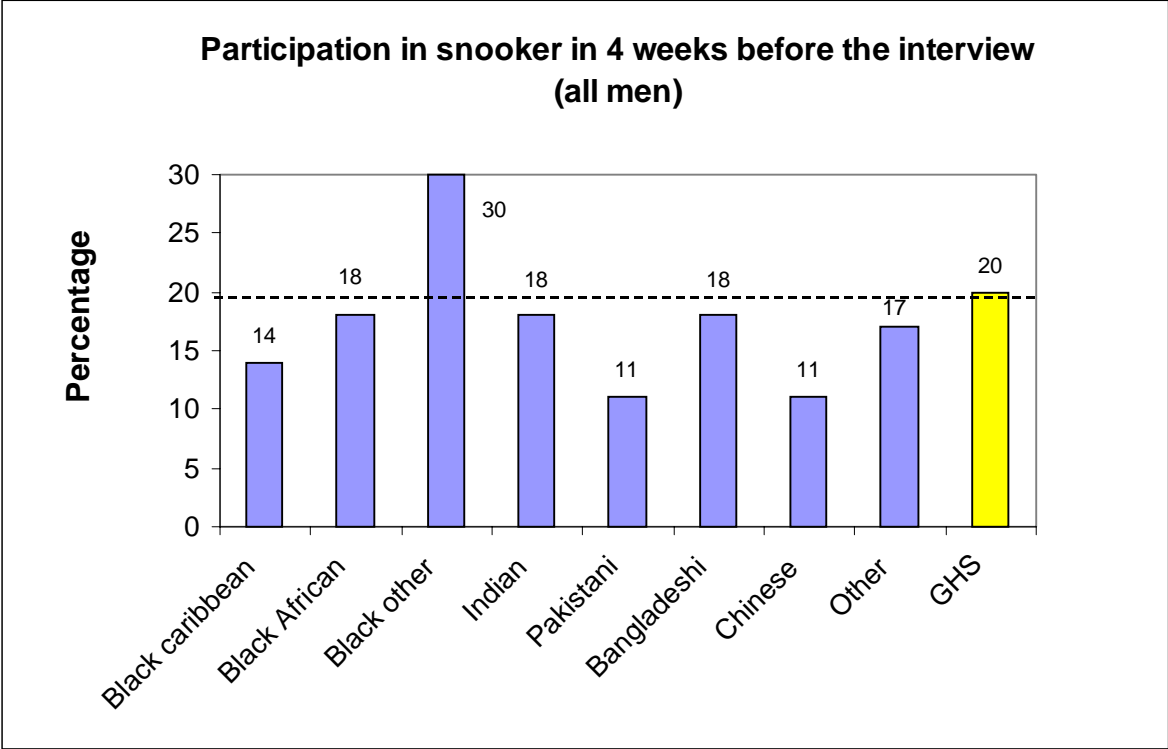
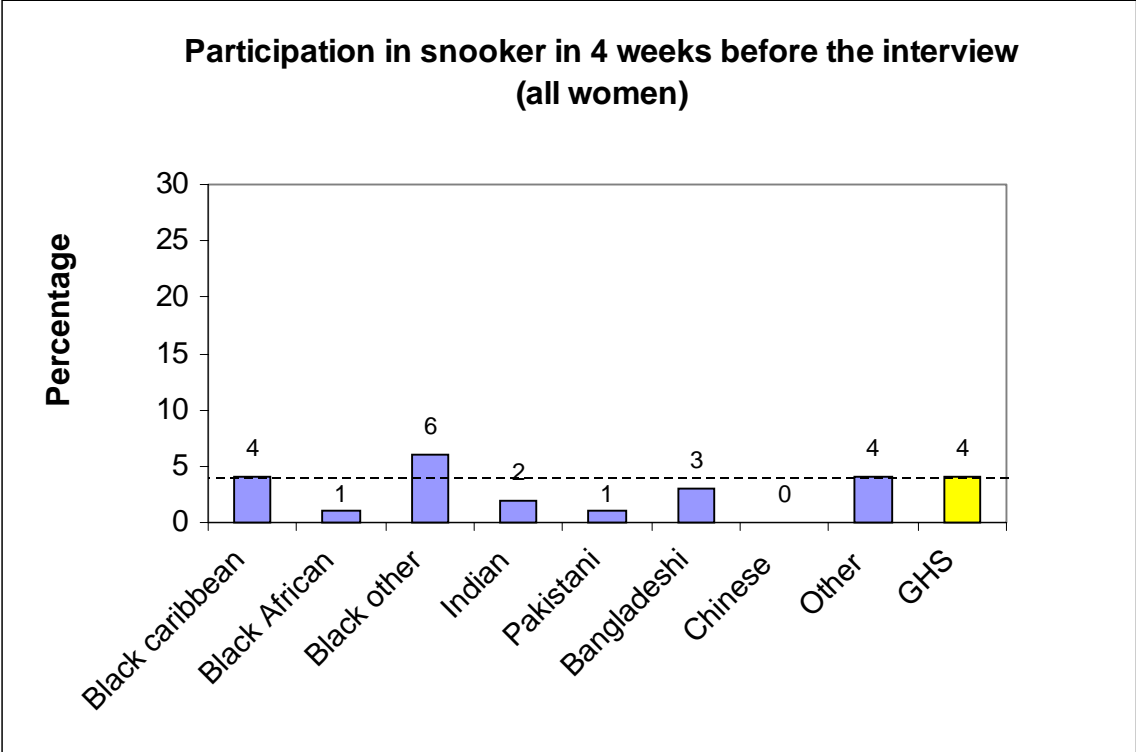


Figure 12



- Snooker/billiards and pool is particularly popular amongst males in the 'Black Other' ethnic group with 30% taking part compared with a national average of 20% (see Figure 11). Amongst males in all the other ethnic groups, although rating as a relatively high participant sport (see the earlier discussion on 'rankings'), the levels of participation are low compared with the national average for men generally. Participation in snooker by women from ethnic minorities is also generally low compared with the population as a whole apart for the 'Black Other' group, but even here the level of participation is a fifth of what it is among their male counterparts (see Figure 12).

Cycling

Figure 13

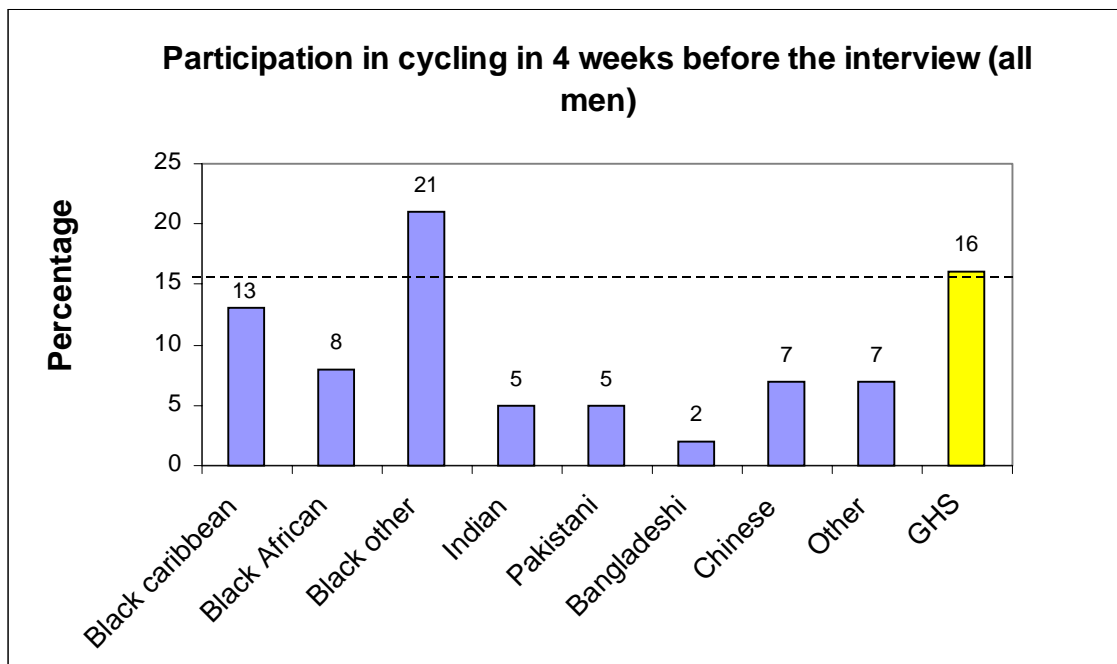
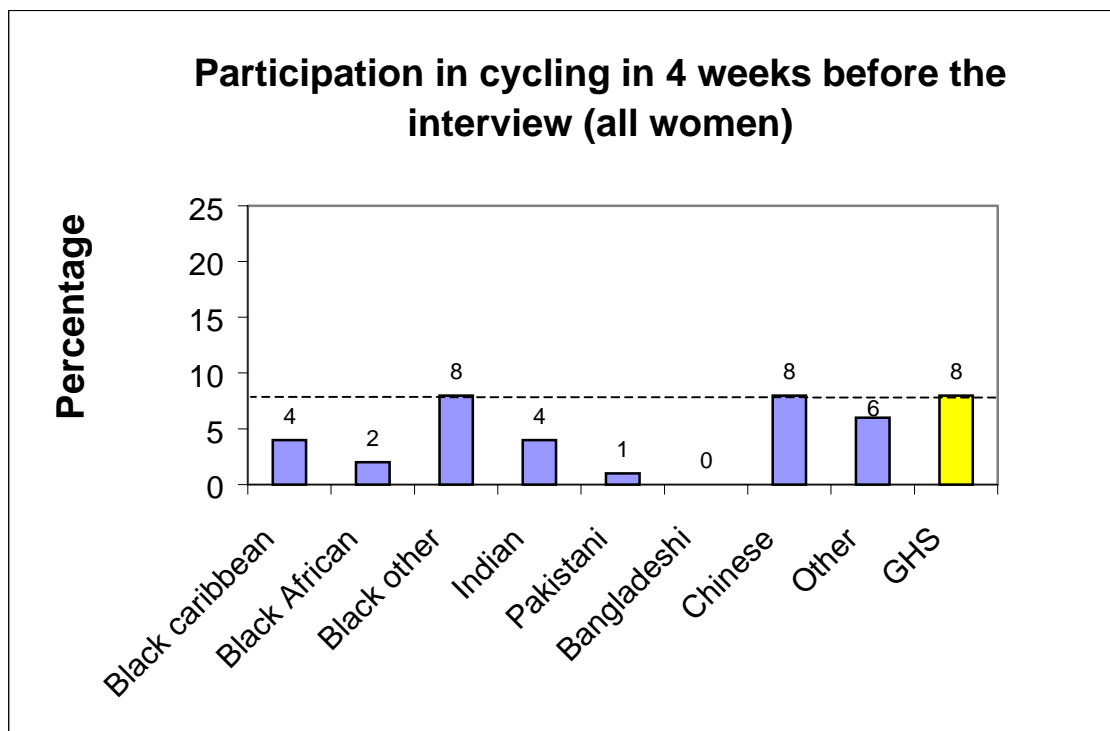


Figure 14



- Participation in cycling is relatively low for males from all ethnic groups apart from the 'Black Other' group. The rates of participation in cycling are particularly low amongst Bangladeshi men' (2% compared with a national average of 16%), Indian men (5%) and Pakistani men (5%).
- Among women, levels of participation in cycling are much lower than for men (as is the case for the population as a whole) and in some cases, such as for Bangladeshi women, extremely low at less than 1%. These findings when combined with the low levels of walking discussed earlier, heighten concerns about the impact of sedentary lifestyles on the health and well being of many individuals from ethnic minority groups.

In addition to those cases referred to above there are a number of instances where a sport has relatively high participation rates among certain ethnic groups compared to those found in the population as a whole. These include:

Men

- Weight training amongst Black males with participation rates of 23% for the 'Black Other' group, and 12% for both Black Caribbeans and Black Africans which compares with 9% for the population as a whole.
- Running/jogging amongst 'Black Other' (18%), and Black African men (15%), which is higher than for males generally (7%).
- Self-defence/martial arts by Black Other' males (11%) and Black Caribbeans (6%) which compares with an average for all men of 1%.

- Badminton by Chinese men (17%), which compares with an average of 3% for all men.
- Cricket by Pakistani (10%), 'Black Other' (8%), and Indian (6%) men, which compares with the average for all men of 2%.
- Basketball amongst Black Caribbean (4%) and Black African (4%) males which compares with a population average for men of 1%; and.
- Carram-board amongst Bangladeshi men (4%), which compares with less than 1% in the male population as a whole.

Women

- Running/jogging amongst Black African (11%), Black Caribbean (4%) and 'Other' (4%) ethnic group women, which compares with the average for all women of 2%.
- Weight training by Black Caribbean women (7%), which compares with a national average of 3%.
- Self-defence/martial arts by Chinese women (3%), which compares with a national average of less than one percent for women generally.
- Basketball amongst Black Caribbean women (3%), which compares with an average participation rate of less than one percent for all women.
- Gymnastics amongst Black African women (3%), which compares with a national average of less than 1%;
- Track and field athletics by Black African women (2%) compared with a participation rate for women nationally of less than 1%.
- Cricket by Bangladeshi (2%) and Pakistani (2%) women, which compares with an average for women generally of less than 1%

Which sports would ethnic minority groups like to participate in?

In addition to asking about current levels of participation in sport, respondents to the survey were asked to identify which sports they currently do not participate in that they would like to. Although the answers have to be treated with some care, as stated aspirations do not automatically result in behaviour change should opportunities be provided, the results do provide an indication of preference and 'latent demand'. As such the findings point towards those sports that may provide the 'best return on any investment' in seeking to achieve sports development outcomes aimed at increasing participation by different ethnic groups.

Figure 15 shows the percentage of ethnic minorities who mentioned at least one sport in which they currently don't participate that they would like to, and Figures 16 to 23 show for each ethnic group the 'top five' sports that they would like to do given the opportunity.

Figure 15

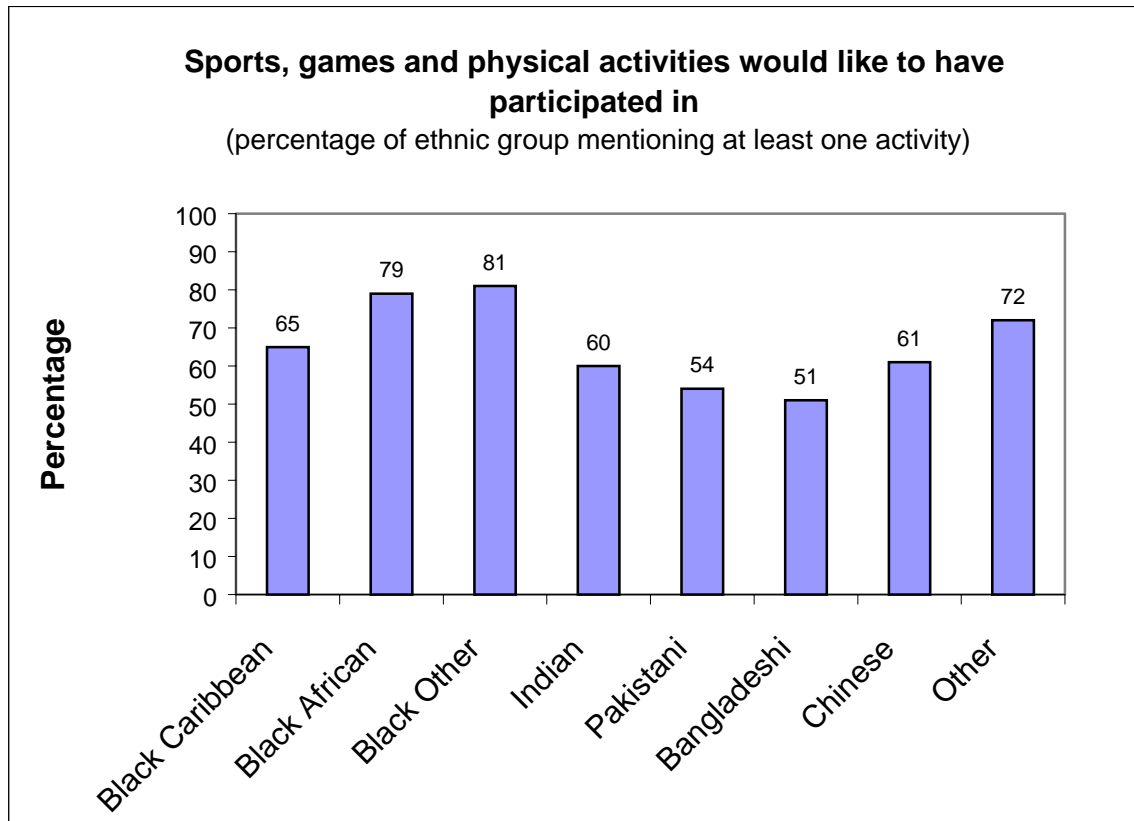


Figure 16

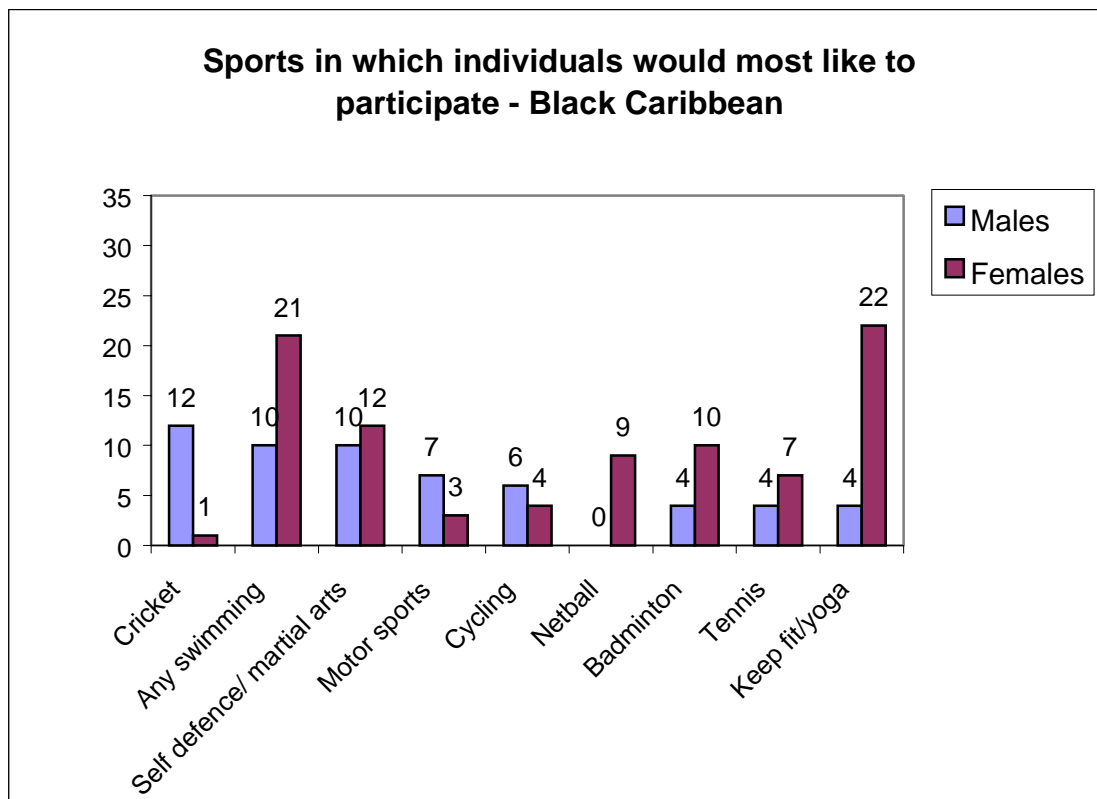


Figure 17

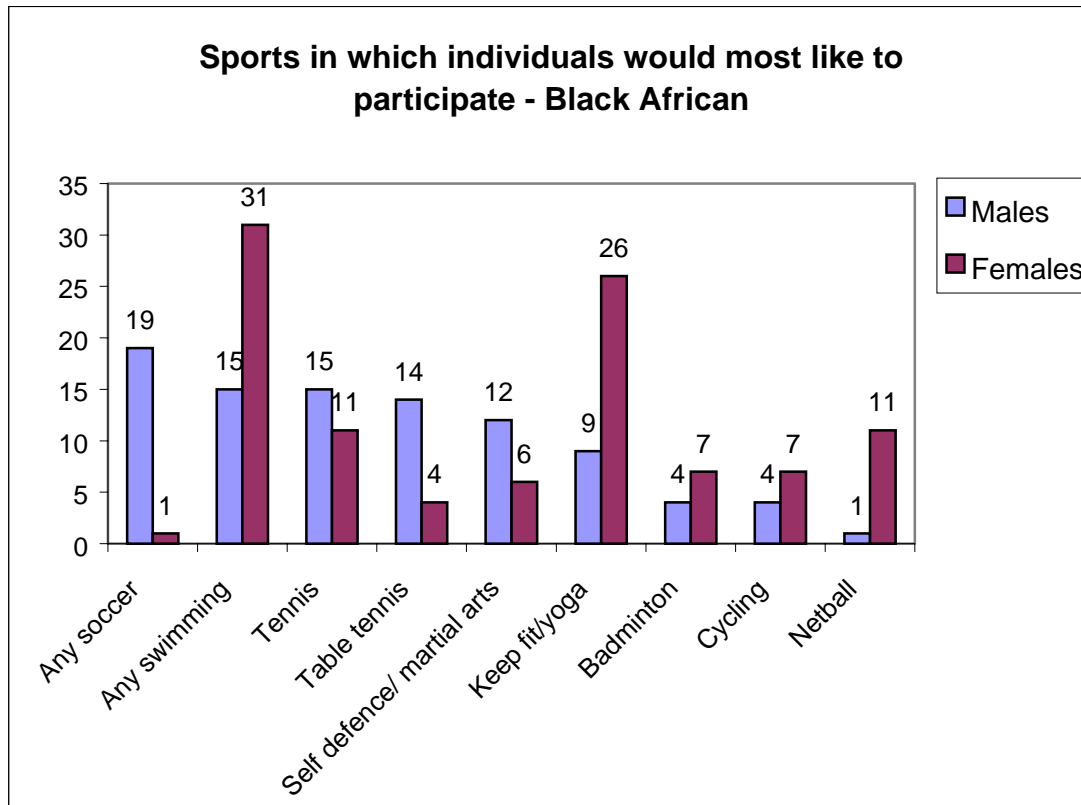


Figure 18

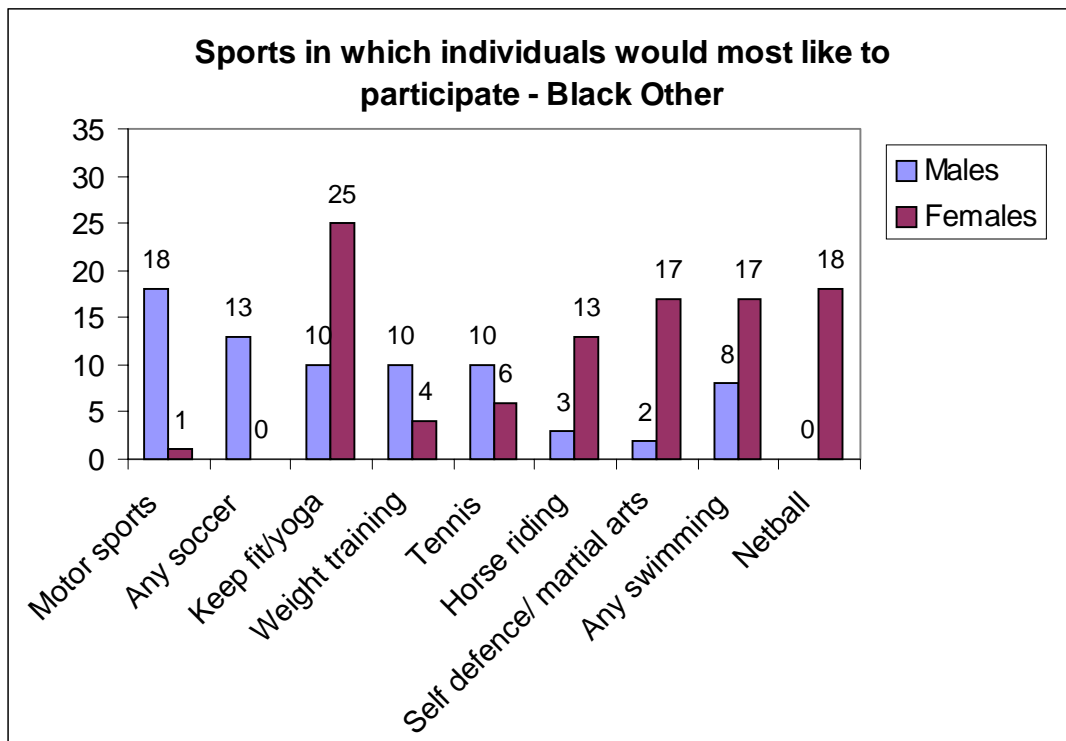


Figure 19

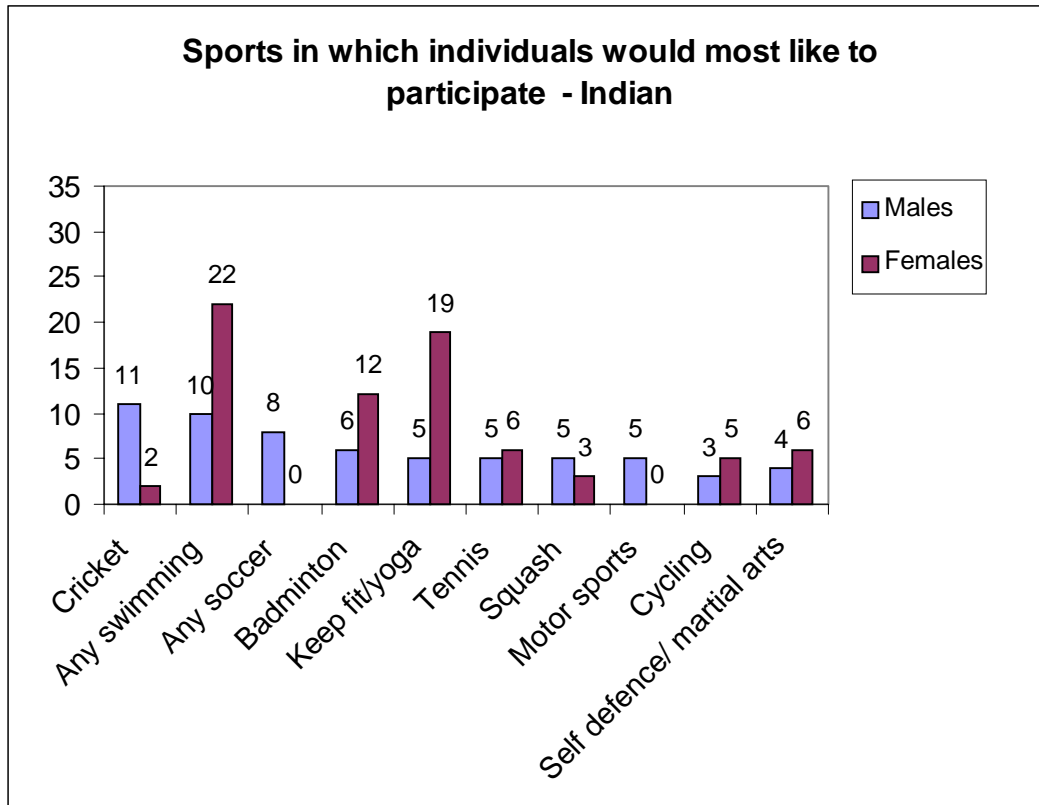


Figure 20

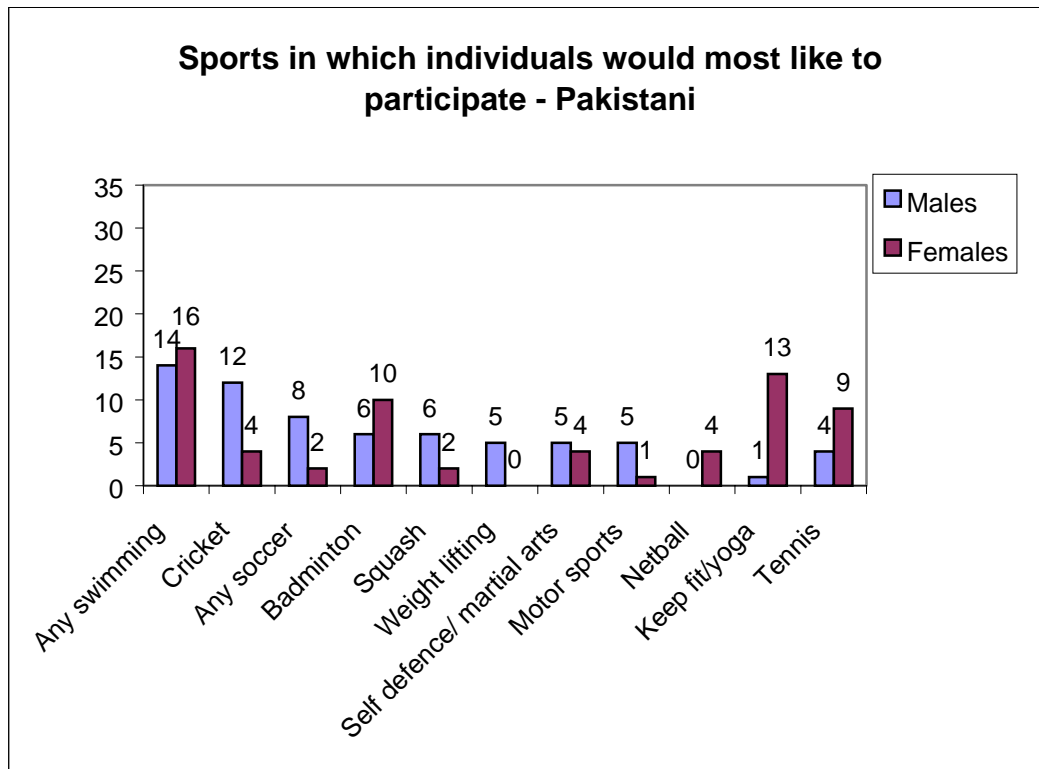


Figure 21

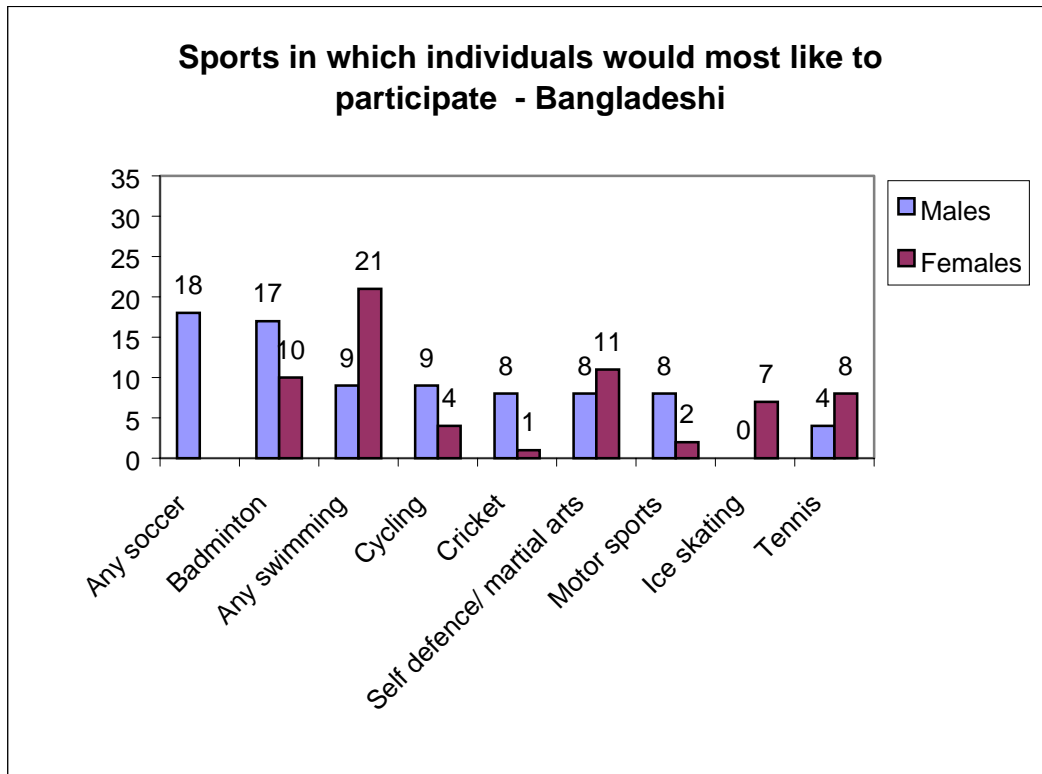


Figure 22

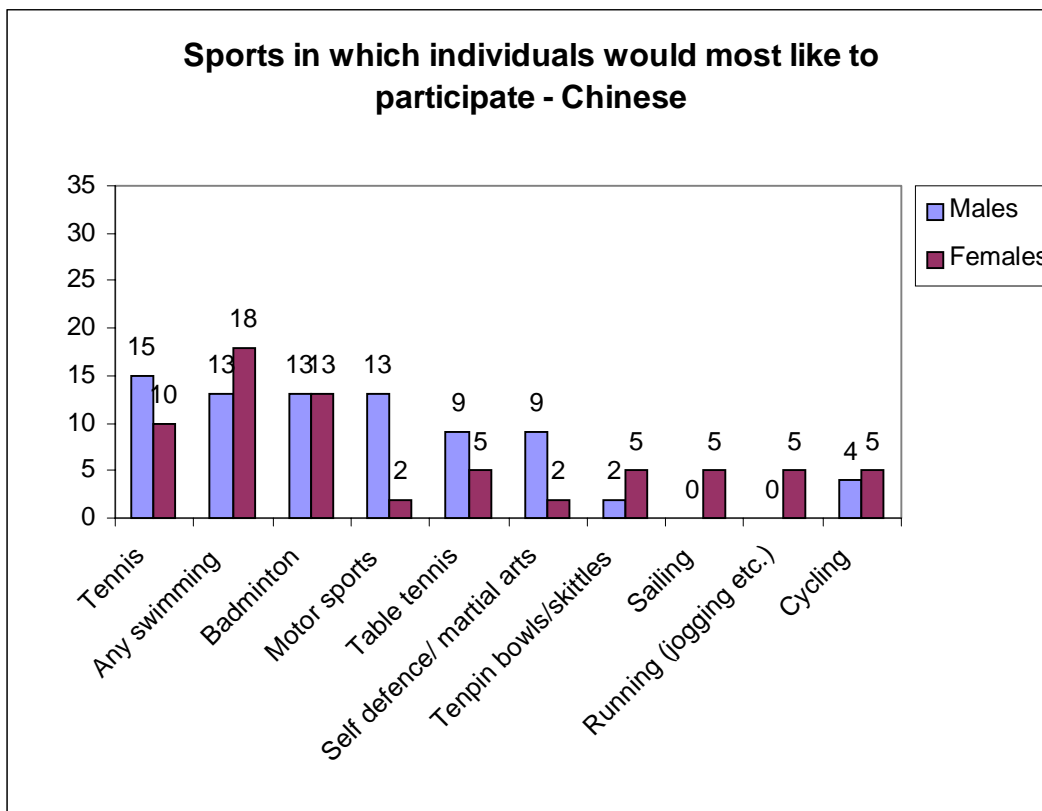
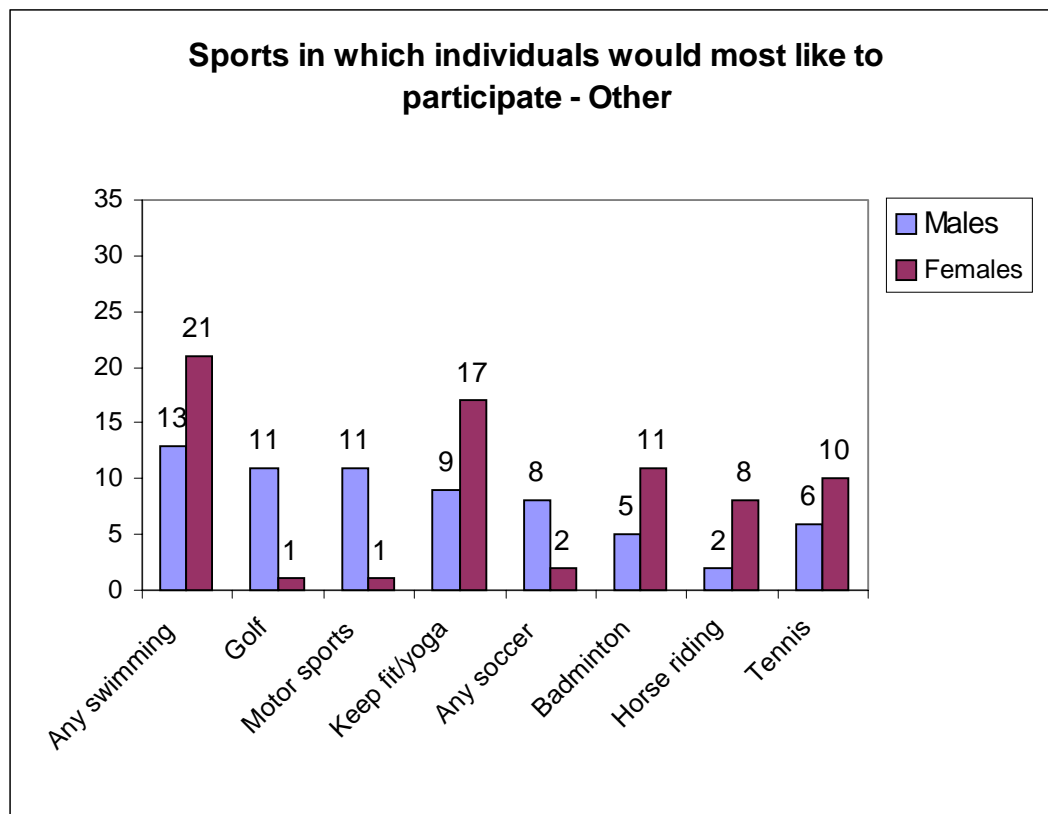


Figure 23



The main findings are:

- A large proportion of individuals from all ethnic groups say that they would like to take up a sport in which they currently do not participate. This ranged from a high of 81% for the 'Black Other' group to 51% of the Bangladeshi community.
- Swimming rates very highly amongst men and women from all ethnic groups as a sport they currently don't participate in that they would like to, and rates higher generally for women than men. The levels of 'frustrated demand' reach as high as 31% for Black African women and it is amongst women that we see swimming feature the most prominently. Even amongst Asian women the levels of interest in swimming are high with 22% of Indian, 21% of Bangladeshi and 16% of Pakistani women saying they would like to take part in swimming. These levels of interest should be set alongside the relatively low levels of participation in swimming amongst most ethnic groups described earlier.
- Keep fit/aerobics/yoga also rates highly for many ethnic minority groups as a sport they would like to take part in which they currently do not do. This is particularly the case for Black African women (26%), 'Black Other' women (25%), Black Caribbean women (22%) and Indian women (19%). Because of the way the question was asked it is not possible to differentiate between keep fit/aerobics and yoga and it may be the latter that is of particular interest to some ethnic groups.
- Interest in taking part in football features prominently for Black African men (19%), Bangladeshi men (18%), 'Black Other' men (13%), Pakistani men (8%),

Indian men (8%) and men in the 'Other' ethnic group (8%).

- Many males from ethnic minorities say they would like to take part in motor sport activities with percentages as high as 18% for 'Black Other' men, 13% for Chinese men, 11% for those men classified in the 'Other' ethnic group and 5% for Indian and Pakistani men.
- Another sport that many ethnic minorities do not participate in currently, but say they would like to take part in, is self-defence/martial arts. This applies to men and women with the greatest interest being shown by 'Black Other' women (17%), Black African men (12%), Black Caribbean women (12%), Bangladeshi women (11%), Black Caribbean men (10%) and Chinese men (9%).
- Another sport that appears to have considerable potential for growth amongst many ethnic groups, and for both men and women is tennis. This is particularly the case amongst the Black African population with 15% of men and 11% of women saying they would like to take part. Many other groups including 'Black Other' men, 'Other' ethnic group women, Pakistani and Bangladeshi women show considerable interest in tennis with about 10% in all these groups saying they would like to take part. Once again it is interesting to set these figures alongside the current levels of participation which do not exceed 2% for women in any ethnic group and reach their highest for any group at 6% of Black African men.
- Cricket features prominently for men in all ethnic groups apart from Black African, 'Black Other', 'Other' and Chinese groups. Interest in playing cricket is at its highest amongst Pakistani and Black Caribbean men (12%) followed by Indian men (11%) and Bangladeshi men (8%).
- Badminton is another sport for which there is a high level of interest for men and women in many ethnic groups but particularly amongst women. For example 12% of Indian women, 11% of women in the 'Other' ethnic group and 10% of Pakistani and Bangladeshi women say they would like to take part in badminton. Amongst men it is the Bangladeshi's who show the greatest interest in badminton with 17% saying they would like to take part.

What prevents ethnic minorities from participating in the sports they would like to do?

Those respondents to the survey who said they would like to participate in a sport, in which they do not currently take part, were asked what had prevented them from taking part in the last 12 months. The results are summarised in Figures 24 to 31.

Figure 24

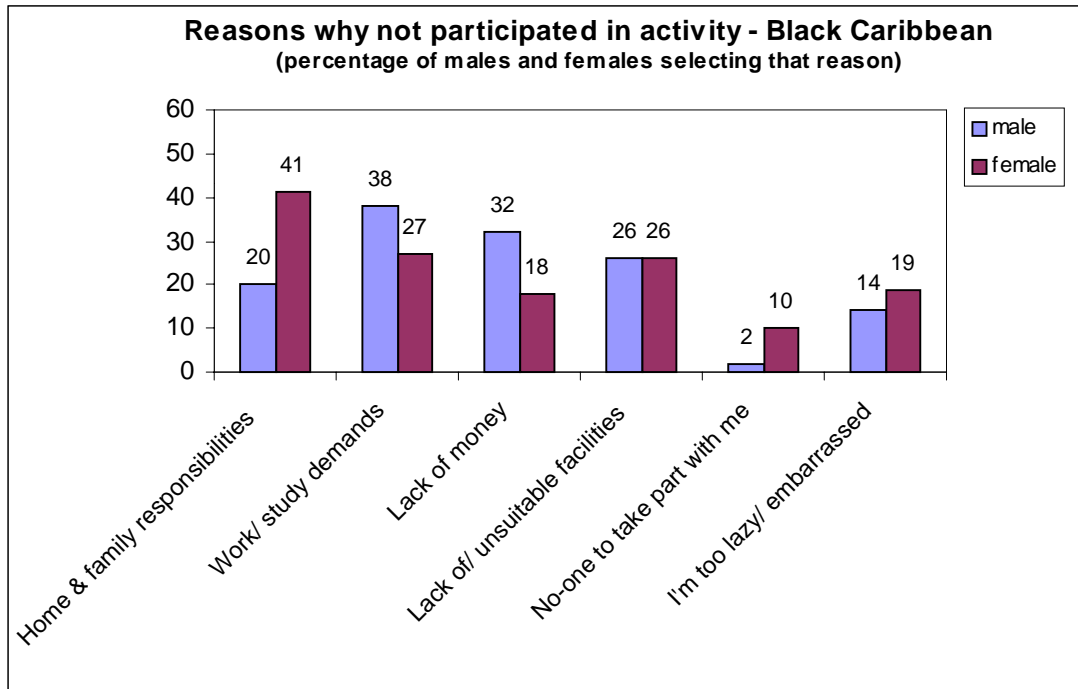


Figure 25

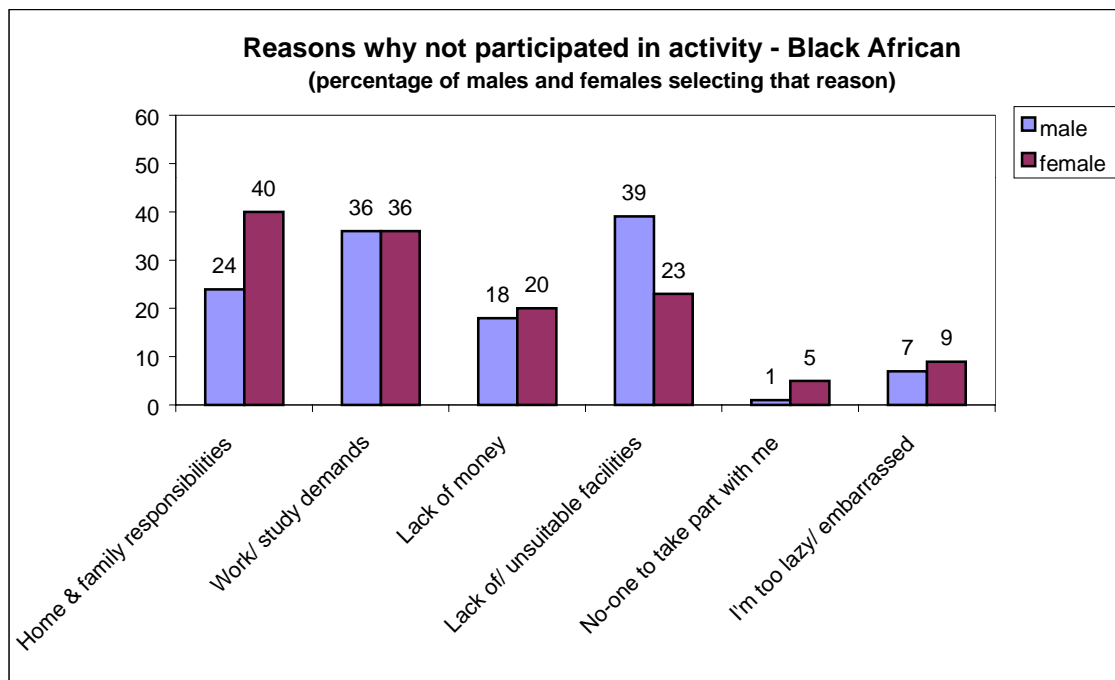


Figure 26

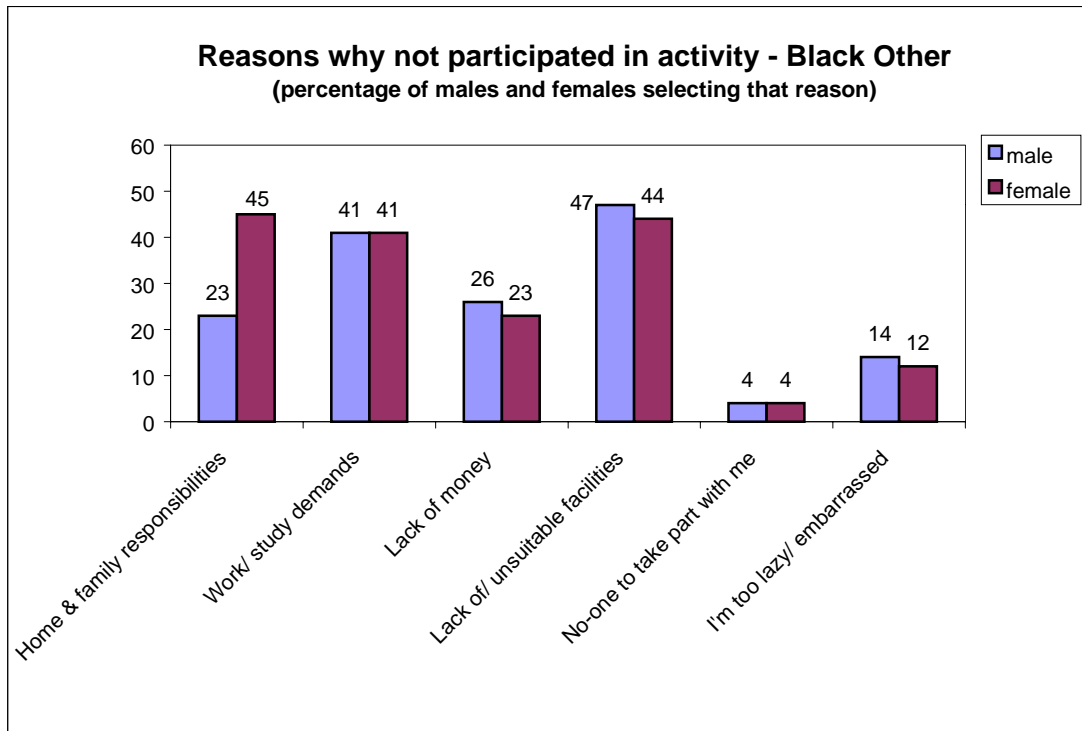


Figure 27

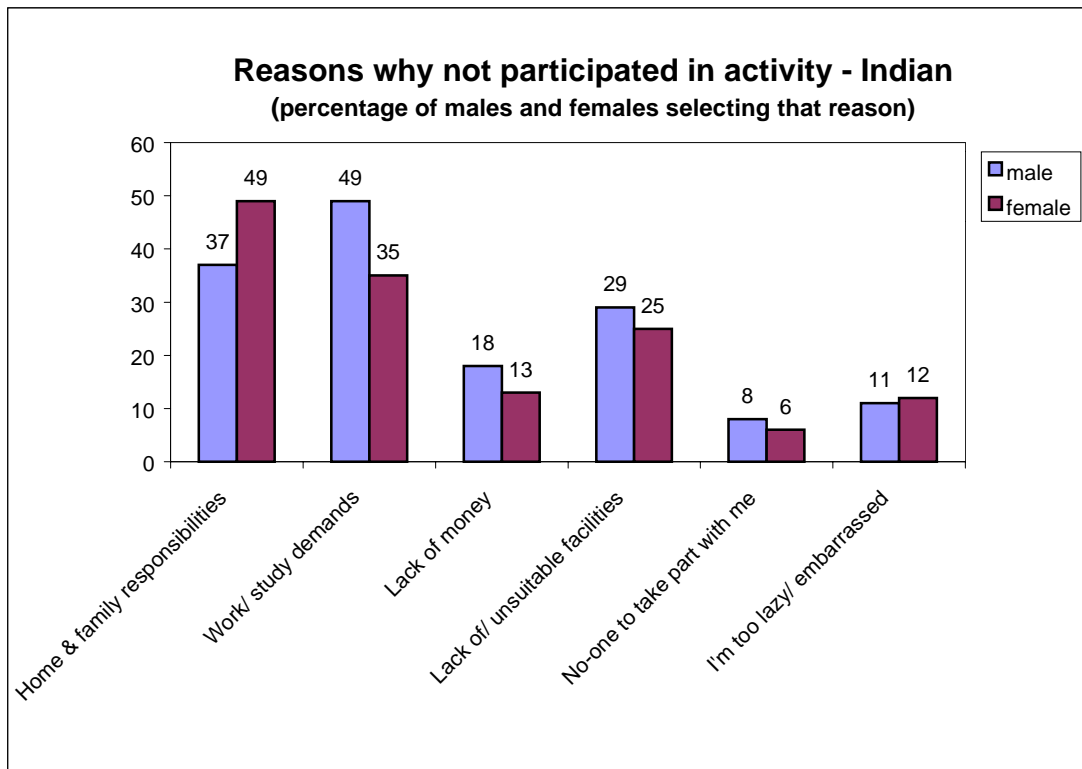


Figure 28

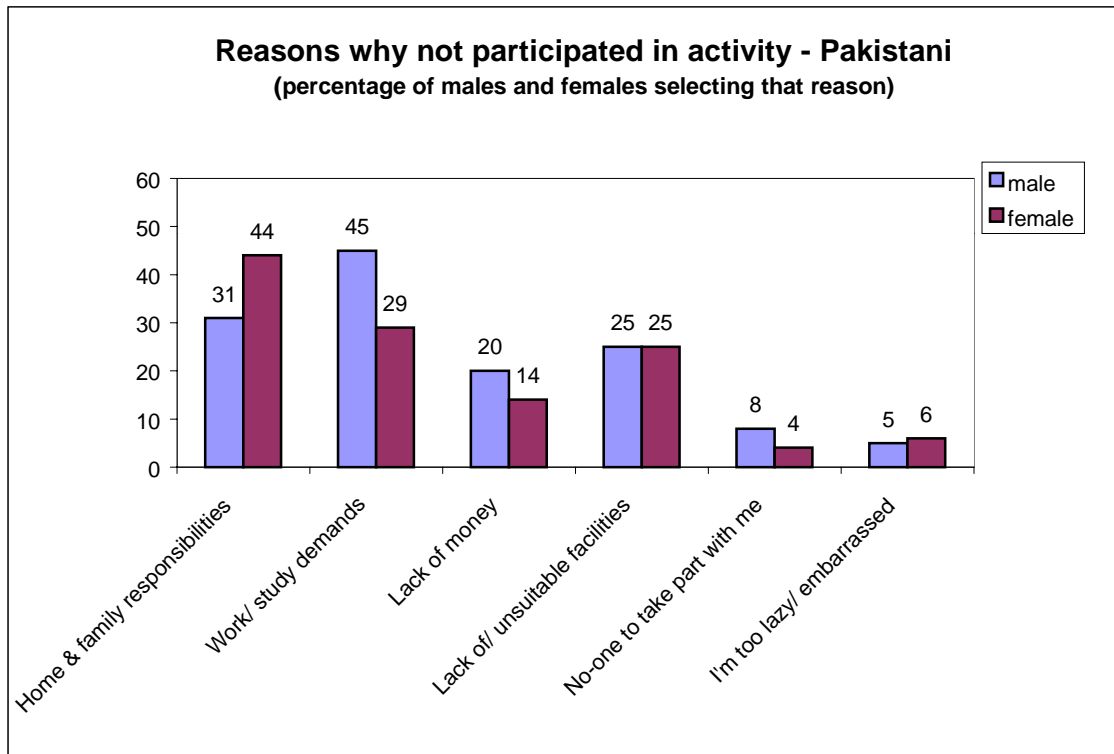


Figure 29

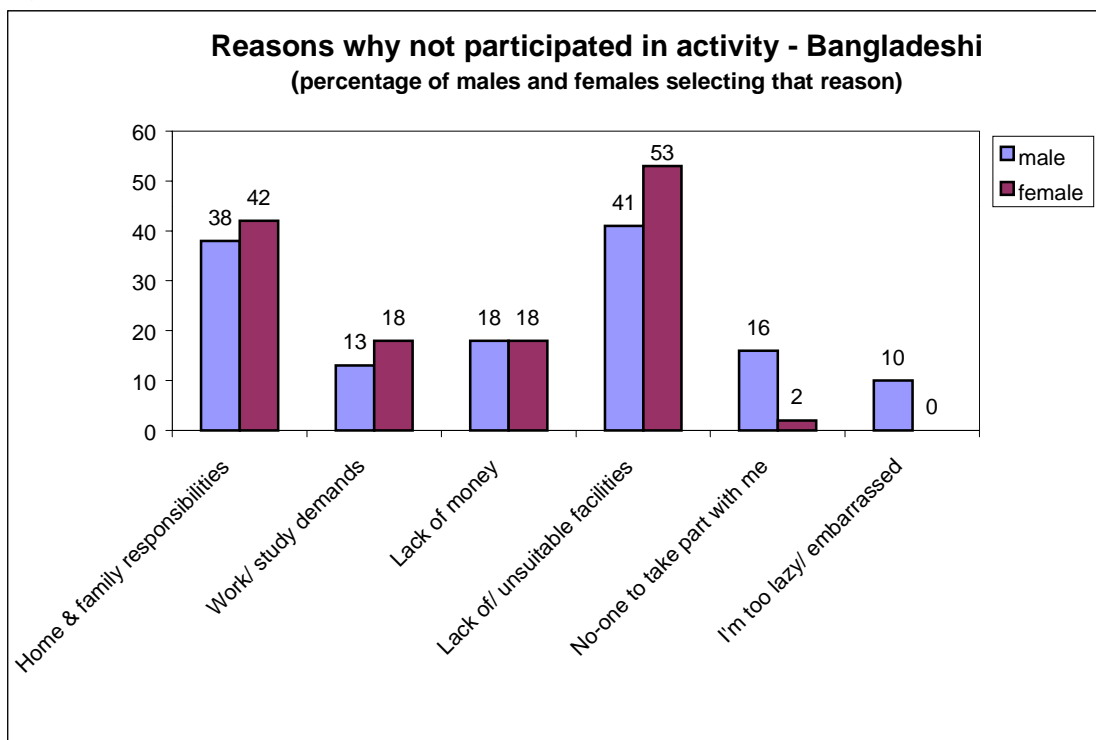


Figure 30

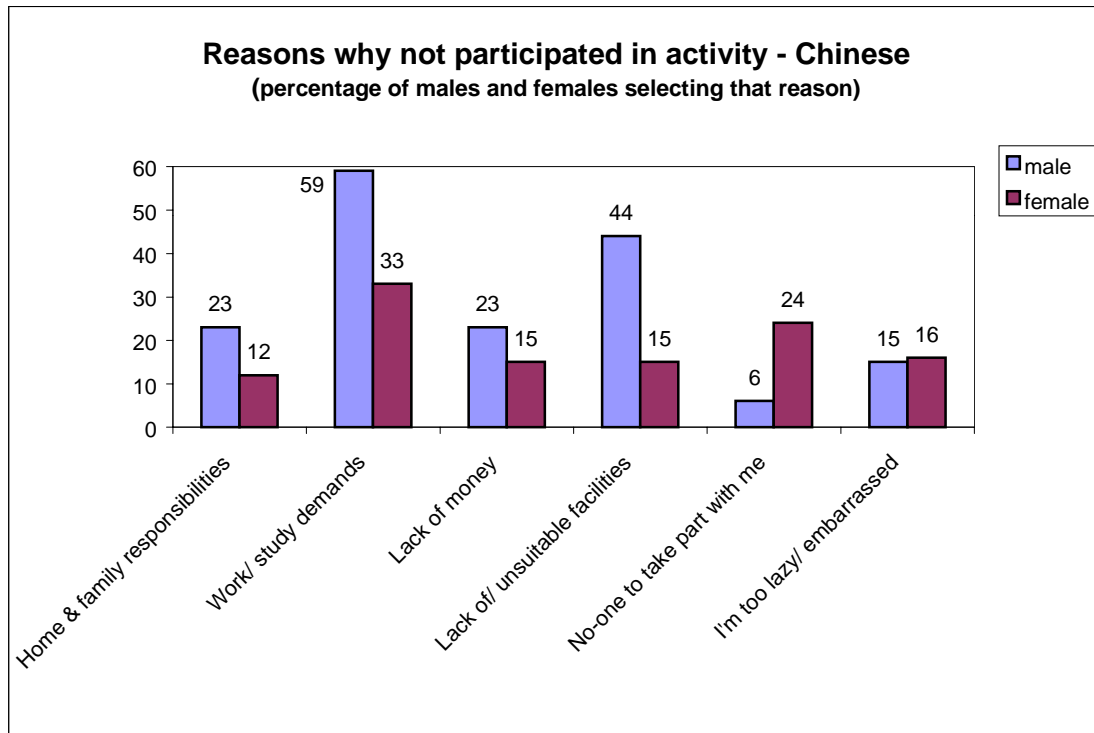
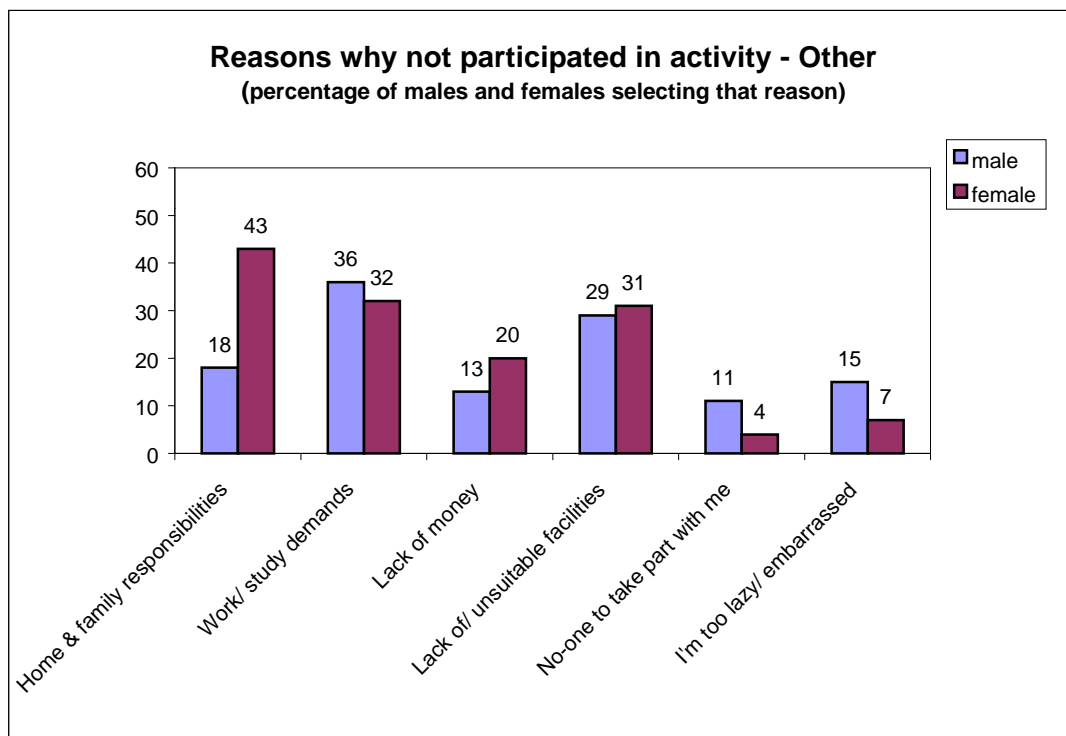


Figure 31



The findings from the survey show that:

- 'Home and family responsibilities', 'work/study demands', 'lack of local facilities', 'lack of money' and 'I am too lazy/I am too embarrassed' are the reasons most frequently given amongst all ethnic groups for not taking part.

Home and family responsibilities rank particularly high amongst the Indian and Bangladeshi communities with 43% and 40% respectively of these groups giving this reason for not taking part. The Bangladeshi and 'Black Other' populations are most likely to refer to problems with lack of/ unsuitable local facilities with 48% and 45% of these groups respectively giving this reason. Lack of money is given by 25% of the 'Black Other' group and 24% of Black Caribbeans.

- For men (where sample sizes allow analysis) 'work/study demands' rate as the most frequently cited reason for not taking part with 49% of Indian men, 45% of Pakistani men and 38% of Black Caribbean men giving this as a reason. Lack of/ unsuitable local facilities is given as a reason for not taking part by 39% of Black African men, 29% of Indian men, 29% of men in the 'Other' ethnic group, 26% of Black Caribbean men and 25% of Pakistani men. 'Lack of money' is given as a reason by 32% of black Caribbean men, 20% of Pakistani men and 18% of Indian and Black African men.
- Women. are more likely than men to give 'home and family responsibilities' for not taking part. Almost half of all Indian women (49%) along with 45% of 'Black Other' women, 44% of Pakistani women, 43% of women in the 'Other' ethnic category, 41% of Black Caribbean women and 40% of Black African women give this as a reason. Lack of/ unsuitable local facilities ranks for most ethnic groups as the second most frequently cited reason preventing women from taking part in sport. Amongst the 'Black Other' group 44% give this as a reason, whilst 26% of Black Caribbean and women in the 'Other' ethnic category say this prevents them from taking part along with 25% of Indian, 23% of Black African and 25% of Pakistani women.

Negative experiences in sport due to ethnicity

Assessing levels of discrimination that might occur in sport and the reasons for it is extremely complex and it is not possible to do this issue any justice in a broad quantitative survey of this kind. It was considered appropriate, however, to at least obtain a general indication of whether people from different ethnic groups feel that their ethnicity has in some way impacted negatively on their experiences or opportunities to take part in sport. Respondents to the survey were asked the question, '*Have you ever had a negative experience in sport which you believe was due to your ethnicity?*' Table 1 below shows separately for men and women the percentages of different ethnic groups that said that this was the case.

Table 1: Negative experience in sport due to ethnicity (% saying 'yes')

	Black Caribbean	Black African	Black -Other	Indian	Pakistani	Bangla -deshi	Chinese	Other
Men	11	6	21	8	7	10	2	7
Women	6	2	14	1	3	9	0	3
Total	8	4	17	5	5	9	1	4
<i>Base (Men)</i>	207	104	61	435	245	60	54	220
<i>Base (women)</i>	269	148	86	447	262	81	61	295

The results of the survey show that:

- Generally men are more likely than women to say that they have had a negative experience in sport that is due to their ethnicity but this may partly reflect the fact, as seen earlier, that more men take part in sport than women.
- 'Black Other' men are the group most likely to say that they have had a negative experience with one in five saying that this is the case. Amongst women the 'Black Other' ethnic group also had the largest percentage saying that they had had a negative experience (approximately one in seven).
- Chinese men and women are the least likely of all the ethnic groups to feel that they have had a negative experience in sport that they considered was due to their ethnicity.

Respondents to the survey were also asked to reflect on their experiences of sport at school and were asked 'What if anything deterred you from participating in sport in school lessons' and could select from a list which included a number of factors that were directly related to their ethnicity. The results are shown in Table 2.

Table 2: Factors related to ethnicity that deterred participation in sport whilst at school (in school lessons)

	Black Caribbean	Black African	Black - Other	Indian	Pakistani	Bangla-deshi	Chinese	Other
Nothing – enjoyed sport at school	74	71	72	68	60	74	54	64
PE teachers insensitive to cultural needs	0	0	0	0	1	2	0	1
Unfair treatment from teachers due to ethnicity	1	0	1	1	0	1	0	0
Unfair treatment from pupils due to ethnicity	1	0	1	0	2	1	0	1
PE teachers didn't give me attention due to my ethnicity	0	1	4	0	0	1	0	0
Other related to ethnicity	1	1	0	1	1	1	0	2
<i>Base (all ethnic minorities)</i>	<i>471</i>	<i>247</i>	<i>147</i>	<i>875</i>	<i>497</i>	<i>141</i>	<i>112</i>	<i>517</i>

- Among all ethnic minority groups there was a majority who said that they enjoyed sport at school and there was nothing that deterred them from taking part in sport in school lessons. These percentages did range however from 74% of Black Africans and Bangladeshis down to 60% of Pakistanis and 54% of Chinese.
- Only a small percentage of respondents referred to specific factors related to their ethnicity that deterred them from participating in sport. However, 4% of the 'Black Other' group said that they felt that 'PE teachers did not give them due attention due to their ethnicity'.

Conclusions

This report of the headline findings provides for the first time empirical evidence on the levels of participation, involvement and attitude towards sport held by ethnic minority communities in England. It paints an interesting picture that in many instances confirms the relatively low levels of participation in sport by ethnic minorities that has been indicated by other studies, and which many people believe to be the case based upon personal experience or on anecdotal evidence provided by others.

The low levels of participation in sport by many groups and in walking and cycling in particular have been highlighted to be of particular concern from a health perspective. This is particularly the case given other evidence on relatively low levels of physical activity among many of these groups and the high incidence of heart disease, stroke and diabetes.

An important message conveyed by the survey results, however, is that the picture is a more complex one than many might imagine, with considerable variation in the levels of participation between different ethnic groups, between men and women, and between different sports. Some sports are notable for their under-representation of certain groups while others have relatively high levels of participation.

The high levels of interest in sport as reflected in the numbers who responded to the survey by saying that they would like to participate in sport given the opportunity, make particularly interesting reading and raise broad issues about provision and access. The results also challenge stereotypical views that suggest that low levels of participation in sport (and in certain sports in particular) by certain groups are more a reflection of culture and choice rather than other constraints such as provision, affordability and access.

The survey touched on experiences to do with racial discrimination in sport. Although variable in the extent to which this was identified as a problem, at its highest as many as one in five said that they had had a negative experience in sport associated with their ethnicity. However, even if only one percent of a group say that they had negative experiences in sport related to their ethnicity it is one percent too many and should be of concern to policy makers and providers of sporting opportunities in England.

Sport England
October 2000

Appendix1(a): Participation rates in the 4 weeks before the interview – Top ten sports ranked by GHS
(all respondents)

Active sports, games and physical activities ¹	Black Caribbean		Black African		Black Other		Indian		Pakistani		Bangladeshi		Chinese		Other	GHS 1996	
	%		%		%		%		%		%		%		%	%	
Walking	34	1	37	1	36	1	31	1	24	1	19	1	28	1	42	1	44
Any swimming	6	7	7	6	12	6	11	3	8	4	8	3	8	4	15	2	15
Keep fit/yoga	19	2	17	2	24	2	13	2	9	2	7	5	16	2	15	2	12
Snooker/pool/billiards	9	3	8	5	16	3	10	4	6	5	10	2	5	6	10	4	11
Cycling	8	5	4	8	14	4	4	7	3	8	1		8	4	6	5	11
Weight training	9	3	7	6	12	6	5	6	4	7	6	6	3	9	6	5	6
Any soccer	8	5	11	4	14	4	7	5	9	2	8	3	5	6	6	5	5
Golf	0		0		2		1		0		0		3	9	1		5
Running (jogging etc.)	4	8	13	3	8	8	4	7	3	8	1		1		6	5	4
Tenpin bowls/skittles	3	10	1		3	10	2		0		0		5	6	5	9	3
Badminton	2		2		3	10	4	7	3	8	3	7	10	3	3	10	2
Tennis	2		4	8	2		2		2		1		1		2		2
Table tennis	1		3	10	3	10	1		1		1		2		1		2
Cricket	0		0		3	10	3	10	6	5	2	8	0		1		1
Self defence/ martial arts	3	10	2		5	9	2		1		0		3	9	2		1
Basketball	4	8	2		0		1		1		1		2		2		1
Carram-board	0		0		0		1		0		2	8	0		0		–
Base (=100%)	478		253		147		890		514		155		116		528		15696

1 - ranking of individual sports within each ethnic group

¹ Participation on at least one occasion in the previous 4 weeks

Appendix 1 (b): Participation rates in the 4 weeks before the interview – Top ten sports ranked by GHS
(all male respondents)

Active sports, games and physical activities ¹	Black Caribbean		Black African		Black Other		Indian		Pakistani		Bangladeshi		Chinese		Other		GHS 1996
	%		%		%		%		%		%		%		%		%
Walking	38	1	41	1	39	1	36	1	26	1	22	1	22	1	47	1	49
Snooker/pool/billiards	14	2	18	3	30	3	18	2	11	3	18	2	11	3	17	2	20
Cycling	13	4	8	7	21	5	5	8	5	8	2	9	7	5	7	8	15
Any swimming	6	7	4	10	2		10	4	10	4	8	5	6	7	14	3	13
Any soccer	14	2	20	2	31	2	13	3	16	2	14	3	11	3	12	4	10
Weight training	12	6	12	5	23	4	9	5	7	7	13	4	6	7	8	6	9
Golf	1		1		5		2		0		0		2		2		8
Keep fit/yoga	13	4	11	6	18	6	8	6	8	6	2	9	7	5	8	6	7
Running (jogging etc.)	5	9	15	4	18	6	5	8	5	8	2	9	2		9	5	7
Tenpin bowls/skittles	2		3		5		2		0		0		6	7	4	9	4
Badminton	3	9	3		3		5	8	4	10	4	6	17	2	4	9	3
Tennis	1		6	8	5		2		1		2	9	2		3		2
Any bowls	1		3		0		0		1		2	9	0		0		2
Table tennis	1		6	8	8	9	2		1		3	8	4	10	2		2
Squash	1		3		2		2		1		0		4	10	4	9	2
Weight lifting	1		4	10	3		3		1		0		0		1		2
Cricket	1		0		8	9	6	7	10	4	2	9	0		1		2
Self defence/ martial arts	6	7	4	10	11	8	2		2		0		2		2		1
Basketball	4		4	10	0		2		2		0		4	10	2		1
Canoeing	0		0		0		0		0		0		4	10	0		1
Carram board	0		0		0		1		0		4	6	0		0		-
Base (=100%)	209		104		61		437		248		66		54		226		7186

1 - ranking of individual sports within each ethnic group

¹ Participation on at least one occasion in the previous 4 weeks

Appendix 1(c): Participation rates in the 4 weeks before the interview – Top ten sports ranked by GHS
(all female respondents)

Active sports, games and physical activities ¹	Black Caribbean %	Black African %	Black Other %	Indian %	Pakistani %	Bangladeshi %	Chinese %	Other %	GHS 1996 %
Walking	31 1	34 1	34 1	25 1	21 1	16 1	32 1	37 1	41
Any swimming	6 4	9 4	18 3	12 3	5 3	8 3	10 3	16 3	17
Keep fit/yoga	24 2	22 2	30 2	18 2	10 2	11 2	23 2	20 2	17
Snooker/pool/billiards	4 5	1 5	6 5	2 7	1 8	3 4	0 4	4 7	4
Cycling	4 5	2 8	8 4	4 4	1 8	0 8	8 4	6 4	8
Weight training	7 3	3 6	3 6	2 7	1 8	1 8	2 8	5 6	3
Any soccer	3 8	4 5	1 10	1	2 4	2 5	0 9	2 9	0
Golf	0	0	0	0	0	0	2 8	0 9	2
Running (jogging etc.)	4 5	11 3	1 10	3 5	1 8	0 8	2 8	4 7	2
Tenpin bowls/skittles	3 8	0 7	2 7	3 5	0 4	0 5	3 5	6 4	3
Badminton	0	1 7	2 7	2 7	2 4	2 5	3 5	2 9	2
Tennis	2	2 8	0 7	2 7	2 4	1 8	0 9	2 9	2
Weight lifting	2	1	1	1	0	0	2 8	1 9	1
Cricket	0	0	0	0	2 4	2 5	0 9	0 9	0
Self defence/ martial arts	0	1	2 7	2 7	0	0	3 5	1 9	0
Basketball	3 8	0 7	0 7	1 7	0 4	1 8	0 9	2 9	0
Netball	2	0	0	1	0	1 8	2 8	1 9	1
Athletics - track & field	0	2 8	0 7	0 7	0	0	0 9	0 9	0
Gymnastics	1	3 6	0 7	1 7	1 8	1 8	0 9	1 9	0
Base (=100%)	270	149	87	454	266	89	62	303	8510

1 - ranking of individual sports within each ethnic group

¹ Participation on at least one occasion in the previous 4 weeks