

ACTIVE LIVES ADULT SURVEY

NOVEMBER 16/17 REPORT

Published March 2018

WELCOME

Welcome to the third *Active Lives Adult Survey Report* summarising activity levels in England from November 2016 to November 2017.

With only two full years of data it is too early to meaningfully talk about trends over time, but based on these results, it is fair to say that the picture is one of stability.

Alongside presenting the latest national picture of engagement in sport and physical activity, we have included references to where there have been statistically significant changes in the last year, which you will see indicated with arrows. Where there is no change, or it is within the margin of error and therefore too small to be confident there is a genuine difference, it is recorded as 'no change'.

The intention of this report is to give the big picture in an easily digestible format. For those who want to explore the data further, there are links in this report to the data tables. If you would like to carry out your own analysis of the data, I would recommend you take a look at our Active Lives Analysis Tool, which can be found at activelives.sportengland.org. The tool will enable you to explore the data and focus on your own areas of interest.

Finally, the fourth Active Lives Adult Survey Report (May 2017 to 2018) will be released in October 2018, when two full years of volunteering data will enable us to draw comparisons and shed light on how levels of volunteering to support sport and physical activity are changing.

Lisa O'Keefe
Insight Director

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KEY INFORMATION

This report presents data from the Active Lives Adult Survey for the period mid-November 2016 to mid-November 2017. Data is presented for adults aged 16+ in England.

RELEASE DATES

This release: 22 March 2018
Next release: 11 October 2018

FIND OUT MORE

For further information on the data presented in this report, please visit the [Active Lives section](#) of our website.

LEVELS OF ACTIVITY

THIS CHAPTER PRESENTS INFORMATION ON THREE LEVELS OF ACTIVITY:

- **INACTIVE** (LESS THAN 30 MINUTES A WEEK)
- **FAIRLY ACTIVE** (30-149 MINUTES A WEEK)
- **ACTIVE** (AT LEAST 150 MINUTES A WEEK)

LINK TO DATA TABLES



DEFINITION

WHAT DO WE MEAN BY PHYSICAL ACTIVITY?

THE GRAPHICS BELOW SHOW THE ACTIVITIES WE INCLUDE – AND WHEN THEY COUNT (FOR ADULTS AGED 16+):



AT LEAST MODERATE INTENSITY *

BOUTS OF 10 MINS OR MORE THAT ADD UP TO ONE OF THE THREE LEVELS OF ACTIVITY

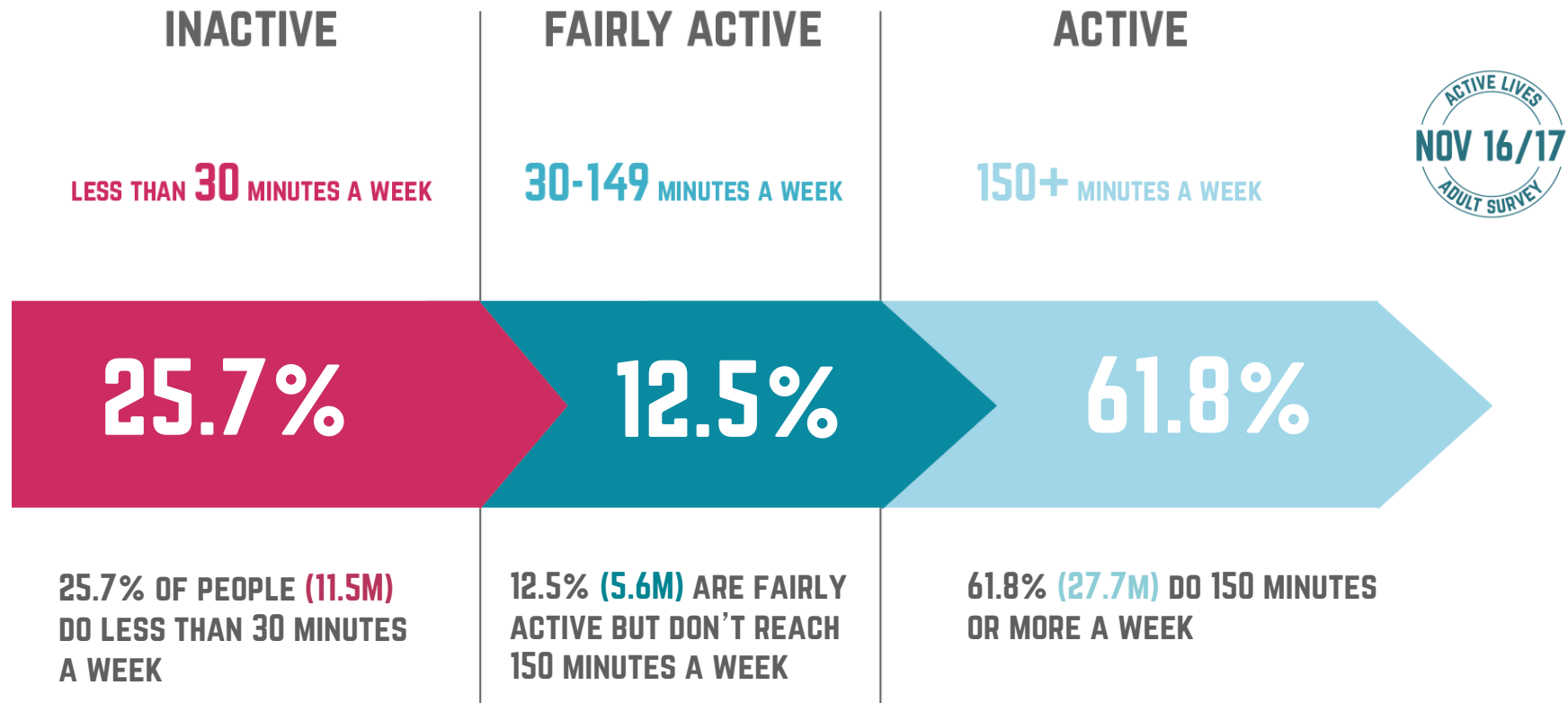
* **VIGOROUS INTENSITY COUNTS AS DOUBLE**

Note: We count most sport and physical activity, but exclude gardening. However, Public Health England does include gardening in its local level physical activity data. You can view the PHE data [here](#). This will be updated in early April to include the November 2016/17 data.

LEVELS OF ACTIVITY

HEADLINES

Our data shows that 6 in 10 adults (27.7m) are getting the health benefits from achieving 150+ minutes of activity a week.



[LINK TO DATA TABLES](#)



LEVELS OF ACTIVITY

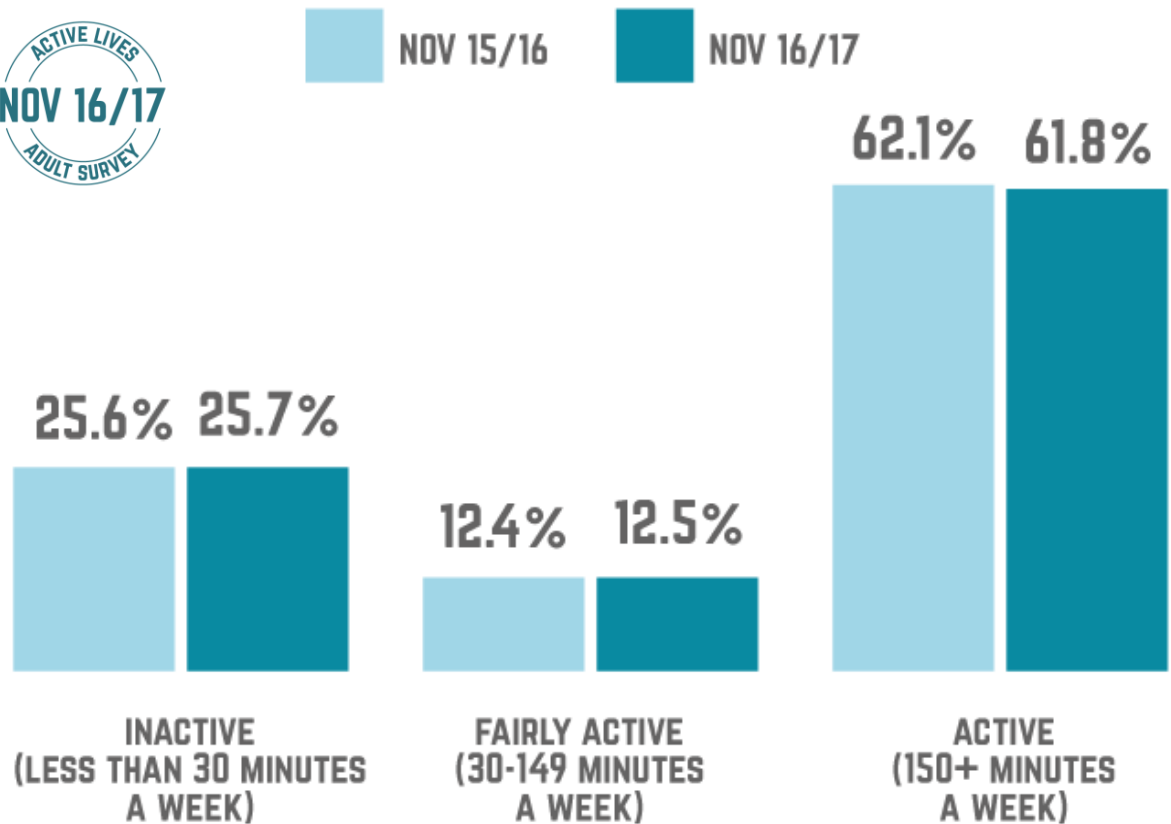
12-MONTH COMPARISON

Activity levels have not changed in the last 12 months.

HOW WE MEASURE CHANGE

Active Lives figures are based on the response of 200,000 adults, which we then scale up to provide an England-wide picture. That means there will naturally be small fluctuations when we compare the figures we have now with 12 months ago.

In accordance with Government Statistical Service good practice guidance, we highlight changes within the report where we are confident that there are genuine differences. If the data is showing only small differences which are within the margin of error, they are noted as “no change”.



[LINK TO DATA TABLES](#)



LEVELS OF ACTIVITY

SOCIO-ECONOMIC GROUPS

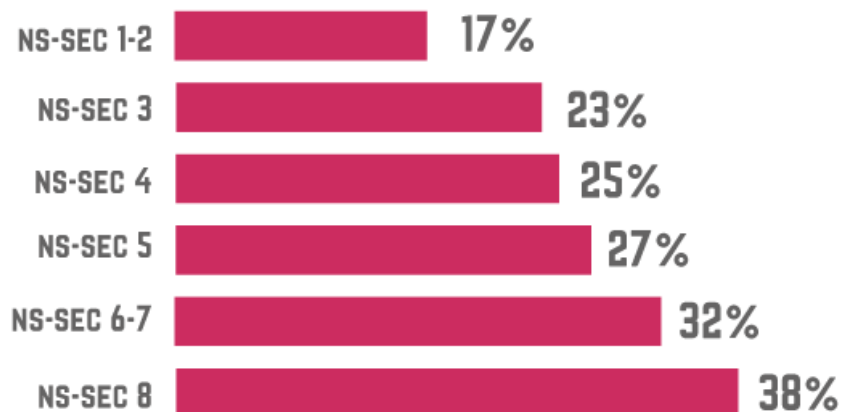
Our data shows there are significant disparities between different socio-economic groups.

- People who are long term unemployed or have never worked (NS-SEC 8) are the most likely to be inactive (38%) and the least likely to be active (49%)
- People who are in managerial, administrative and professional occupations (NS-SEC 1-2) are the least likely to be inactive (17%) and the most likely to be active (71%).

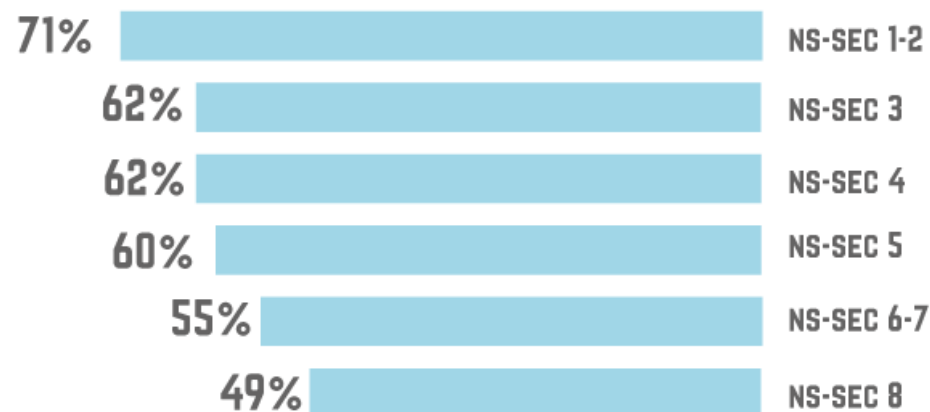
There have been no changes compared to 12 months ago for any of these groups.



INACTIVE (LESS THAN 30 MINUTES A WEEK)



ACTIVE (150+ MINUTES A WEEK)



[LINK TO DATA TABLES](#)

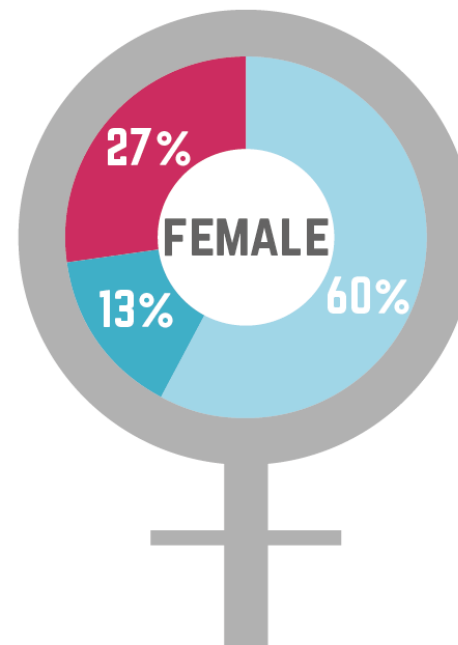
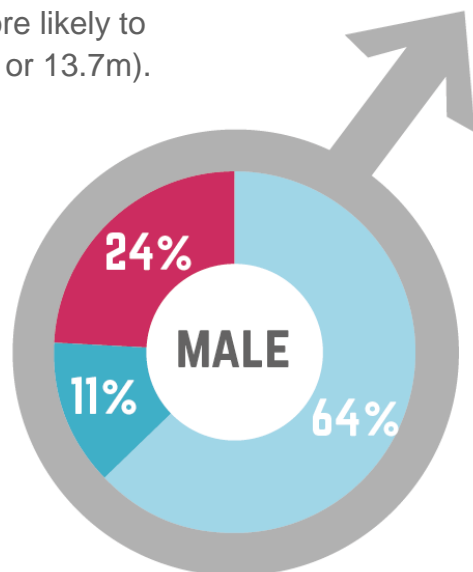


Note: Full details of what the NS-SEC categories mean can be found on the [definitions](#) page.

LEVELS OF ACTIVITY

GENDER

Activity levels have not changed compared to 12 months ago for either men or women, so we continue to observe the same gap between them. Men (64% or 14.0m) are more likely to be active than women (60% or 13.7m).



-  ACTIVE (150+ MINUTES A WEEK)
-  FAIRLY ACTIVE (30-149 MINUTES A WEEK)
-  INACTIVE (LESS THAN 30 MINUTES A WEEK)

[LINK TO DATA TABLES](#)



LEVELS OF ACTIVITY

DISABILITY

There have been no changes in activity levels among people with a disability compared to 12 months ago

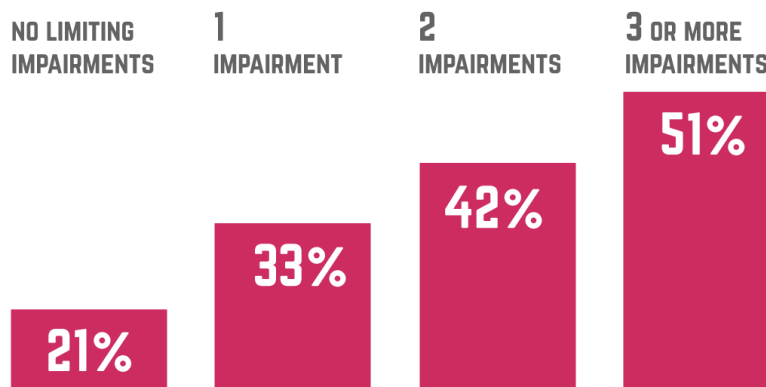
Inactivity is more common for those with a disability (43%) than those without (21%). Furthermore, it increases sharply as the number of impairments an individual has increases – 51% of those with three or more impairments are inactive.

This is important because over half of all disabled people (52%) have three or more impairments, while 21% have two impairments and 26% have just one impairment (of 14 impairment types), source [*Life Opportunities Survey June 09/12*](#).

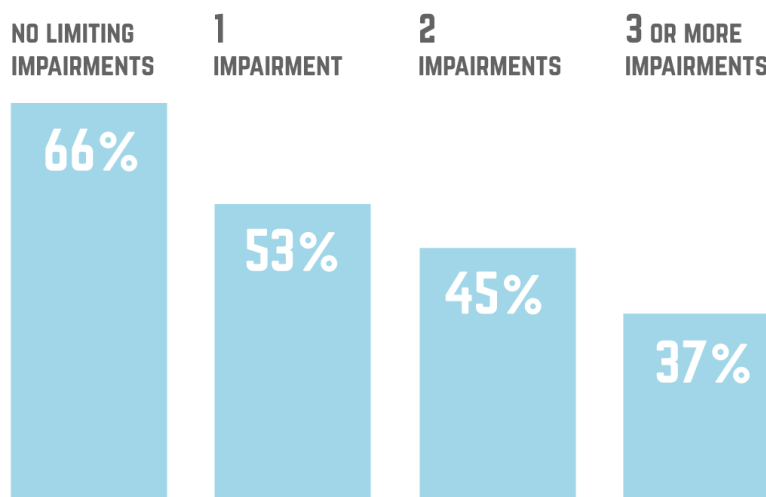
[LINK TO DATA TABLES](#)



INACTIVE (LESS THAN 30 MINUTES A WEEK)



ACTIVE (150+ MINUTES A WEEK)



LEVELS OF ACTIVITY

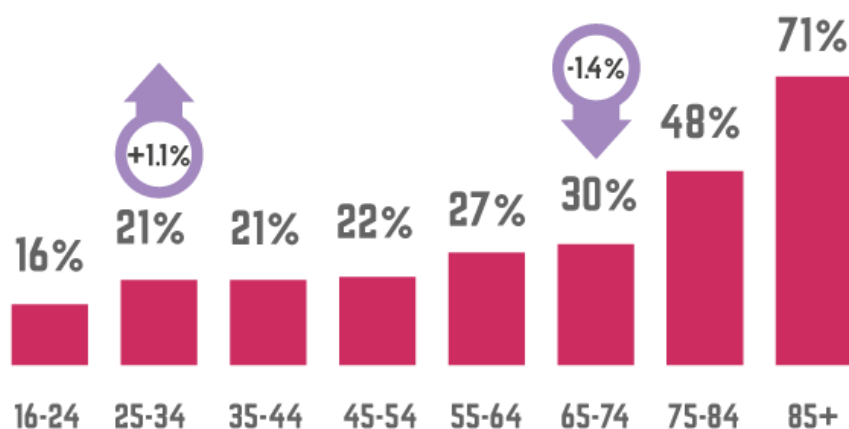
AGE

Inactivity levels generally increase with age, but the sharpest increase comes between ages 75 and 84 (48%) and age 85+ (71%).

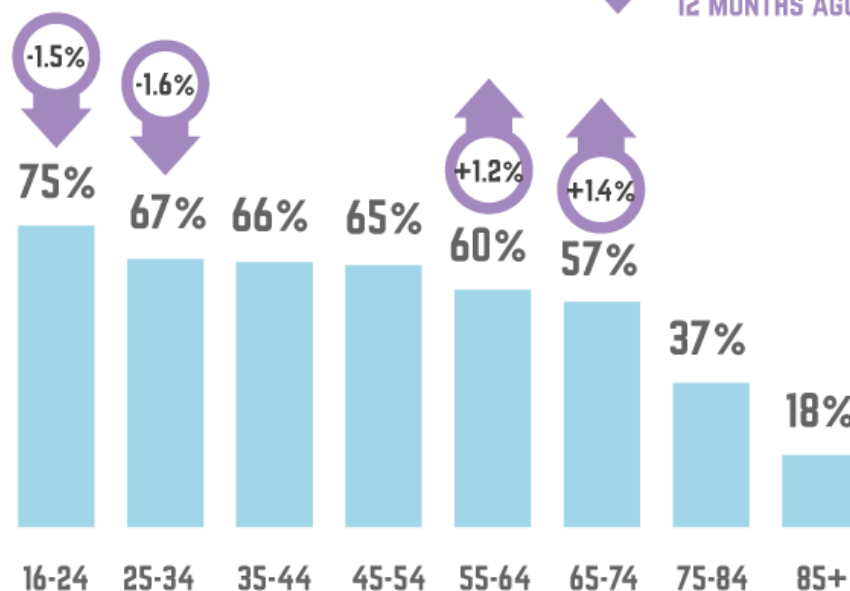
Whilst activity levels have fallen slightly among the two age groups covering 16-34 year olds, with fewer achieving 150+ minutes a week, 75% of young people remain active.

In contrast, activity levels have increased slightly among the 55-64 and 65-74 age groups.

INACTIVE (LESS THAN 30 MINUTES A WEEK)



ACTIVE (150+ MINUTES A WEEK)



TYPES OF ACTIVITY

THIS CHAPTER PRESENTS
DATA BROKEN DOWN BY
ACTIVITY GROUP AND LOOKS
AT THOSE WHO HAVE
PARTICIPATED AT LEAST
TWICE IN THE LAST 28 DAYS.

PARTICIPATION – OUR DEFINITION

LOOKING AT PARTICIPATION AT LEAST TWICE IN THE LAST 28 DAYS PROVIDES:

- AN ENTRY LEVEL VIEW OF PARTICIPATION OVERALL
- A USEFUL MEASURE OF ENGAGEMENT IN DIFFERENT SPORTS AND PHYSICAL ACTIVITIES
- AN UNDERSTANDING OF THE CONTRIBUTION OF ACTIVITIES TO ACHIEVEMENT OF 150+ MINUTES A WEEK



[LINK TO DATA TABLES](#)



TYPES OF ACTIVITY

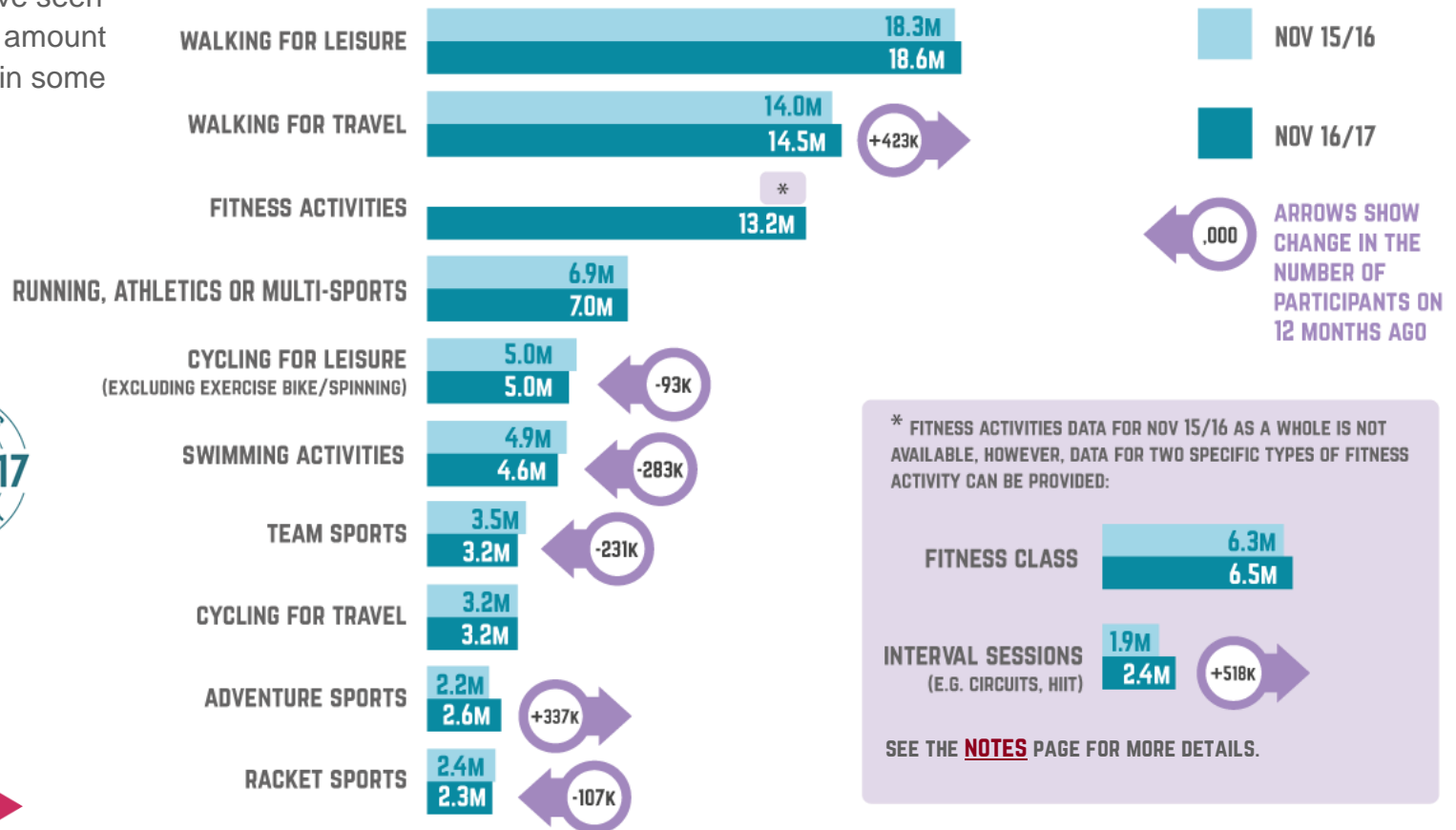
ADULTS ACHIEVING 150+ MINUTES OF ACTIVITY A WEEK DO SO THROUGH A BLEND OF ACTIVITIES

Analysis of numbers engaging in activities at least twice in the last 28 days helps us understand the contribution of different activities.

Whilst overall activity levels remain stable, we have seen some changes in the amount of people taking part in some of these activities.



TAKEN PART AT LEAST TWICE IN THE LAST 28 DAYS (AGE 16+) FOR SELECTED ACTIVITY GROUPS



[LINK TO DATA TABLES](#)

VOLUNTEERING

AT LEAST TWICE IN THE
LAST 12 MONTHS

A volunteer makes all the difference. And it benefits both the volunteer and the person receiving the support. Whether it's serving refreshments, coaching a player or assisting people with disabilities to take part, we need people to give their time.

DEFINITION

WE COUNT A PERSON AS HAVING VOLUNTEERED IF:



THEY HAVE TAKEN PART IN A VOLUNTEERING ROLE TO SUPPORT SPORT/PHYSICAL ACTIVITY

(A full list of roles can be found in our definitions at the end of this report on page 17).



A PERSON HAS VOLUNTEERED AT LEAST TWICE IN THE LAST 12 MONTHS

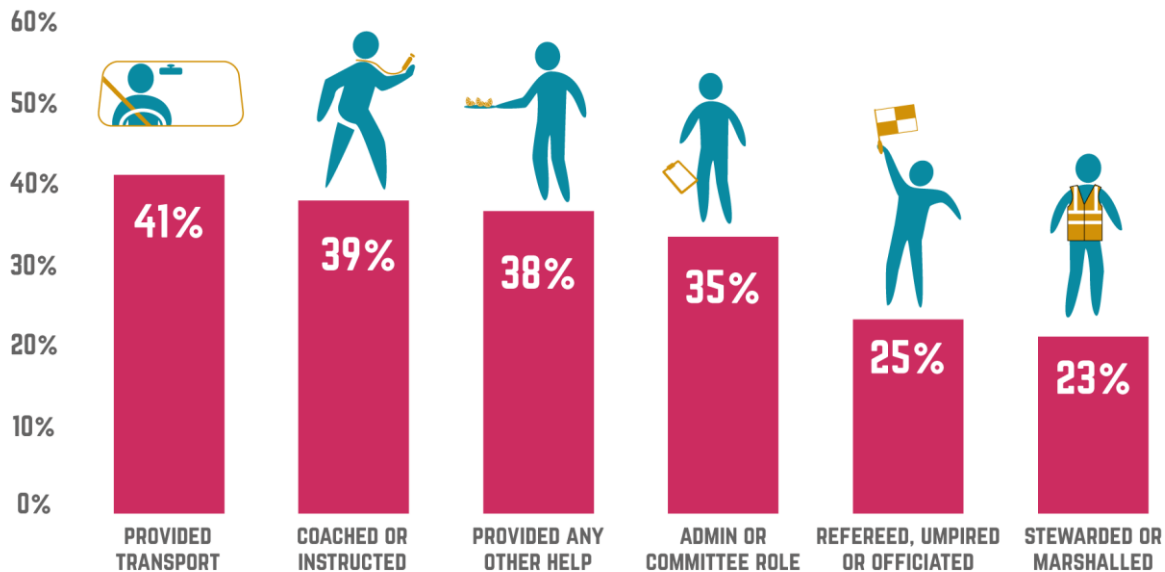


[LINK TO DATA TABLES](#)



VOLUNTEERING

ROLES UNDERTAKEN AMONG ADULTS (AGED 16+) WHO VOLUNTEERED AT LEAST TWICE IN THE LAST YEAR (NOV 16/17)



15%

6.6M ADULTS VOLUNTEERED

Further breakdowns on the profile of volunteers can be found in the data tables linked to this report

[LINK TO DATA TABLES](#)



AT LEAST TWICE IN THE LAST YEAR TO SUPPORT SPORT AND PHYSICAL ACTIVITY

WELLBEING, INDIVIDUAL AND COMMUNITY DEVELOPMENT

Data linked to the following metrics for different levels of engagement in sport and physical activity can be found in the data tables linked to this report:

- Mental wellbeing
- Individual development
- Social and community development

[LINK TO DATA TABLES](#)



DEFINITION



MENTAL WELLBEING IS PRESENTED AS AN AVERAGE LEVEL OF AGREEMENT TO THE FOLLOWING QUESTIONS (SCALE OF 0-10):

“Overall, how happy did you feel yesterday?”

“Overall, how satisfied are you with your life nowadays?”

“Overall, to what extent do you feel that the things you do in life are worthwhile?”

“Overall, how anxious did you feel yesterday?”

INDIVIDUAL DEVELOPMENT

IS PRESENTED AS AN AVERAGE LEVEL OF AGREEMENT TO THE FOLLOWING QUESTION:

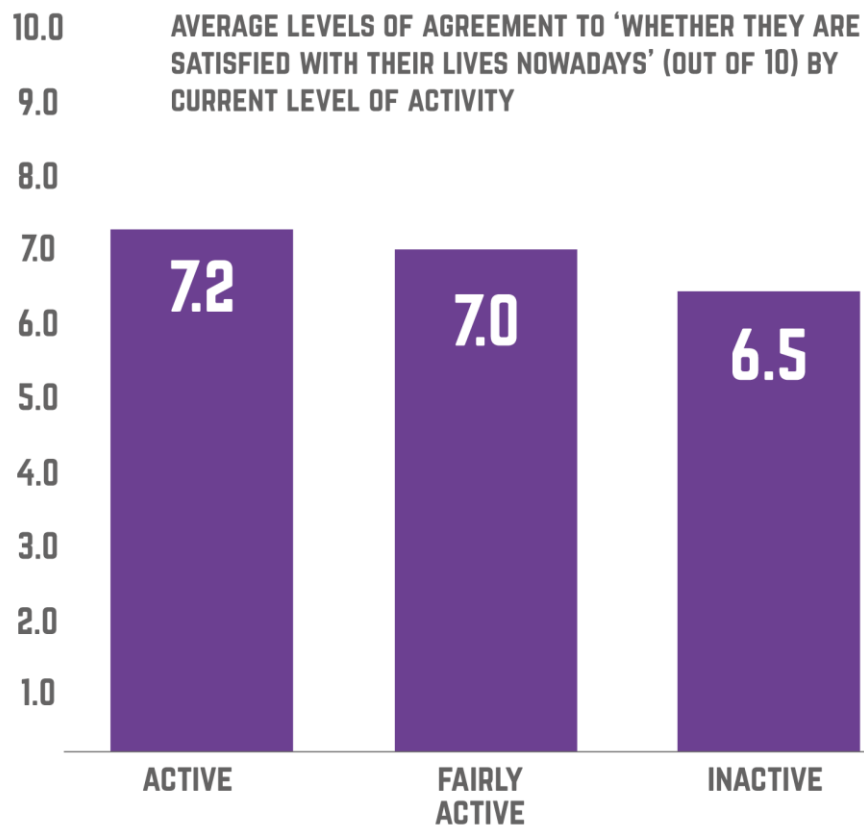
“I can achieve most of the goals I set myself?”

SOCIAL AND COMMUNITY DEVELOPMENT

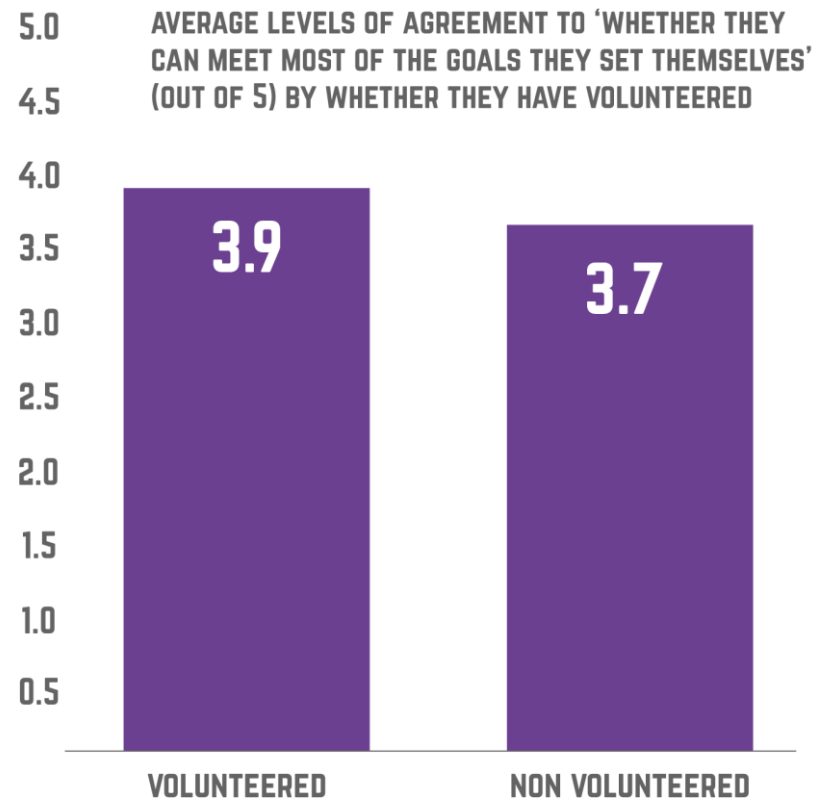
IS PRESENTED AS AN AVERAGE LEVEL OF AGREEMENT TO THE FOLLOWING QUESTION:

“Most people in our local area can be trusted?”

SOME ACTIVITY IS GOOD, MORE IS BETTER IN TERMS OF MENTAL WELLBEING



VOLUNTEERING IS POSITIVELY ASSOCIATED WITH INDIVIDUAL DEVELOPMENT



Further breakdowns across all six metrics linked to both activity levels and volunteering can be found in the data tables linked to this report

[LINK TO DATA TABLES](#) 

LOCAL LEVEL DATA

Data for local areas, including, nine regions, 44 County Sports Partnerships, and 353 local authorities are available for the following measures:

- **LEVELS OF ACTIVITY**

[LINK TO DATA TABLES](#) ▶

- **PARTICIPATING AT LEAST TWICE IN THE LAST 28 DAYS**

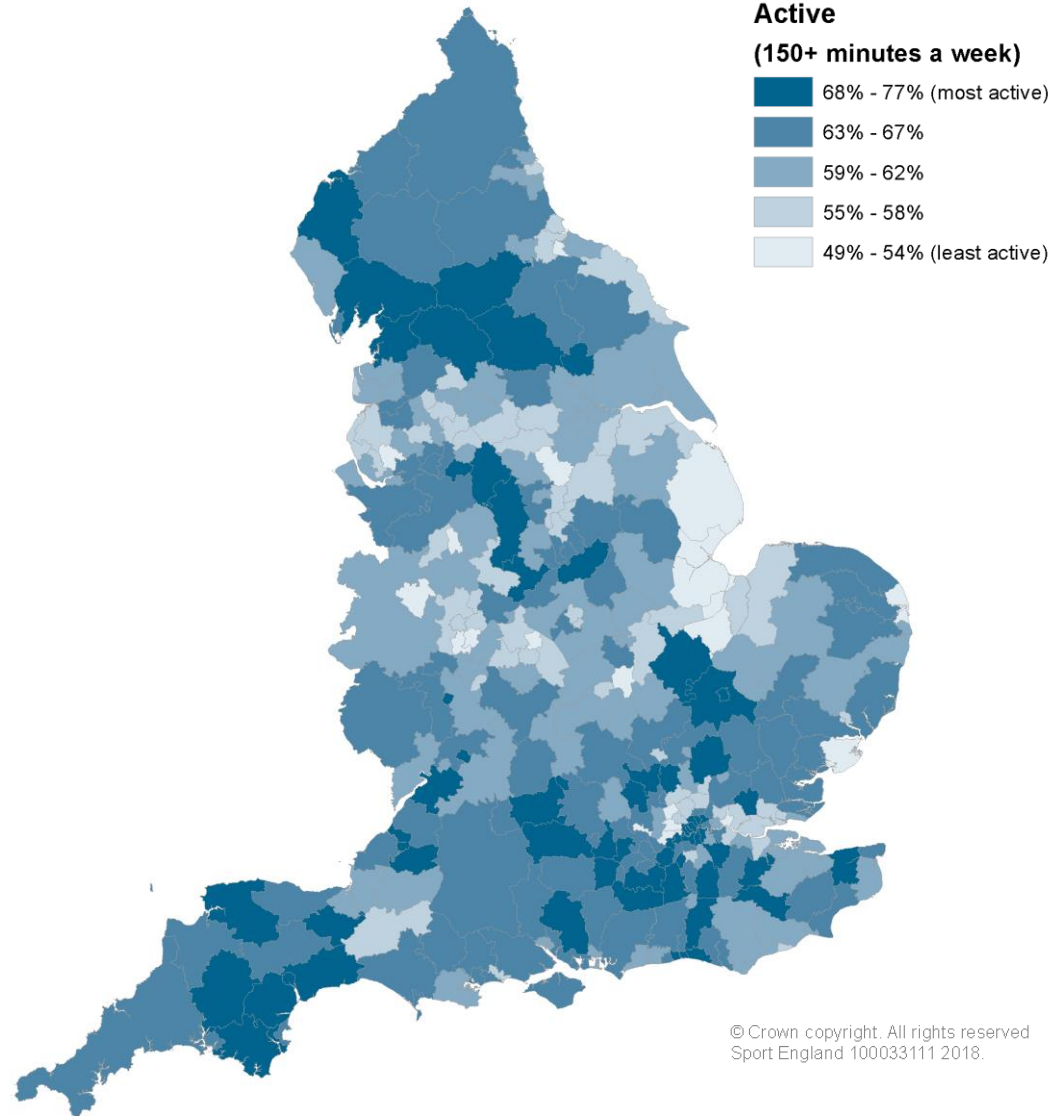
[LINK TO DATA TABLES](#) ▶

- **VOLUNTEERING AT LEAST TWICE IN THE LAST 12 MONTHS**

[LINK TO DATA TABLES](#) ▶

Details of change in the last 12 months can be found in the tables.

ACTIVITY ACROSS ENGLAND



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DEFINITIONS

MODERATE ACTIVITY is defined as activity where you raise your heart rate.

VIGOROUS ACTIVITY is where you're out of breath or are sweating (you may not be able to say more than a few words without pausing for breath).

NS-SEC groups are defined as:

- NS-SEC 1-2: Managerial, administrative and professional occupations (e.g. chief executive, doctor, actor, journalist)
- NS-SEC 3: Intermediate occupations (e.g. auxiliary nurse, secretary)
- NS-SEC 4: Self employed and small employers
- NS-SEC 5: Lower supervisory and technical occupations (e.g. plumber, gardener, train driver)
- NS-SEC 6-7: Semi-routine and routine occupations (e.g. shop assistant, bus driver)
- NS-SEC 8: Long term unemployed or never worked
- NS-SEC 9: Students and other.

LIMITING DISABILITY is defined as an individual reporting they have a physical or mental health condition or illness that has lasted or is expected to last 12 months or more, and that this has a substantial effect on their ability to do normal daily activities.

VOLUNTEERING ROLES are defined as:

- Provided transport: To help people other than family members take part in sport
- Coached or instructed: For an individual or team(s) in a sport or recreational physical activity (other than solely for family members)
- Refereed, umpired, or officiated: At a sports match, competition or event
- Administrative or committee role: For a sports organisation, activity or event (e.g. chairman, treasurer, social secretary, first aider, welfare officer)
- Stewarded or marshalled: At a sports activity or event
- Provided any other help: For a sport or recreational physical activity (e.g. helping with refreshments, sports kit or equipment).

[LINK TO MORE INFORMATION ON MEASURES AND DEMOGRAPHICS](#)



NOTES

THE ACTIVE LIVES ADULT SURVEY IS A PUSH-TO-WEB SURVEY

Carried out by Ipsos MORI, it involves postal mailouts inviting participants to complete the survey online. The survey can be completed on mobile or desktop devices. A paper questionnaire is also sent out to maximise response rates. More information on the survey can be found [here](#).

SPORT SPECTATING

While not covered in this report, data tables showing the number of people attending live sports events form part of this release.

[LINK TO DATA TABLES](#) 

[LINK TO MORE INFORMATION ON MEASURES AND DEMOGRAPHICS](#) 

THE ACHIEVED SAMPLE was 198,911 (16+).

DATA HAVE BEEN WEIGHTED to Office for National Statistics (ONS) population measures for geography and key demographics.

CONFIDENCE INTERVALS can be found in the linked tables. These indicate that if repeated samples were taken and confidence intervals computed for each sample, 95% of the intervals would contain the true value. Only significant differences are reported within the commentary. Where results are reported as being the same for two groups, any differences fall within the margin of error.

SIGNIFICANCE TESTS can be found in the linked tables. The tests indicate that if repeated samples were taken, 95% of the time we would get similar findings, i.e. we can be confident that the differences seen in our sampled respondents are reflective of the population. When sample sizes are smaller, confidence intervals are larger, meaning differences between estimates need to be greater to be considered statistically significant.

POPULATION TOTALS are estimated values and have been calculated using ONS mid-2016 estimates. Confidence intervals also apply to these. More detail can be found [here](#).

FITNESS ACTIVITIES

During the first six months of surveying, a number of respondents were double counting a gym session and the individual activities that they did within the gym. We resolved this problem by re-wording the question, however, this means the first point at which we can report this data is May 16/17. We can however show 12 month change for fitness classes and interval sessions which were unaffected by this.

REVISIONS to the Nov 15/16 data relating to levels of activity are presented as part of this release with full breakdowns available in the tables. For more details please see our [website](#).