Sport England Activity Check In

Topic Questions

Wave 11 (April 2024)

Make better decisions
To be used alongside the Tracker Questionnaire

ADULT SURVEY (Participants aged 16+)

SECTION D: Lifestyle and Cost of Living

ASK ALL
QW1P. What impact, if any, has the cost-of-living increase had on your ability to be active? (for instance working longer hours or having less disposable income to pay for memberships, equipment, fees etc.)
SINGLE CODE
  1. Significant negative impact
  2. Some negative impact
  3. Little or no impact
  4. Some positive impact
  5. Significant positive impact
  97. Don’t know
  98. Prefer not to say

ASK ALL
QW9A. And to what extent, if at all, have you changed you sport and physical activity levels once the last 12 months (since April 2023) because of the cost-of-living increases?
SINGLE CODE
Answer Options
  1. Significantly increased
  2. Slightly increased
  3. Neither increased nor decreased
  4. Slightly decreased
  5. Significantly decreased
  96. Other (please specify)
  97. Don’t know
  98. Prefer not to say

ASK ALL
QW3p. In what ways, if any, have you changed your sport and physical activity behaviours because of the cost-of-living increases
MULTICODE, RANDOMISE
  1. I have stopped doing activity altogether (ASK IF QW1P = 1 OR 2)
  2. I have reduced the distance I travel to take part in an activity
  3. I have cancelled my gym membership
  4. I have switched to a lower cost / more flexible gym membership
  5. I have cancelled my memberships to specific sports/activities
  6. I have reduced the regularity of paid (pay as you go) activities I do (RESTRICT TO ONE CODE ONLY FROM 6, 7 OR 8)
  7. I have stopped doing paid (pay as you go) activities (RESTRICT TO ONE CODE ONLY FROM 6, 7 OR 8)
  8. I have switched to/am doing more paid (pay as you go) activities (RESTRICT TO ONE CODE ONLY FROM 6, 7 OR 8)
  9. I have started/increased the amount of free activities I do (such as walking and running)
  10. I have prioritised activity that is most enjoyable (ASK IF QW1P = 3,4 OR 5)
  11. I have prioritised activity that helps manage my mental wellbeing
  12. I use exercise, such as going for a walk, to socialise with friends instead of paid social activities such as going to the pub/coffee shop
  13. I walk/cycle to get to places rather than use the car whenever possible
TOPIC QUESTIONS: Mental Health

ASK ALL
QW11A. Thinking about exercise and sport in general, below are some reasons why you may choose to take part related to your mental wellbeing. To what extent do you agree or disagree with the following statements?

Please select one option
SINGLE CODE, CAROUSEL, RANDOMISE STATEMENTS

Answer Options
1. Strongly agree
2. Agree
3. Neither agree nor disagree
4. Disagree
5. Strongly disagree
96. Don’t know
97. Prefer not to say

Statements
A It is important to me to exercise regularly for my mental wellbeing
B I exercise to boost my mood
C I exercise to help me to sleep better
D I exercise to help manage my stress levels
E I exercise to prevent or manage long term health condition(s)