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# Sport England Activity Check In

## Topic Questions

Wave 15 (February 2025)

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Make better decisions

Savanta:

## To be used alongside the Tracker Questionnaire

### ADULT SURVEY (Participants aged 16+)

#### TOPIC QUESTIONS: Demographics

ASK IF D6DEMO CODE 5-9 AND IF CODE 1-3, 5-6, 96 SELECTED @ D13  
D6DEMOb. Are you the chief income earner in your household?

Please select one option

SINGLE CODE

1. Yes
2. No
97. Prefer not to say

ASK IF D6DEMOb = 2

D6DEMOc. Which of the following best describes your profession?

Please select one option

SINGLE CODE

1. High managerial, administrative or professional e.g. doctor, lawyer, medium / large company director (50+ people)
2. Intermediate managerial, administrative or professional e.g. teacher, manager, accountant
3. Supervisor, administrative or professional e.g. police officer, nurse, secretary, self-employed
4. Skilled manual worker e.g. mechanic, plumber, electrician, lorry driver, train driver
5. Semi-skilled or unskilled manual worker e.g. waiter, factory worker, receptionist, labourer
96. Other (Please specify)
98. Prefer not to say

ASK IF D6DEMO = 3-4

D6DEMOd. How long have you been out of paid employment?

Please select one option

SINGLE CODE

1. Less than 3 months
2. 3 to 6 months
3. 6 months to 1 year
4. 1 to 3 years
5. Over 3 years
99. I have never been in paid employment
98. Prefer not to say

ASK IF D6DEMOd = 1-5

D6DEMOg. For which of the following reasons, if any, are you currently still out of work?

Please select one option

MULTI CODE

1. Family or caregiving responsibilities
2. Health reasons
3. Education or training
4. Actively seeking but have not yet secured employment
5. Do not need or want employment
6. Lack of available jobs in my field
96. Other (Please specify)
98. Prefer not to say (EXCL.)

# TOPIC QUESTIONS: Economic Activity

## INFO SCREEN – SHOW IF D6=2-9

We will now be asking you some questions specifically related to the impact of your long-term physical or mental health condition(s), impairment(s), or illness(es) on your ability to do normal daily activities, work and take part in sport and physical activity.

Our aim is to better understand your attitudes towards sport and physical activity, and to learn more about the connections between sport and physical activity, health, and work. There are no right or wrong answers – we are interested in hearing your honest opinions and perspectives.

## ASK IF D6=2-9

QW15A. How much do you agree or disagree with these statements?

As a reminder, by sport and physical activity we mean 30 mins or more of physical activity, which was enough to raise your breathing rate. This may include sport, exercise and brisk walking or cycling for recreation or to get to and from places, but should not include housework or physical activity that is part of your job.

Please select one option for each answer

SINGLE CODE, RANDOMISE STATEMENTS  
CAROUSEL

### Answer Options

- 5. Strongly agree
- 4. Agree
- 3. Neither agree nor disagree
- 2. Disagree
- 1. Strongly disagree
- 97. Don't know
- 98. Prefer not to say

### Statements

- A. Being physically active helps me to manage my long-term physical or mental health condition(s), impairment(s), or illness(es)
- B. Being physically active helps improve my overall quality of life
- C. I feel encouraged to be physically active by my health care professional(s)
- D. Being physically active helps me to manage the various demands (i.e. social, physical and emotional) of being in work (ASK IF D6DEMO = 5-9)
- E. Being physically active is important for supporting me to stay in work in the future (ASK IF D6DEMO = 5-9)
- F. Working in general helps me to be physically active (ASK IF D6DEMO = 5-9)
- G. I am worried about being out of work in the future due to my long-term physical or mental health condition(s), impairment(s), or illness(es) (ASK IF D6DEMO = 5-9)
- H. Being in work helps me to manage my long-term physical or mental health condition(s), impairment(s), or illness(es) (ASK IF D6DEMO = 5-9)
- I. My workplace/employer supports me to be physically active (ASK IF D6DEMO = 5-9)
- J. Being out of work enables me to be more physically active than if I was in work (ASK IF D6DEMO = 3-4)
- K. Being more physically active would help me to get back into work (ASK IF D6DEMO = 3-4)
- L. Being physically active helps me to lead a happy, meaningful life out of work (ASK IF D6DEMO = 3-4)
- M. Being out of work enables me to manage my long-term physical or mental health condition(s), impairment(s), or illness(es) better than if I was in work (ASK IF D6DEMO = 3-4)
- N. My long-term physical or mental health condition(s), impairment(s), or illness(es) is the main factor preventing me from being in work (ASK IF D6DEMO = 3-4)

ASK IF QW15A\_1 = 4-5

QW15B. In which of the following ways does being physically active help you to manage your long-term physical or mental health condition(s), impairment(s), or illness(es)?

Please select all that apply

MULTI CODE, RANDOMISE

1. It reduces my symptoms
2. It improves my overall physical fitness i.e. cardiovascular and respiratory
3. It helps me to control my weight
4. It enhances my mood and mental well-being
5. It increases my energy levels
6. It improves my sleep quality
7. It provides a structured routine
8. It offers stress relief and relaxation
9. It helps me stay socially connected and supported
10. It slows the progression of my long-term health condition
11. It improves my ability to perform daily tasks
12. It reduces my healthcare costs
13. It improves my mobility
14. It helps me to manage pain
15. It helps improve my confidence
96. Other (please specify) (FIX)
99. None of the above (FIX, EXCL.)
97. Not sure (FIX, EXCL.)

ASK IF QW15A\_1= 4-5

QW15C. Which of the following types of sport and physical activity do you find most effective for helping you to manage your long-term physical or mental health conditions(s), impairment(s), or illness(es)?

Please select all that apply

MULTI CODE, RANDOMISE

1. Aerobic exercises (e.g. running, swimming, rowing)
2. Strength training (e.g. weightlifting, resistance training)
3. Flexibility exercises (e.g. yoga, stretching)
4. Team sports (e.g. football, basketball)
5. Recreational activities (e.g. hiking, dancing)
6. Workplace wellness programmes (e.g. fitness classes, wellness challenges) (ASK IF D6DEMO = 5-9)
7. Travel to get to a location (e.g. walking to get to the shops/supermarket, a place of work or education, or to run errands etc.)
8. Activity through work (e.g. manual labour, walking, standing) (ASK IF D6DEMO = 5-9)
9. Walking for leisure (e.g. to walk the dog, to go for a walk with family and friends or for fitness/wellbeing)
96. Other (please specify) (FIX)
99. None of the above (FIX, EXCL.)
97. Not sure (FIX, EXCL.)

## Questions to all with health conditions who are IN WORK

ASK IF QW15A\_6 = 4-5

QW15D. You said that being in work in general helps you to be physically active. Why is this?

Please select all that apply

MULTI CODE, RANDOMISE

1. My job requires me to be active as part of my role (e.g., manual labour, walking, standing)
2. It encourages me to be in a routine
3. It enables me to afford the activities that I enjoy
4. It provides a social opportunity to be active with colleagues

5. It provides opportunities for activity through commuting and using the stairs etc.
6. It gives me better access to facilities/spaces at or on route to work
96. Other (please specify) (FIX)
99. None of the above (FIX, EXCL.)
97. Not sure (FIX, EXCL.)

ASK IF QW15A = CODE 9 = 4,5

QW15E. You said that your workplace/employer supports you to be physically active. How?

*Please select all that apply*

MULTI CODE, RANDOMISE

1. My workplace offers different activities and challenges that I can join in with
2. My workplace offers health and fitness perks (e.g. discounted gym membership, health insurance benefits, cycle to work scheme)
3. My workplace offers flexible working which enables me to find time to be active more easily
4. I feel encouraged by my colleagues (e.g. positive workplace culture)
5. My employer allows me to take regular breaks
6. There are accessible outdoor spaces nearby
7. There are accessible facilities/equipment at my workplace that I can use
8. There are experts I can talk to help tailor my physical activity
96. Other (please specify) (FIX)
99. None of the above (FIX, EXCL.)
97. Not sure (FIX, EXCL.)

ASK IF QW15A\_6 = 1-2

QW15F. You said that being in work does not help you to be physically active. Why is this?

*Please select all that apply*

MULTI CODE, RANDOMISE

1. My job is sedentary (i.e. sat at a desk, driving)
2. My hours are inconsistent so it's difficult to be in a routine
3. It's difficult to fit in activity around my working hours
4. My workplace does not offer any activities or challenges to encourage activity
5. There is a lack of accessible spaces for me to be active at work
6. My workplace does not offer any health and fitness perks
7. Physical activity is not encouraged or prioritised at my work
8. The demands of work and/or commuting reduce my energy levels and motivation to be active
9. High workload limits the breaks I can take during the day
10. Being at work exacerbates the symptoms of my condition/disability
11. The activities/classes I would want to take part in are while I am working
96. Other (please specify) (FIX)
99. None of the above (FIX, EXCL.)
97. Not sure (FIX, EXCL.)

ASK IF QW15A\_4 = 4-5

QW15G. You said that being physically active helps you to manage the demands of being in work. Why is this?

*Please select all that apply*

MULTI CODE, RANDOMISE

1. It helps me to manage my physical health (e.g. improves strength and mobility, increases energy levels)
2. It helps me to manage my mental health (e.g. reduces stress, alleviates anxiety/depression)
3. It encourages a positive work-life balance
4. It increases focus, creativity and/or productivity at work
5. It provides opportunities for social interaction and support
6. It offers structured routine and discipline

7. It helps alleviate/prevent chronic conditions (e.g. cardiovascular diseases, musculoskeletal issues)
8. It helps alleviate the symptoms of my long-term health condition
9. It reduces the amount of sick leave I need to take
10. It helps me to feel more motivated at work
11. It improves my self-confidence
12. It improves my mobility
13. It reduces my pain
96. Other (please specify) (FIX)
99. None of the above (FIX, EXCL.)
97. Not sure (FIX, EXCL.)

ASK IF D6=2-9 AND IF D6DEMO = 5-9

QW15H. Again thinking from a sport and physical activity perspective, what additional support would help you to stay in work?

Please select all that apply

MULTI CODE, RANDOMISE

1. Flexible hours to enable me to more easily fit in activity to my day
2. Accessible outdoor spaces nearby
3. Accessible facilities/equipment at or on route to my workplace that I can use
4. An expert/coach I can talk with to help tailor my physical activity to my needs
5. Access to free or low-cost activities and challenges I can join in with
6. Encouragement from colleagues to be active (e.g. a positive workplace culture)
7. Health and fitness perks (i.e. discounted gym memberships, health insurance benefits, cycle to work scheme)
8. Remote or hybrid working
9. Support to cover the cost of home exercise equipment
10. Staff training on how physical activity supports health and productivity at work
11. Educational materials on being active with different health conditions/ impairments
12. Group activities that are inclusive
13. Access to apps/digital tools that help to encourage activity
14. Opportunities to volunteer and gain skills in the sport and physical activity sector
15. Opportunities to gain qualifications to work in the sport and physical activity sector
96. Other (please specify) (FIX)
99. Nothing, I have all the sport and physical activity support I need (FIX, EXCL.)

## **Questions to all with health conditions who are NOT IN WORK**

ASK IF QW15A\_10 = 4-5

QW15I. You said that being out of work enables you to be more physically active than if you were in work. Why is this?

Please select all that apply

MULTI CODE, RANDOMISE

1. I have more free time to engage in physical activity
2. I experience less stress and fatigue, making it easier to be physically active
3. I have more opportunities to rest and recover between physical activities
4. I can choose the times of day that best suit my needs i.e. energy levels and symptoms
5. I have better choice of accessible activities, facilities and community programmes to go to throughout the day
6. I face fewer physical constraints that limit my activity (e.g. sedentary work environment)
7. I can dedicate more focus and energy to managing my health through activity
8. I have more motivation to be active when not constrained by work demands
96. Other (please specify) (FIX)
99. None of the above (FIX, EXCL.)
97. Not sure (FIX, EXCL.)

ASK IF QW15A\_10 = 1-2

QW15J. You said that being out of work does not enable you to be more physically active than if you were in work. Why is this?

Please select all that apply

MULTI CODE, RANDOMISE

1. My previous job was manual with lots of physical activity
2. Lack of routine
3. I can't afford to do the activities I enjoy
4. I have less social opportunities to be active with other people
5. I do not have access to workplace wellness programmes
6. I need to dedicate my focus and energy on other things
7. I feel less motivated
8. I have less access to facilities and/or spaces to be active in
9. I do not need to commute
96. Other (please specify) (FIX)
99. None of the above (FIX, EXCL.)
97. Not sure (FIX, EXCL.)

ASK IF QW15A\_11 = 4-5

QW15K. You said that being more physically active would help you to get back into work. Why is this?

Please select all that apply

MULTI CODE, RANDOMISE

1. It would help me to manage my physical health (e.g. improve strength and mobility, increases energy levels)
2. It would help me to manage my mental health (e.g. reduces stress, alleviates anxiety/depression)
3. It would encourage a positive work-life balance
4. It would increase focus, creativity and/or productivity
5. It would provide opportunities for social interaction and support
6. It would offer structured routine and discipline
7. It would help alleviate/prevent chronic conditions (e.g. cardiovascular diseases, musculoskeletal issues)
8. It would help alleviate the symptoms of my long-term health condition
9. It would reduce the likelihood of taking sick days once I return to work
10. It would improve my self-confidence
11. It would improve my motivation
12. It would improve my mobility
13. It would reduce my pain
96. Other (please specify) (FIX)
99. None of the above (FIX, EXCL.)
97. Not sure (FIX, EXCL.)

ASK IF D6=2-9 AND IF D6DEMO = 3-4

QW15L. Thinking about sport and physical activity, what additional support would help you to improve your health and get back into work?

Please select all that apply

MULTI CODE, RANDOMISE

1. Access to free or low-cost activities
2. Knowledge of what physical activity opportunities are available near me
3. Advice from health and care professionals
4. Employers offering flexible working
5. People to be active with
6. Access to community physical activity services specific to my condition/needs
7. Opportunities to volunteer and gain skills in the sport and physical activity sector
8. Opportunities to gain qualifications to work in the sport and physical activity sector
9. Group activities to build social connections and/or a sense of accountability/discipline
10. Information on how physical activity can improve my health and support me back to work

11. Support groups with others like me to offer motivation and encouragement
12. Access to a specialist physical activity coach who can provide tailored support
13. Transport assistance to attend activities/classes
14. Advice on how to be active at home or in work
15. Subsidised home exercise equipment
96. Other (please specify) (FIX)
99. None of the above (FIX, EXCL.)
97. Not sure (FIX, EXCL.)