

# ACTIVE LIVES ADULT SURVEY

## MAY 16/17 REPORT

Published October 2017



# WELCOME

Welcome to the second *Active Lives Adult Report* summarising activity levels in England from May 2016 to May 2017.

Once again, we have included the national picture of engagement in sport and physical activity, along with specific demographic data and, for those that want to look a little deeper, links to the original data tables.

There's an important addition to this report, as we are now able to include volunteering data for the volunteering measures set out in the Government's *Sporting Future* strategy, and our own strategy *Towards an Active Nation*.

You'll find a dedicated volunteering section towards the end of this report defining the measures being used and summarising the picture of sport volunteering in England today.

The intention of this report is to provide the big picture in an easily digestible format. For those wanting to carry out their own analysis of the survey data, I would recommend our soon-to-be-launched Active Lives online analysis tool, where you will be able to explore the data and focus upon your own areas of interest.

Finally, the third *Active Lives Adult Report* (November 2016-2017) will be released in March 2018. At this point we will have two full years of data and be able to draw meaningful comparisons with the figures from year one, shedding light on how levels of engagement in sport and physical activity are changing.

**Lisa O'Keefe**  
Insight Director

## CONTENTS

■ <a href="#">Levels of activity</a>	<a href="#">3</a>
■ <a href="#">Types of activity</a>	<a href="#">9</a>
■ <a href="#">Volunteering</a>	<a href="#">10</a>
■ <a href="#">Local level data</a>	<a href="#">16</a>
■ <a href="#">Definitions</a>	<a href="#">17</a>
■ <a href="#">Notes</a>	<a href="#">18</a>

## KEY INFORMATION

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

## RELEASE DATES

This release: 12 October 2017  
Next release: 22 March 2018

## FIND OUT MORE

For further information on the data presented in this report, please visit the [Active Lives area](#) 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+):



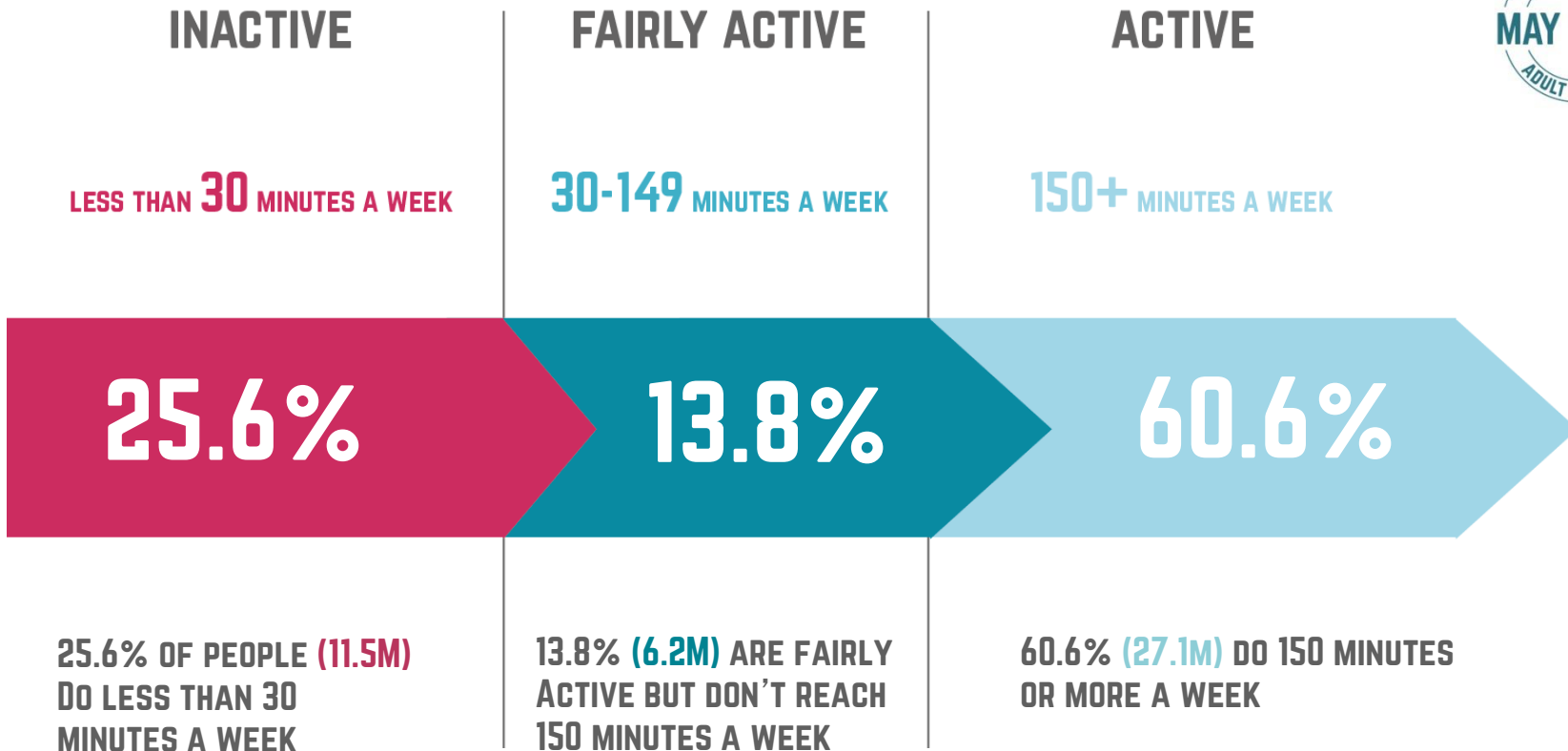
**\* VIGOROUS INTENSITY COUNTS AS DOUBLE**

**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 latest PHE data [here](#) (covers November 2015/2016).



# LEVELS OF ACTIVITY

OUR DATA SHOWS THAT 6 IN 10 ADULTS ARE PHYSICALLY ACTIVE



[LINK TO DATA TABLES](#)



# LEVELS OF ACTIVITY

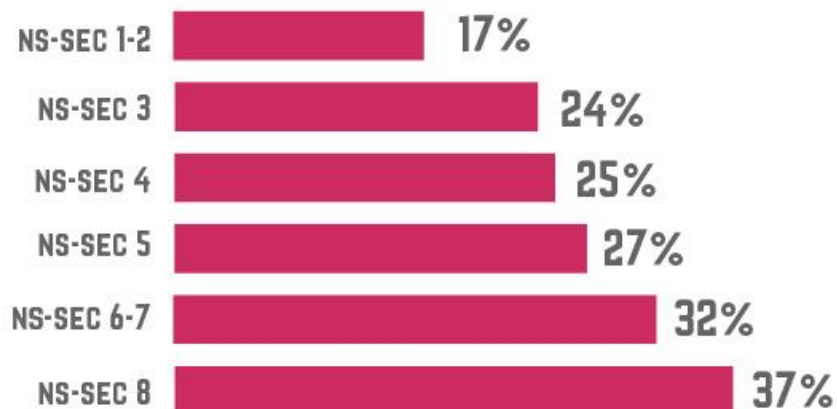
## SOCIO-ECONOMIC GROUPS

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

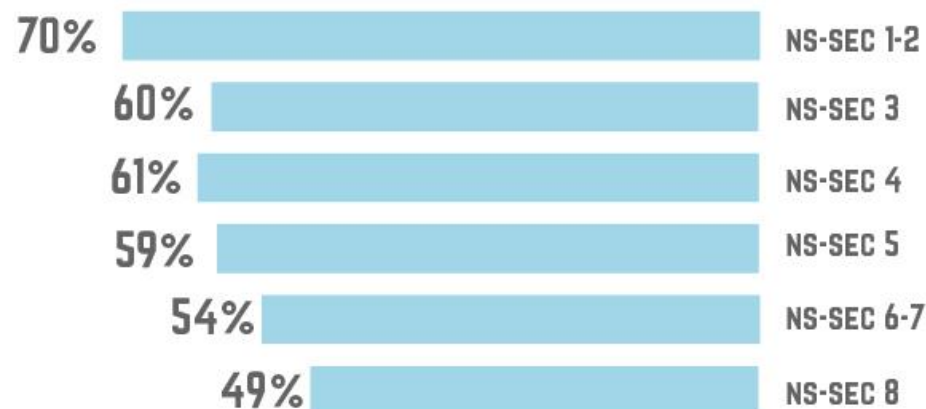
- People who are long term unemployed or have never worked (NS-SEC 8) are the most likely to be inactive (37%) and the least likely to be active (49%)
- People who are in managerial, administrative and professional occupations (NS-SEC 1-2) are the least likely to be inactive (17%) and the most likely to be active (70%).



### INACTIVE (LESS THAN 30 MINUTES A WEEK)



### ACTIVE (150+ MINUTES A WEEK)



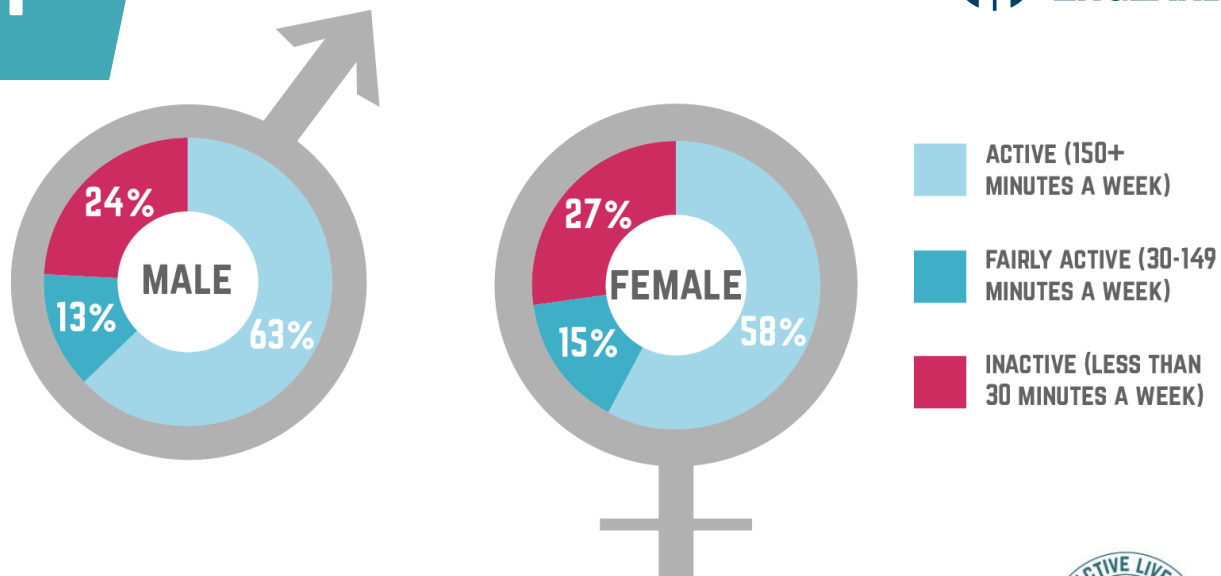
[LINK TO DATA TABLES](#) ►

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

# LEVELS OF ACTIVITY

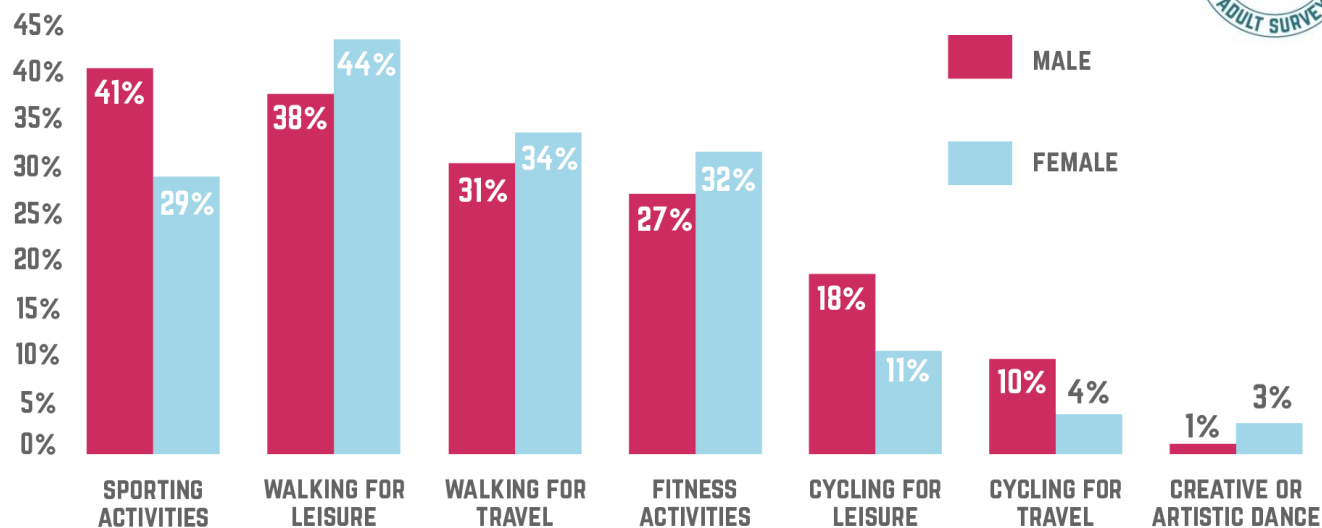
## GENDER

We continue to observe the same difference in activity levels between men and women. Men (63% or 13.8m) are more likely to be active than women (58% or 13.3m).



The gender gap is more pronounced for sporting activities and cycling, whereas women are more likely than men to walk for leisure or travel, or take part in fitness activities.

## TAKEN PART AT LEAST TWICE IN THE LAST 28 DAYS (AGE 16+)



[LINK TO DATA TABLES](#)

# LEVELS OF ACTIVITY

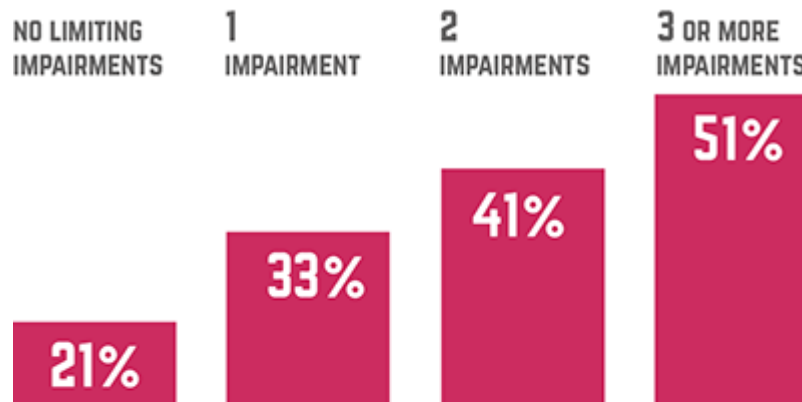
## DISABILITY

Inactivity is more common among people 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.

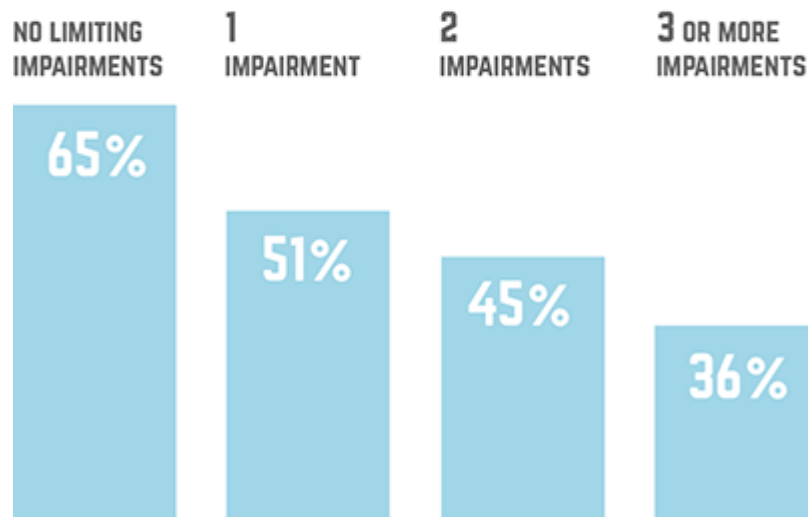
This is important because over half of all disabled people (52%) have three or more impairments, while 21% have two impairments and 26% have just one impairment (of 14 impairment types), source [\*Life Opportunities Survey June 09/12\*](#).

[LINK TO DATA TABLES](#) 

## INACTIVE (LESS THAN 30 MINUTES A WEEK)



## ACTIVE (150+ MINUTES A WEEK)



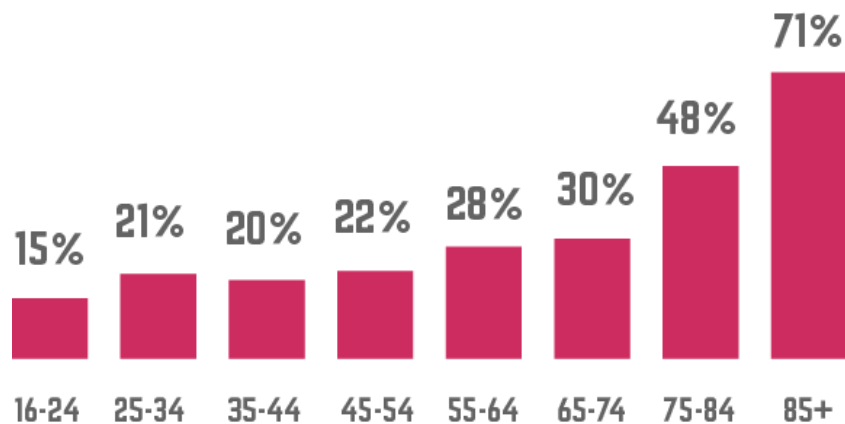
# LEVELS OF ACTIVITY

## AGE

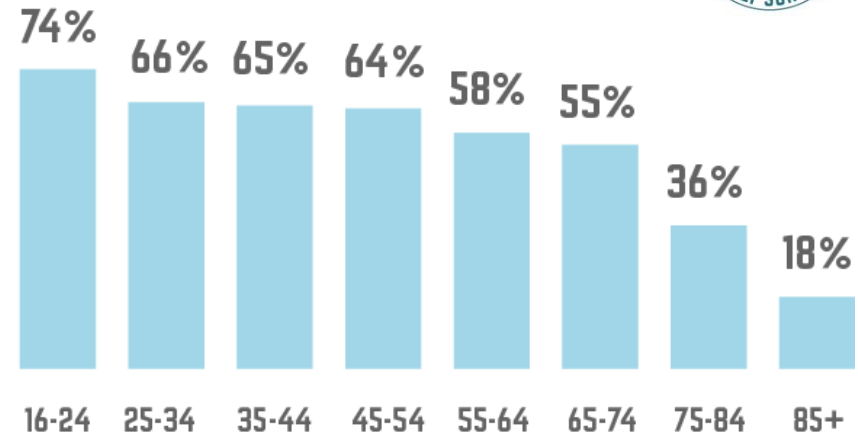
The proportion of those reaching 150+ minutes of physical activity a week generally decreases with age. People aged 75-84 are half as likely to be active as 16-24 year olds.

Half of all inactive people are aged 55+, but they account for just 36% of the adult population. Inactivity levels generally increase with age, but the sharpest increase comes between ages 75 and 84 (48%) and age 85+ (71%).

### INACTIVE (LESS THAN 30 MINUTES A WEEK)



### ACTIVE (150+ MINUTES A WEEK)



[LINK TO DATA TABLES](#)





# TYPES OF ACTIVITY

DATA BROKEN DOWN BY  
ACTIVITY/SPORT IS AVAILABLE  
IN THE FOLLOWING TABLE:

- PARTICIPATING AT LEAST  
TWICE IN THE LAST 28  
DAYS

[LINK TO DATA TABLES](#)



# 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.



**WE MEASURE SPORT AND  
PHYSICAL ACTIVITY IF IT'S  
DONE...**



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

**AT LEAST  
MODERATE  
INTENSITY**

# 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).

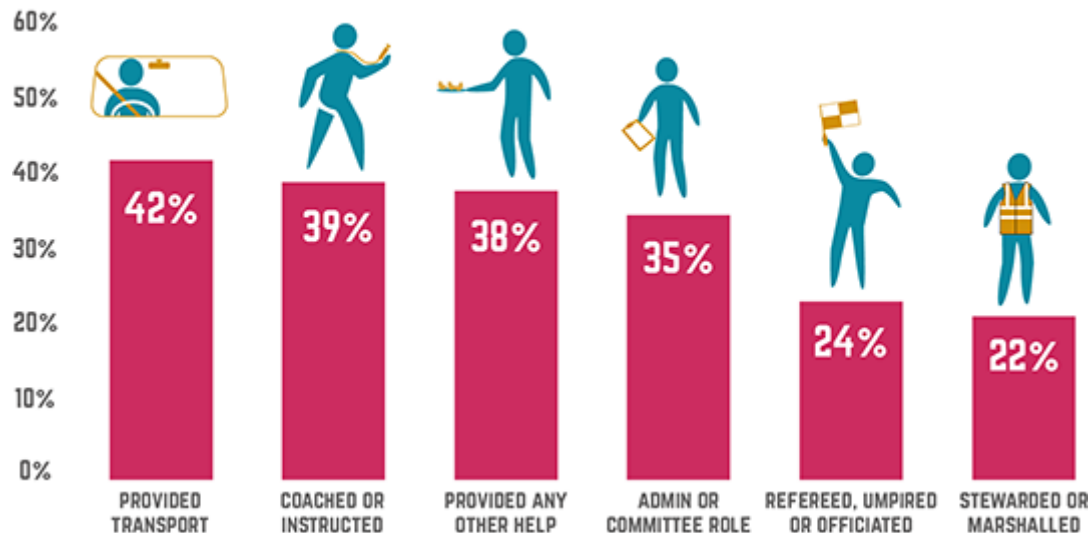


**A PERSON HAS VOLUNTEERED AT LEAST TWICE IN THE LAST 12 MONTHS**



# VOLUNTEERING

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



# 15%

## 6.7M ADULTS VOLUNTEERED

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



[LINK TO DATA TABLES](#)



# VOLUNTEERING – SOCIO-ECONOMIC GROUP

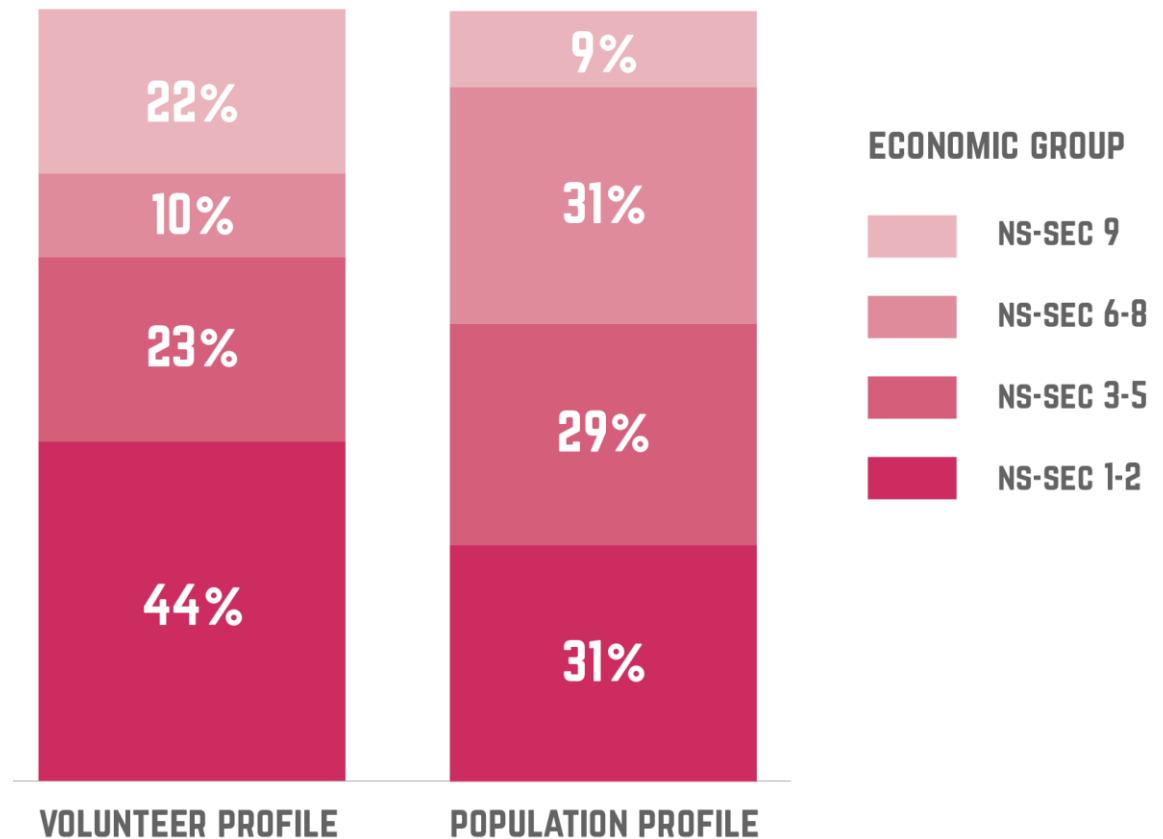
## WHO'S VOLUNTEERING?

Volunteering is significantly skewed toward those in managerial and professional occupations (referred to as NS-SEC 1-2).

People from lower socio-economic backgrounds (NS-SEC 6-8) are under-represented in volunteering – comprising just 10% of all sport volunteers but 31% of the adult population.



## PROFILE OF ADULTS (AGED 16-74) WHO VOLUNTEERED AT LEAST TWICE IN THE LAST YEAR (MAY 16/17)



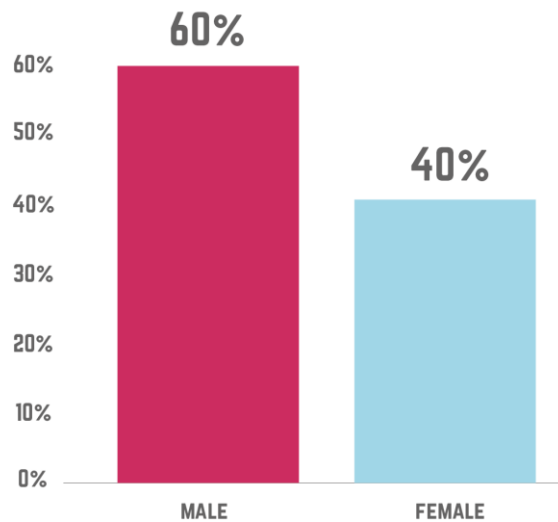
[LINK TO DATA TABLES](#)

Note: Details of the NS-SEC categories can be found in the [definitions](#) page.

# VOLUNTEERING BY GENDER

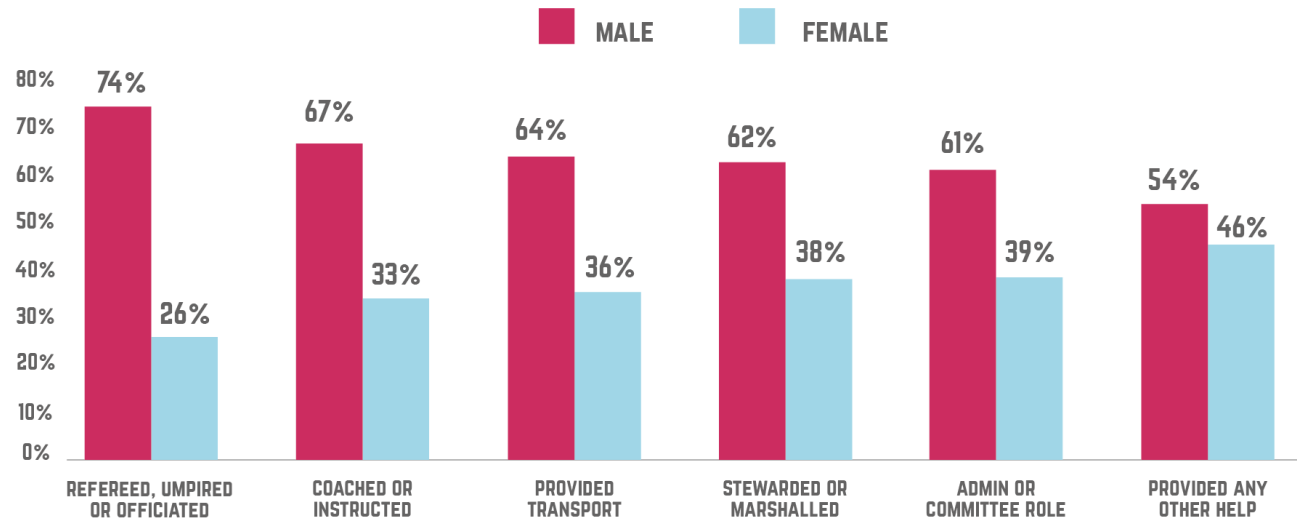
Men are more likely to volunteer to support sport than women, comprising 60% of all volunteers.

PROFILE OF ADULTS (AGED 16+) WHO VOLUNTEERED AT LEAST TWICE IN THE LAST YEAR (MAY 16/17)



Differences between men and women are particularly pronounced in certain volunteering roles, such as referees, officials, umpires and coaches.

PROFILE OF ROLES UNDERTAKEN AMONGST ADULTS (AGED 16+) WHO HAVE VOLUNTEERED AT LEAST TWICE IN THE LAST YEAR (MAY 16/17)



[LINK TO DATA TABLES](#)





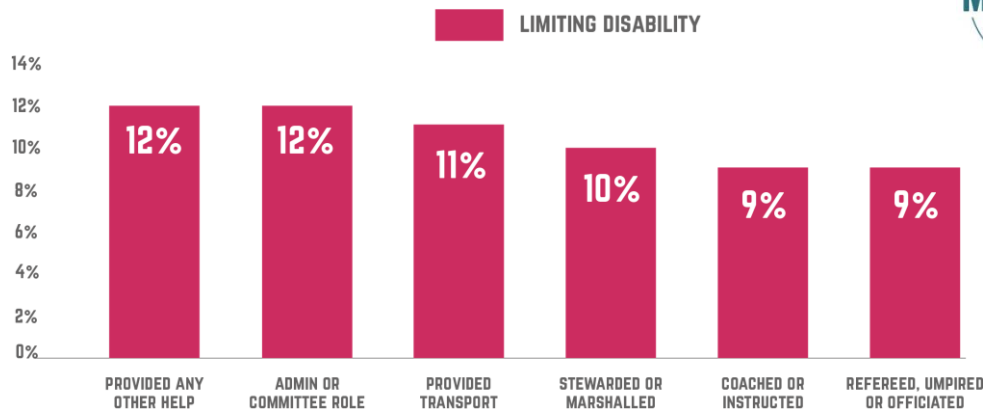
# VOLUNTEERING – DISABILITY

People with a limiting long-term disability account for 11% of volunteers despite accounting for 21% of the population as a whole (see graph 2).

And, just 39% of these volunteers have three or more impairments, compared to over half of all people with a disability (see graph 3).

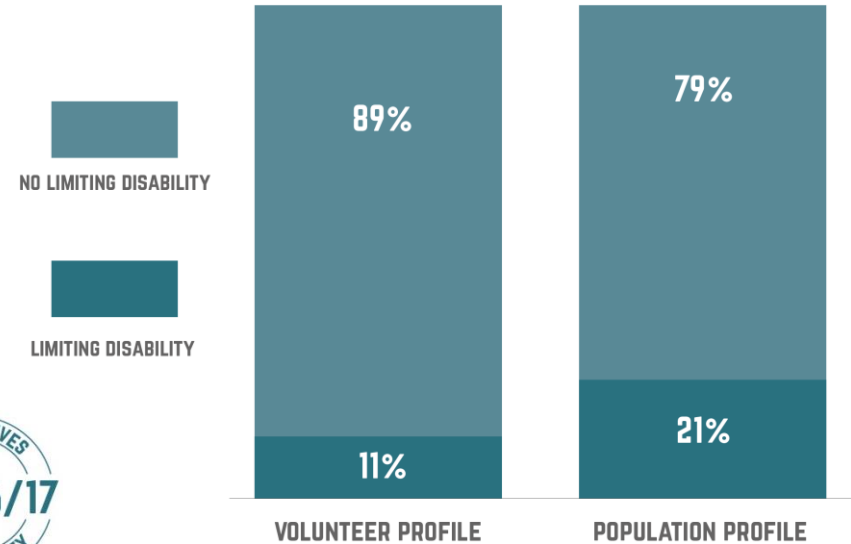
With just 9% of volunteer coaches and referees having a disability, some volunteer roles are even more under-represented by people with a disability (see graph 1).

## 1 PROFILE OF ROLES UNDERTAKEN AMONG ADULTS (AGED 16+) WHO HAVE VOLUNTEERED AT LEAST TWICE IN THE LAST YEAR (MAY 16/17)



[LINK TO DATA TABLES](#)

## 2 PROFILE OF ADULTS (AGED 16+) WHO VOLUNTEERED AT LEAST TWICE IN THE LAST YEAR (MAY 16/17)



## 3 BREAKDOWN OF DISABLED VOLUNTEERS AND THE DISABLED POPULATION BY NUMBER OF IMPAIRMENTS



# VOLUNTEERING – AGE

As you can see volunteering is more popular among two key age groups: those aged 16-24 and those in the 45-54 bracket. Combined, these groups account for 42% of all volunteers.

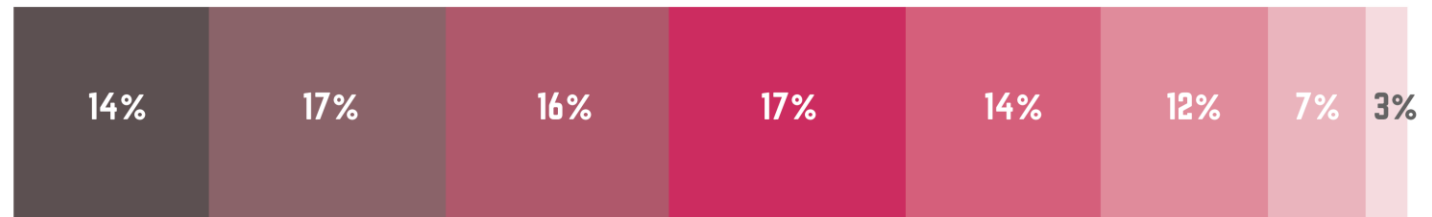
The younger age group is more likely to do refereeing or coaching, whereas the 45-54 group are the most likely to provide transport or carry out administrative/committee roles.

## PROFILE OF ADULTS (AGED 16+) WHO VOLUNTEERED AT LEAST TWICE IN THE LAST YEAR (MAY 16/17)

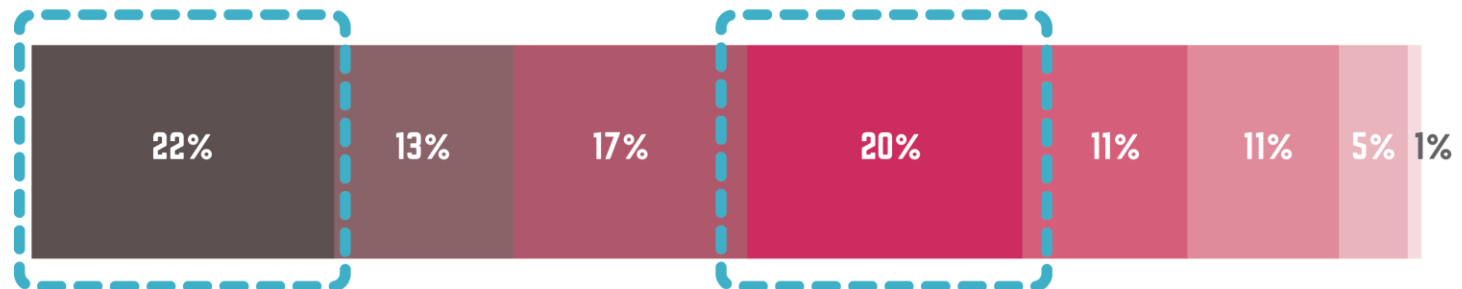
### VOLUNTEERING BY AGE



### POPULATION PROFILE



### VOLUNTEER PROFILE



[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](#) ▶

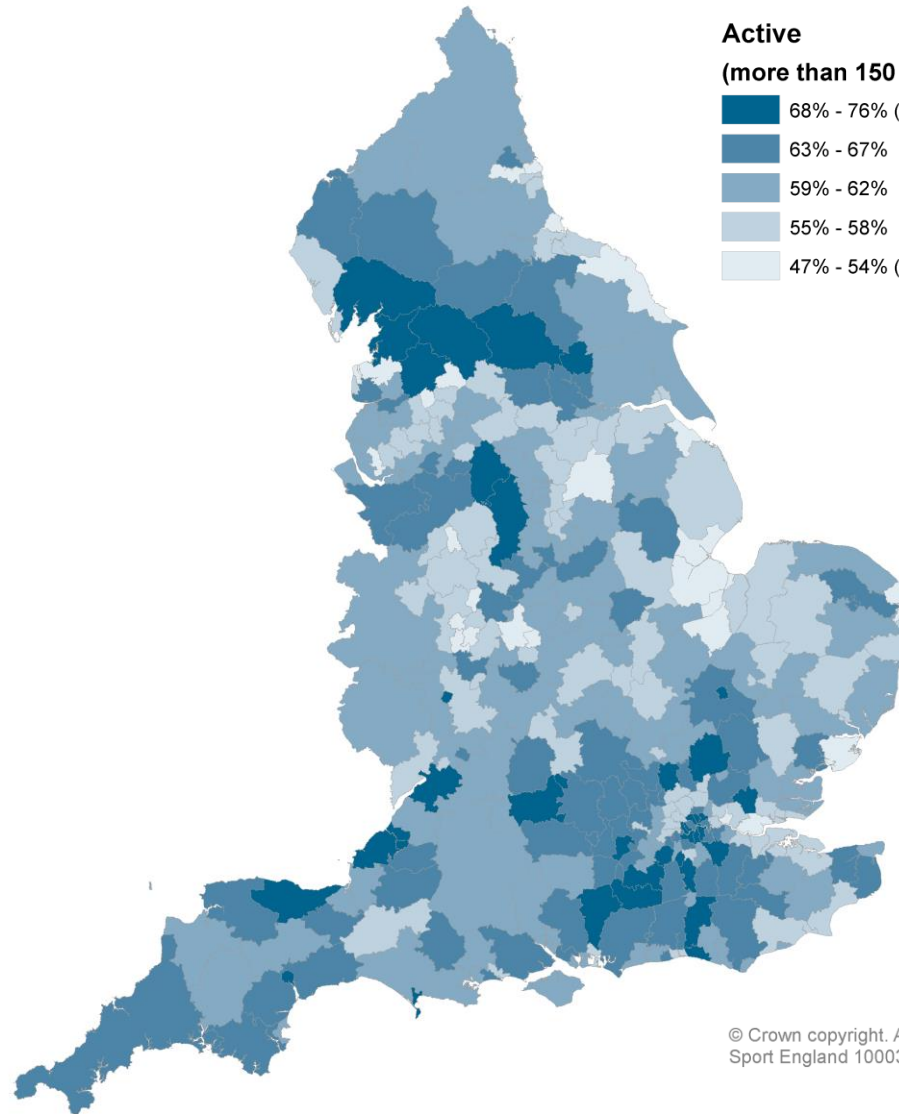
- **PARTICIPATING AT LEAST TWICE IN THE LAST 28 DAYS**

[LINK TO DATA TABLES](#) ▶

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

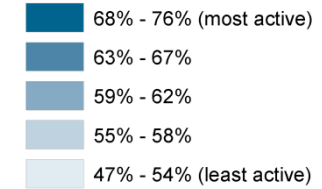
[LINK TO DATA TABLES](#) ▶

## ACTIVITY ACROSS ENGLAND



### Active

(more than 150 minutes per week)



© Crown copyright. All rights reserved  
Sport England 100033111 2017.

# 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. postman, 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

## SAMPLE AND WEIGHTING

**THE ACHIEVED SAMPLE** was 214,284 (16+).

**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](#).

**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 differences which are statistically significant are reported on as differences in the commentary. Where results are reported as being the same for two groups, this means there is no statistically significant difference.

**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](#).

## SPORT SPECTATING

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

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



[LINK TO DATA TABLES](#)

