ADULTS WITH A DISABILITY AND SPORT NATIONAL SURVEY 2000-2001

MAIN REPORT

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Foreword

This report documents the findings from the survey of disabled adults' participation in sport in England. As with the earlier Sport England survey of disabled young people's participation in sport, it breaks new ground providing the first ever nationally representative statistics on the levels of participation, attitudes and barriers to involvement in sport experienced by adults with a disability. The survey, and the extensive feasibility and development work that underpinned it, is representative of the significant priority and commitment Sport England places on increasing the opportunities available for people with a disability to take part and enjoy the experience of participation in sport.

The evidence provided by this research will be used by Sport England to adapt and develop policies and programmes aimed at increasing access to sporting opportunities for disabled adults. This will be carried out in partnership with the English Federation of Disability Sport (EFDS), and other agencies, at both a national and local level. The research will also provide initial benchmarks against which progress in this area can be measured.

I anticipate that the findings from this research will stimulate debate about the best ways in which Sport England and its partners can build upon the good work already being undertaken to meet the sporting aspirations of people with a disability. All of those involved in sport must join in this debate and then go on to demonstrate their commitment to providing people with a disability with a range of opportunities to derive lifelong benefits from sport and physical activity.

Sport England's and its partners' interventions in this field will be evaluated in terms of their real impact on the sports participation levels of people with a disability. The current relatively low levels of participation present us all with a challenge. Over the next five years we intend to rise to that challenge so that, when we come to repeat this research, tangible progress will be seen to have been made.

David Moffett
Chief Executive
Sport England

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Introduction

This report is a brief descriptive report of the main findings from a national survey of sports participation among adults with a disability in England in 2000-2001. The survey, introduced to respondents as the Survey of Leisure, Sport and Health, was carried out by Social Survey Division of the Office for National Statistics (ONS) on behalf of Sport England. A summary 'Headline Findings' report with policy implications is also available from Sport England.

The survey sample was a sub-sample identified from the 2000-2001 Labour Force Survey (LFS) and the General Household Survey (GHS) during the same year. The sub-sample consisted of adults aged 16-59 years living in private households in England who reported having a Limiting Long-Standing Illness (LLSI).

A Limiting Long-Standing Illness (LLSI) is defined as a health problem which is expected to last for a period of time (specified as a year in the LFS questionnaire), which affects the kind or amount of paid work that might be done or limits day to day activities in any way.

The survey identified and followed-up all cases from all four LFS and GHS quarters during 2000-2001, so that the sports data, which is seasonal, are collected over a whole year.

Aims of survey

The main aim of the survey was to identify current levels of sports participation among adults (16 - 59 years) with a disability and their views on the barriers and constraints that may prevent them from taking part in sport.

Findings from the study will be used to establish baseline participation rates across a range of sports and for people with different types of disability and to develop appropriate initiatives to increase rates of participation in sport by adults with a disability.

Survey methodology

Fieldwork for the survey took place between August 2000 and July 2001. A response rate of 71% was achieved, resulting in interviews with 6,564 adults from the 9,266 approached. A detailed description of the survey procedures and response rates is included in the technical appendices at the end of this report.

Characteristics of the sample

As explained in **Appendix C** (questionnaire design) a combination of the GHS and LFS questions were asked in order to establish whether the respondent still had a limiting long-standing illness. Eighty-two per cent of respondents reported still having a LLSI. Of those who reported having a LLSI at the follow-up interview 94% had one or more disability according to the HUI scale. Just under half (48%) had three or more disabilities. Slightly more women than men had a disability (95% compared with 93%).

Appendix E provides more detail about the characteristics of respondents with a disability or health problem. In summary, according to the Health Utilities Index (HUI), 71% of responding adults had a disability related to pain, 58% had a disability related to vision, 46% had a cognitive disability and 37% had an emotion disability.

The Health Utilities Index (HUI)

In this survey, the Health Utilities Index (HUI)[1] system of questions was used to establish the type of limiting disability or illness that a respondent had and the level of severity.

The Health Utilities Index (HUI) is a family of generic health status and health-related quality of life measures developed by McMaster University in Canada. Three Health Utilities Index systems have been developed: Health Utilities Index Mark 1 (HUI1); Health Utilities Index Mark 2 (HUI2); and Health Utilities Index Mark 3 (HUI). The dimensions of health covered by HUI2 and HUI3 focus on functional capacity as opposed to performance and so there are no dimensions covering social role limitations. The intention is to investigate the extent to which deficits in health status for each attribute inhibit or prohibit 'normal' functioning rather that to report the level at which an individual chooses to function, as would be reflected in a measure of performance (Feeny et al (1996), Health Utilities Index[2]).

In the HUI a number of aspects of health status are specified using a classification system. The 15-item questionnaire used in our survey enables data to be gathered to classify respondents' health status according to either or both of HUI2 and HUI3. HUI2 and HUI3 are distinct but partially overlapping systems. Attribute level dimensions are determined from responses to specified single questions, or from combinations of responses to specified sets of questions. The HUI2 system is comprised of six attributes: sensation (vision, hearing and speech), mobility, emotion, cognition, self-care, pain. There are three to five levels per attribute. Six single-attribute utility indices and one overall health index can also be calculated using the HUI2 system. The HUI3 system is comprised of eight attributes: vision, hearing, speech, ambulation, dexterity, emotion, cognition, and pain. There are five to six levels per attribute in HUI3.

The main disadvantage of the HUI system is that we are not familiar with it in the UK and that the Canadian developers do not release the questions prior to purchase. However, it is a standard way of measuring disability in Canada and the USA, where it has been tried, tested and validated. The main advantage of the HUI system over the others considered was that it involved fewer questions. It could also be used both for adults and for children and young people. Whilst some dimensions which affect sports participation, such as continence and fits, are not covered by the HUI system, the dimensions that are covered describe different levels of disability which are possibly more useable and appropriate than the other scales considered.

Further details on the Health Utilities Index (HUI) is included in **Appendix G** .

Presentation of data

The results presented in this report are based on those participating adults who still reported having a limiting long-standing illness (LLSI) at the time of this follow-up interview. All data presented in the tables are weighted for non-response (a description of the weighting procedure is also included in the technical appendices).

[1] Furlong W.J., Feeny D.H. and Torrance G.W. 'Health Utilities Index (HUI)', Health Utilities Inc., Dundas ON, Canada. (1999).

[2] Feeny D; Torrance G. and Furlong W. (1996) Health Utilities Index in Quality of Life and Pharmacoeconomics in Clinical Trials, 2nd edition, edited by B. Spilke. Lippincott-Raven Publishers, Philadelphia

Where data are available comparable tables have been created using the 1996 GHS data. These tables are based on adults who do not have a LLSI are aged 16-59 years and who live in England. The tables are used to compare sports participation among adults with a LLSI with those who do not have a LLSI.

The first half of the summary report focuses on sports participation and the associations between participation and socio-demographic and socio-economic characteristics. The remainder of the report covers, location of participation, club membership and tuition, barriers to participation and attitude to sports participation before the onset of a LLSI and whilst at school.

Notes to tables

Tables showing percentages

The row or column percentages may add to 99% or 101% because of rounding.

The following conventions have been used within tables showing percentages:

- no cases
0 value less than 0.5%

Small bases

Very small bases have been avoided wherever possible because of the relatively high sampling errors that attach to small numbers. Often where the numbers are not large enough to justify the use of all categories, classifications have been condensed. However, an item within a classification is occasionally shown separately, even though the base is small, because to combine it with another large category would detract from the value of the larger category. In general, percentage distributions are shown if the base is 30 or more. Where the base is lower, actual numbers are shown in square brackets.

Research findings

1 Overall participation

Table 1-1: Sports & physical activities:

(a) participation rates in the four weeks before interview (% of population)
(b) participation rates in the 12 months before interview (% of population)
(c) average frequency of participation per participant in the four weeks before interview (no. of times)
(d) average frequency of participation per adult per year (no. of times)

All adults aged 16-59 with a LLSI

Sports and physical activities	(a)	(b)	(c)	(d)
Active table top games	1	2	4	0.4
Aerobics, keep fit or yoga	5	10	7	3.1
Angling or fishing	2	5	3	0.7
Archery	0	1	4	0.1
Athletics	0	1	6	0.2
Badminton	1	4	3	0.5
Baseball or softball	0	0	1	-
Basketball	1	2	2	0.1
Boccia	-	0	2	-
Bowls (indoor or outdoor)	1	4	4	0.6
Boxing or wrestling	0	0	3	0.0
Climbing, abseiling or potholing	0	1	3	0.1
Cricket	1	2	3	0.3
Cross country, road running	1	3	6	1.0
Cycling	7	14	8	7.0
Dance classes	1	2	5	0.9
Darts	3	8	-	-
Football	3	6	5	1.7
Goalball	-	-		-
Golf, putting or pitch & putt	3	8	4	1.4
Gym, gymnastics	4	7	7	3.9
Hockey	0	1	4	0.1
Horse riding	1	2	9	1.0
Ice skating	0	2	1	0.1
Judo or martial arts	1	1	10	0.7
Motor sports	0	1	4	0.2
Netball	0	1	4	0.1
Orienteering	0	1	2	-
Other game skills	1	2	7	0.5
Roller skating or skate boarding	0	1	4	0.1
Rounders	0	2	2	0.1

Sports and physical activities	(a)	(b)	(c)	(d)
Rowing or canoeing	1	2	3	0.2
Rugby	0	1	3	0.1
Sailing or windsurfing	0	1	3	0.1
Shooting	1	2	3	0.3
Skiing	0	1	2	-
Skittles or tenpin bowling	3	10	2	0.6
Snooker, pool, billiards	8	16	5	4.8
Squash	0	1	5	0.3
Swimming	13	31	4	7.4
Table tennis	1	4	4	0.6
Tennis	1	4	3	0.4
Volleyball	0	1	1	-
Walking	26	47	-	-
Other	2	2	-	-
At least one activity (inc. walking)	**51**	**70**		
At least one activity (excl walking)	**38**	**58**		
At least 1 activity 4 times in 4 weeks	**22**			
Base	**7890**	**7890**		

Table 1-2: Sports & physical activities:

(a) participation rates in the four weeks before interview (% of population)
(b) participation rates in the 12 months before interview (% of population)
(c) average frequency of participation per participant in the four weeks before interview
(d) average frequency of participation per adult per year

All adults aged 16-59 without a LLSI

Sports and physical activities	(a)	(b)	(c)	(d)
Any bowls	1	4	4	0.7
Any soccer	8	13	4	5.1
Any swimming	19	51	4	9.9
Athletics (track and field)	0	2	6	0.3
Badminton	3	10	3	1.4
Basketball	1	3	4	0.5
Canoeing	1	2	2	0.2
Carpet bowls	1	3	3	0.3
Climbing	1	4	2	0.3
Cricket	1	5	4	0.6
Cycling	15	29	8	15.3
Darts	-	11	-	-
Fishing	2	6	3	0.8
Golf, putting or pitch & putt	6	14	3	2.6
Gymnastics	0	1	6	0.2

Sports and physical activities	(a)	(b)	(c)	(d)
Hockey	1	2	4	0.3
Horse riding	1	4	8	1.4
Ice skating	1	5	1	0.1
Keep fit/yoga	16	27	6	13.2
Lawn bowls	1	2	6	0.4
Motor sports	1	2	3	0.3
Netball	1	2	3	0.3
Rugby	1	2	4	0.5
Running (jogging etc)	7	12	6	5.5
Sailing	1	3	4	0.2
Self defence	1	3	6	0.8
Shooting	1	4	4	0.6
Skiing	1	4	5	0.3
Snooker/pool/billiards	15	26	5	9.1
Soccer: indoor	3	7	4	1.6
Soccer: outdoor	6	11	5	3.5
Squash	2	6	4	0.9
Swimming: indoor	16	46	3	7.2
Swimming: outdoor	4	20	6	3.0
Table tennis	2	7	3	0.9
Tennis	3	11	4	1.6
Tenpin bowling/skittles	5	22	2	1.1
Walking	50	78	-	-
Weight lifting	2	4	8	1.9
Weight training	9	15	7	7.8
Windsurfing, boardsailing	0	2	3	0.1
At least one activity (inc. walking)	**75**	**92**		
At least one activity (excl walking)	**59**	**82**		
Base	**9106**	**9106**		

2 Participation in the last 12 months

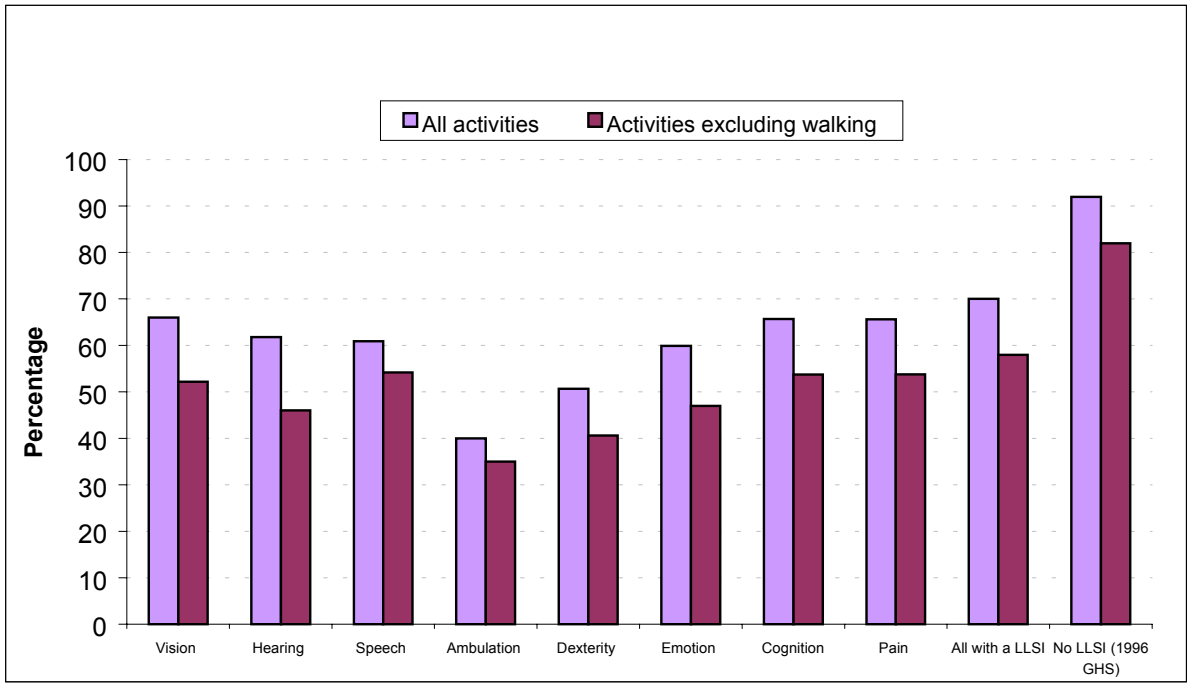
Including walking, over two thirds (70%) of adults with a LLSI had taken part in at least one sport or physical activity in the 12 months before interview. Excluding respondents whose only activity was walking reduced the overall participation rate[1] by 12% to 58% **(Table 1-1 & Figure 1)**.

The most popular activity among this population was walking. Just under a half of adults (47%) had completed a leisure walk of two miles or more in the past 12 months. The

[1] A definition of participation rate is included in Appendix G – Definition of terms. A definition of disability type is provided in Appendix E.

second most popular sport was swimming with just under a third of adults (31%) stating that they had been swimming at least once in the past 12 months **(Table 1-1)**.

Figure 1: Twelve-month sports participation rates by type of disability



3 Frequency of participation in the last 12 months

For more detail please see Tables 1-1 and 1-2.

Over the 12-month reference period, swimming and cycling had the highest average frequency of participation of 7 days per adult per year followed by cue sports (5 days).

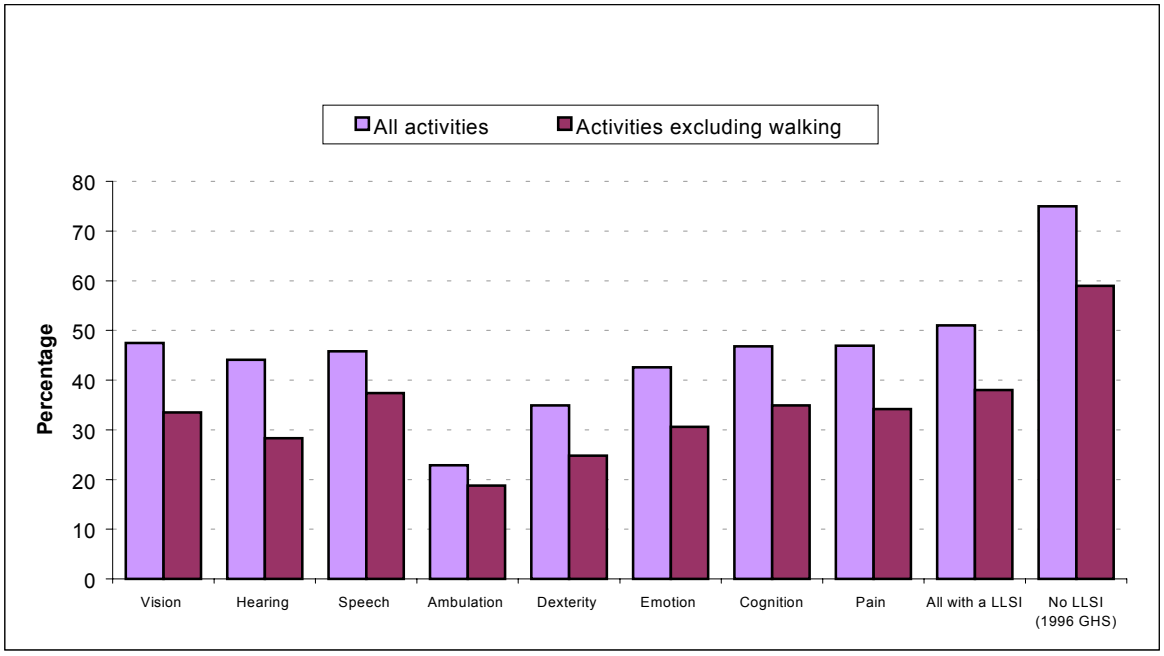
Average frequency of participation rates over the last 12 months are lower for those with a LLSI than those without. The average participation rate for swimming for those with a LLSI is 7 times a year and 10 times for those without, rates for cycling are 7 and 15 times a year and aerobics, keep fit and yoga 3 times and 13 respectively.

4 Participation in the last 4 weeks

For more detail please see Table 1-1.

Respondents who had participated in a sporting activity in the 12 months before interview were also asked about their participation in sport in the last 4 weeks. Just over a half (51%) of adults with a LLSI had participated in at least one activity in the four weeks before interview. Excluding walking, the participation rate decreases to 38% **(Figure 2)**.

Figure 2: Four-week sports participation rates (inc. and exc. walking) by type of disability



Similar differences by type of disability to those apparent from the 12-month participation rates were found when looking at participation over the last 4 weeks. Participation rates (excluding walking) were highest amongst those with a disability related to speech (37%). About one third of those with a vision, cognition or pain disability had taken part in a sporting activity during the 4 weeks before interview. The lowest four-week participation rate was amongst those with an ambulation disability (19%) **(Figure 2)**.

5 Adults with and without a LLSI

For more detail please see Table 1-1 & Table 1-2.

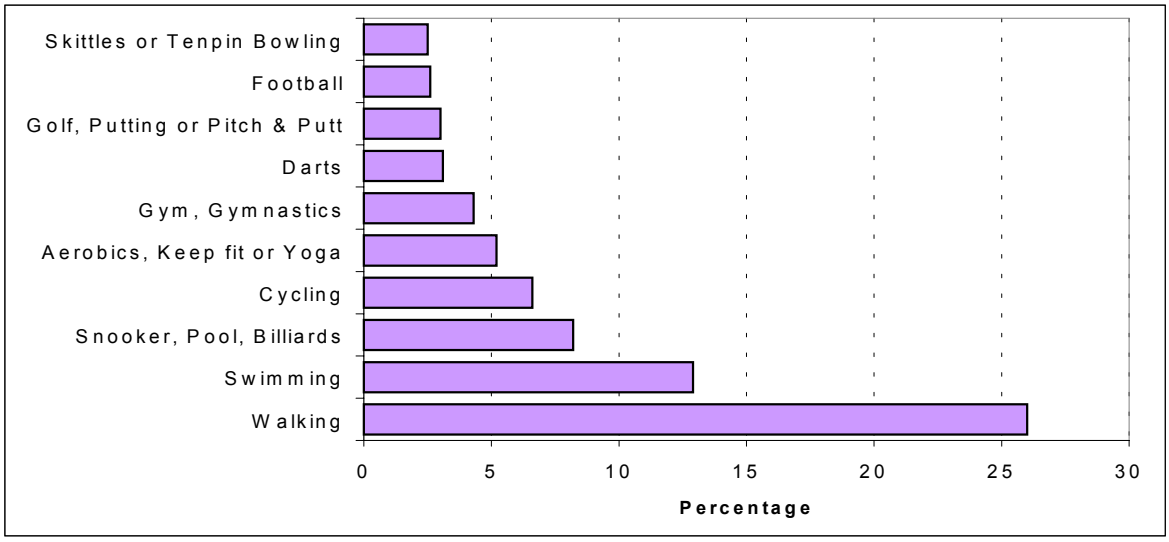
Including walking, the four-week participation rate for adults with a LLSI was 24% lower than the participation rate for adults who did not have a LLSI (51% compared with 75%). Excluding walking the figures were 38% for adults with a LLSI compared to 59% for adults without a LLSI **(Figure 2)**.

6 Four-week participation – most popular sports

For more detail please see Table 1-1.

Based on participation in the past four weeks and excluding walking, swimming was the most popular activity among participants with a LLSI (13%); followed by cue sports (snooker, pool and billiards) (8%); and cycling (7%). Nine out of the 'top ten' most popular sports were activities that can be played as an individual. The only team sport in the top ten is football **(Figure 3)**.

Figure 3: 'Top ten' sporting activities – rank order for participation in the 4 weeks before interview (All with LLSI)



7 Four-week participation – comparison of 'top ten' sports for adults with and without an LLSI

For more detail please see Table 1-1 & Table 1-2.

Even though the participation rates are lower for adults with a LLSI, similar sports seem to be popular with the two groups. 'Walking' (two miles or more) was the most popular activity for adults with and without a LLSI. Excluding walking, swimming was the most popular sport with both groups. The content of the 'top ten' sports played by adults with or without a LLSI is almost identical, although the order in which the sports appear on the two 'top tens' varies **(Table 7-1)**.

Table 7-1: 'Top ten' sports played in the four-week reference period by those with and without a LLSI (in order of popularity)

With LLSI	No LLSI
Walking	Walking
Swimming	Any swimming
Cue sports	Keep fit/yoga
Cycling	Cue sports
Aerobics, keep fit or yoga	Cycling
Gym, gymnastics	Weight training
Darts*	Any soccer
Golf, putting or pitch & putt	Running (jogging etc.)
Football	Golf, putting or pitch and putt
Tenpin bowling or skittles	Tenpin bowling or skittles

**** In the 1996 GHS respondents were only asked about darts in relation to the last 12 months and not the last four weeks.***

The sports that were participated in most frequently by participants without a LLSI (per participant in the four weeks before interview) were weight training, weight lifting, horse riding and cycling. Like the most popular sports (apart from football) for those with a LLSI, these are all sports that can be undertaken on an individual basis.

8 Frequency of participation in the last 4 weeks

For more detail please see Tables 1-1 & 1-2.

In order to find out about frequency of participation, respondents who had participated in sport in the last four weeks were asked on how many times they had participated in each sport in the four weeks before interview. Six sports had average frequencies of participation of seven times or more per participant during the four-week reference period. Among these six most regularly played sports, judo, horse riding and cycling had the highest frequency of participation at twice or more times a week (10 times in the reference period for judo or martial arts, 9 times for horse riding and 8 times for cycling).

Activities showing the lowest average frequency among participants were baseball (or softball), volleyball and ice-skating. These three sports all had an average participation rate of once in the four-week reference period.

Three of the less popular sports, judo and martial arts, other game skills and horse riding, all with four week participation rates of less than 1%, all received a comparatively high frequency of participation at around twice a week.

The sports that were participated in most frequently by participants without a LLSI (per participant in the four weeks before interview) were weight training, weight lifting, horse riding and cycling. Like the most popular sports (apart from football) for those with a LLSI, these are all sports that can be undertaken on an individual basis.

9 Sports participation by number & type of disability

Also see Figures 1 & 2.

Twelve month participation by disability type

Table 9-1: Twelve-month sports participation rates, by HUI

All persons aged 16-59 with LLSI & a disability according to HUI.

Sports and physical activities	Vision	Hearing	Speech	Ambulation	Dexterity	Emotion	Cognition	Pain
Active table top games	0.9	0.7	1.3	0.7	0.9	1.3	1.4	1.5
Aerobics, keep fit or yoga	8.8	6.7	8	3.9	7	7.9	8.5	8.9
Angling or fishing	4.1	5.1	4.2	4.5	4.4	4.1	4.6	5
Archery	1	1.2	2.1	0.4	0.5	0.6	0.6	1
Athletics	0.5	-	2.5	0.2	0.4	0.7	0.7	0.4
Badminton	2.6	3.8	4.2	0.7	1.9	2.6	3.1	2.8
Baseball or softball	0.2	0.5	1.7	0.2	0.1	0.4	0.4	0.2
Basketball	0.9	0.5	4.2	0.7	1.1	0.9	1.2	1
Boccia	0.1	-	-	0.1	0.2	0	0.1	0.1
Bowls (indoor or outdoor)	3.8	3.8	5.5	1.9	3.5	2.6	4.2	3.3
Boxing or wrestling	0.1	0.2	-	-	-	0.1	0.4	0.2
Climbing, abseiling or potholing	0.8	0.7	2.5	0.2	0.5	0.7	0.7	0.9
Cricket	1.5	1.2	2.5	0.7	0.9	1.6	2	1.7
Cross country, road running	2.1	1.2	2.1	0.4	2	1.6	2.7	2.4
Cycling	11.7	9.6	11.8	2.8	8.8	11.4	12.1	12.4

Sports and physical activities	Vision	Hearing	Speech	Ambulation	Dexterity	Emotion	Cognition	Pain
Dance classes	2.6	2.6	2.5	0.8	1.5	2	2.9	2
Darts	6.1	6.2	8.8	3.7	5.5	6.2	7.7	7.2
Football	2.9	2.9	8.8	1	2	3.9	5.5	4.1
Goalball	0	-	-	-	-	0.1	0.1	0.1
Golf, putting or pitch & putt	6.4	5.7	4.6	2	3.6	4.5	6.3	6.9
Gym, gymnastics	5.9	3.9	5.5	1.8	3.6	6	5.2	5.9
Hockey	0.4	-	1.3	0.2	-	0.3	0.5	0.4
Horse riding	1.4	0.7	3	0.8	2.1	1.8	1.9	1.7
Ice skating	1.2	1.2	1.3	0.2	0.2	1.3	1.2	1.2
Judo or martial arts	0.9	0.3	0.8	0.2	0.6	0.9	1	1
Motor sports	1.1	0.9	0.8	0.3	0.9	0.7	0.6	0.9
Netball	0.4	0.2	-	0.2	0.2	0.3	0.4	0.4
Orienteering	0.5	0.7	-	0.3	0.4	0.5	0.4	0.6
Other game skills	1.5	0.5	2.5	0.8	1.1	1.4	1.1	1.6
Roller skating or skate boarding	0.6	0.9	0.8	0.3	0.5	0.6	0.6	0.8
Rounders	1.3	1.2	2.1	0.3	1.2	1.3	1.8	1.8
Rowing or canoeing	1.3	0.9	2.1	0.6	0.4	1.3	1.5	1.4
Rugby	0.4	0.5	1.7	0.1	0.4	0.5	0.9	0.4
Sailing or windsurfing	1.3	1	1.7	0.2	0.7	1.2	1.2	1.3
Shooting	1.3	1.5	1.3	0.9	1.4	1.3	1.3	1.7
Skiing	0.7	0.7	1.3	0.1	-	0.6	0.5	0.8
Skittles or tenpin bowling	8.1	8.6	10.9	3.6	4.7	7.6	9	8.6
Snooker, pool, billiards	12.4	12.5	18.6	8.6	9.6	12.9	14.8	14.3
Squash	0.6	1.2	-	-	0.5	0.5	0.8	0.9
Swimming	27.1	22.6	26.1	16.7	20.6	22.6	27.5	28.9
Table tennis	3	3.8	5	1.2	1.7	2.4	3.4	3.3
Tennis	2.5	2.4	5	0.4	0.6	2.4	3.1	3
Volleyball	0.5	1	1.7	0.1	0.1	0.4	0.6	0.5
Walking	54.1	61.0	65.2	88.9	69.8	61.6	57.7	57.3
Other	2	2.1	0.4	1.1	1.6	1.7	1.9	2.2
At least one activity (inc. walking)	**66.1**	**61.8**	**60.9**	**40.0**	**50.7**	**59.9**	**65.7**	**65.6**
At least one activity (excl walking)	**52.2**	**46.0**	**54.2**	**35.0**	**40.6**	**47.0**	**53.7**	**53.8**
Base	**4579**	**583**	**238**	**1807**	**805**	**2869**	**3606**	**5554**

Table 9-1 shows that the twelve-month participation rates (excluding walking) varied by type of disability. Over one half of respondents with a disability related to speech, cognition or pain (54%) and vision (52%) had taken part in at least one sport over the last 12 months. Just under a half of those with a hearing or emotion disability had taken part in sport (46% and 47%). Respondents with an 'ambulation' disability were those least likely (35%) to have participated in at least one activity over the same time period.

Walking was clearly the activity in which the highest proportion of respondents, across all of the disability types, took part. Perhaps surprisingly, people with an 'ambulation' disability were the most likely to have participated in 'walking' as a sport/physical activity (89% of respondents with an ambulation disability). People with a 'vision' disability were the least likely to have participated in 'walking' (54%).

Excluding walking, swimming was the most popular sport for all disability types with cue sports (snooker, pool, billiards) the second most popular, once again across all disability types. Interestingly, sports which are more specific to people with a disability, eg Goalball and Boccia had relatively very low levels of participation across all disability types.

Four-week participation by disability type

Table 9-2: Four-week sports participation rates, by type of disability

All persons aged 16-59 with LLSI & a disability according to HUI.

Sports and physical activities	Vision	Hearing	Speech	Ambulation	Dexterity	Emotion	Cognition	Pain
Active table top games	0.3	0.2	-	0.3	-	0.3	0.5	0.6
Aerobics, keep fit or yoga	4.7	2.7	2.5	1.9	2.9	3.9	4.3	4.8
Angling or fishing	1.5	1.5	2.5	1.9	2	1.4	1.5	1.7
Archery	0.4	0.5	-	0.2	0.4	0.2	0.1	0.3
Athletics	0.2	-	-	0.1	0.1	0.1	0.2	0.2
Badminton	1	1.2	1.7	0.2	0.7	1	1.1	0.8
Baseball or softball	-	-	-	-	-	-	-	-
Basketball	0.3	-	2.5	0.2	0.2	0.5	0.5	0.3
Boccia	-	-	-	-	-	-	-	-
Bowls (indoor or outdoor)	1.4	0.7	2.1	0.5	1.1	0.9	1.4	1
Boxing or wrestling	0	-	-	-	-	-	0.2	0.1
Climbing, abseiling or potholing	0.2	0.2	-	-	-	0.2	0.2	0.2
Cricket	0.5	0.5	0.8	0.2	0.4	0.6	0.4	0.6
Cross country, road running	0.9	-	-	0.1	0.7	1	1.1	1.2
Cycling	5.9	3.8	4.2	1.3	3.6	5.7	5.9	5.7
Dance classes	1.5	1	1.3	0.5	0.7	1.1	1.9	1.3
Darts	2.4	2.2	3.4	1.2	2.7	2.4	3.2	2.6
Football	1.3	1.2	4.2	0.5	0.9	1.6	2	1.8
Goalball	-	-	-	-	-	-	-	-
Golf, putting or pitch & putt	2.6	2.2	1.3	0.7	1.2	2	1.9	2.6
Gym, gymnastics	3.7	1.7	2.9	1.1	1.5	3.6	3.6	3.6
Hockey	0	-	0.8	-	-	0	0.1	0.1
Horse riding	0.5	0.2	0.8	0.3	0.7	0.5	0.6	0.7
Ice skating	0.2	0.5	-	-	-	0.3	0.4	0.3
Judo or martial arts	0.6	-	0.8	0.1	0.2	0.4	0.5	0.6
Motor sports	0.3	-	-	0.1	0.2	0.1	0.1	0.2
Netball	0.1	-	-	-	-	0.1	0.1	0.1
Orienteering	0.1	0.2	-	0.2	-	0.1	0.1	0.2

Sports and physical activities	Vision	Hearing	Speech	Ambulation	Dexterity	Emotion	Cognition	Pain
Other game skills	0.5	-	1.7	0.3	0.1	0.6	0.4	0.6
Roller skating or skate boarding	0.2	0.3	-	0.2	0.2	0.2	0.2	0.3
Rounders	0.3	0.7	-	0.1	-	0.4	0.4	0.4
Rowing or canoeing	0.4	-	-	0.1	-	0.5	0.4	0.3
Rugby	0.1	0.2	0.8	-	-	0.5	0.1	0.2
Sailing or windsurfing	0.3	-	-	0.1	0.1	0.5	0.3	0.3
Shooting	0.6	1.4	-	0.3	0.9	0.5	0.5	0.7
Skiing	0.1	-	-	-	-	0	0.1	0.1
Skittles or tenpin bowling	1.9	1.9	3.8	1.3	1.7	1.3	2.4	1.9
Snooker, pool, billiards	6.1	7.7	11.8	4.2	4.7	7.1	8	7.1
Squash	0.2	0.5	-	-	0.1	0.1	0.1	0.3
Swimming	11.4	8.2	10.5	7.4	8.7	9.8	11.4	12.4
Table tennis	1	1.5	2.1	0.5	0.7	0.9	1.2	1
Tennis	0.7	0.7	1.3	-	0.1	0.7	0.7	0.8
Volleyball	0.2	0.3	0.8	-	-	0.1	0.1	0.1
Walking	45.3	34.8	40.3	59.8	48.7	45.9	46.3	45.1
Other	1.5	1.2	1.3	0.8	0.9	1.2	1.2	1.5-
At least one activity (inc. walking)	**47.5**	**44.1**	**45.8**	**22.9**	**34.9**	**42.6**	**46.8**	**46.9**
At least one activity (excl walking)	**33.5**	**28.3**	**37.4**	**18.8**	**24.8**	**30.6**	**34.9**	**34.2**
At least 1 activity 4 times in 4 weeks	**18.0**	**16.9**	**17.2**	**14.2**	**28.6**	**10.2**	**19.3**	**15.1**
Base	**4579**	**583**	**238**	**1807**	**805**	**2869**	**3606**	**5554**

Table 9-2 illustrates that, that the four-week participation rates (excluding walking) varied by type of disability. The most likely to have participated in at least one activity were people with a speech disability (37%), followed by cognition (35%), and pain and vision (34%). Respondents with an ambulation disability were those least likely (19%) to have participated in at least one activity over the same time period. These proportions are noticeably lower than the twelve-month participation rates.

Looking at frequent participation (4 times in 4 weeks), people with a dexterity disability were the most likely to have participated in at least 1 sport frequently in the past 4 weeks (29%). The least likely to have participated frequently were people with an emotion disability (10%). Excluding people with a dexterity disability, however, the proportions are low across the board.

As with 12-month participation rates (excluding walking), swimming was the most popular sport for all disability types with cue sports (snooker, pool, billiards) the second most popular. However, across all disability types (including people with an ambulation disability) walking was the activity with by far the highest participation rate. Perhaps surprisingly, people with an ambulation disability were the most likely to have participated in 'walking' (60% of respondents with an ambulation disability). People with a hearing disability were the least likely to have participated in 'walking' (only 35% of respondents

with this type of disability). Goalball and Boccia again had relatively very low levels of participation across all disability types.

Four-week participation – number of sports by type of disability

Table 9-3: Number of sports played (inc. walking) in the last 4 weeks by type of disability

All adults aged 16-59 with a LLSI & a HUI score

Number of sports played	Vision	Hearing	Ambulation	Dexterity	Emotion	Cognition	Pain	Total HUI
	%	%	%	%	%	%	%	%
0	53	56	77	65	57	53	53	**37**
1 to 3	44	42	22	34	40	44	43	**45**
4 to 6	3	2	1	1	2	3	3	**4**
7+	1	0	-	-	1	1	1	**1**
Base	**4579**	**584**	**1807**	**804**	**2869**	**3606**	**5555**	**7427**

Table 9-3 illustrates that for all disability types (including walking), a significant minority from each disability type participated in at least 1 sport in the 4 weeks prior to interview. People with a vision or cognition disability were most likely to have participated in at least 1 sport (both 48%). These were closely followed by people with a pain-related disability (47%); hearing (44%) and emotion (43%). The disability types which were least likely to have participated in at least 1 sport were ambulation (23%) and dexterity (35%). It can also be seen from **Table 9-3** that across all disability types a very low percentage of respondents participated in more than 3 sports in the 4 weeks prior to interview.

Four-week participation – number of sports by number of disabilities

Table 9-4: Number of sports played in the last 4 weeks (inc. walking) by number of disabilities

All adults aged 16-59 with a LLSI & a HUI score

Number of sports played	0	1	2	3	4	5	6+	Total HUI
	%	%	%	%	%	%	%	%
0	33	34	30	52	64	73	90	37
1 to 3	56	58	49	45	35	27	9	45
4 to 6	8	7	16	3	1	0	2	12
7+	3	1	1	1	0	-	-	5
Base	**464**	**1477**	**2140**	**1895**	**1201**	**519**	**165**	**7427**

Participation rates decrease as the number of disabilities adults have increases. Two thirds of adults with one disability had participated in a sporting activity in the past four weeks, whereas only 11% of adults with six or more disabilities had participated. The number of different sports played also decreases as the number of disabilities increases.

10 Sports participation by gender

Table 10-1: Sports participation rates for adults with a LLSI, by gender:

(a) in the four weeks before interview
(b) in the 12 months before interview

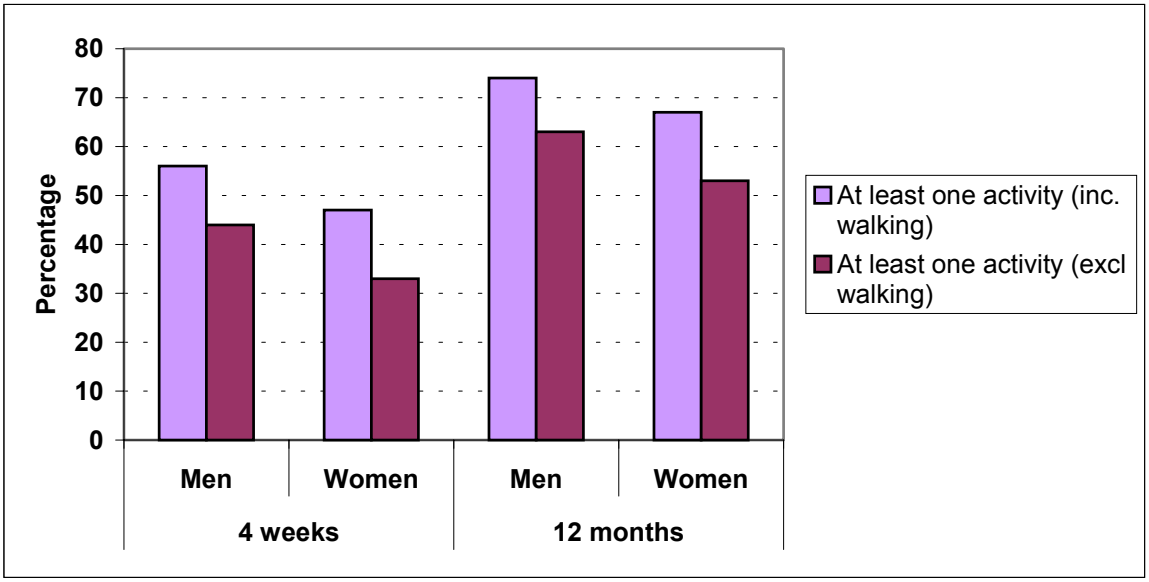
All adults aged 16-59 with a LLSI

				(b)		
	Men	Women	Total	Men	Women	Total
	%	%		%	%	%
Active table top games	1	0	**1**	3	1	**2**
Aerobics, keep fit or yoga	2	8	**5**	4	14	**10**
Angling or fishing	4	1	**2**	9	2	**5**
Archery	0	0	**0**	1	1	**1**
Athletics	0	0	**0**	1	1	**1**
Badminton	2	1	**1**	4	3	**4**
Baseball or softball	0	0	**0**	1	0	**0**
Basketball	1	0	**1**	3	1	**2**
Boccia	-	-	**-**	0	-	**0**
Bowls (indoor or outdoor)	2	1	**1**	5	3	**4**
Boxing or wrestling	0	0	**0**	1	0	**0**
Climbing, abseiling or potholing	1	0	**0**	2	1	**1**
Cricket	1	0	**1**	4	1	**2**
Cross country, road running	2	1	**1**	4	2	**3**
Cycling	9	5	**7**	18	11	**14**
Dance classes	1	2	**1**	1	4	**2**
Darts	4	2	**3**	11	6	**8**
Football	5	1	**3**	11	2	**6**
Goalball	-	-	**-**	0	-	**-**
Golf, putting or pitch & putt	6	1	**3**	13	4	**8**
Gym, gymnastics	4	4	**4**	7	7	**7**
Hockey	0	0	**0**	1	0	**1**
Horse riding	0	1	**1**	1	3	**2**
Ice skating	0	1	**0**	1	2	**2**
Judo or martial arts	1	0	**1**	2	1	**1**
Motor sports	1	0	**0**	2	1	**1**
Netball	-	0	**0**	0	1	**1**
Orienteering	0	0	**0**	1	1	**1**
Other game skills	0	1	**1**	2	2	**2**
Roller skating or skate boarding	0	0	**0**	1	1	**1**
Rounders	0	1	**0**	2	2	**2**
Rowing or canoeing	1	0	**1**	2	1	**2**

Sports and physical activities	(a)			(b)		
	Men	Women	Total	Men	Women	Total
	%	%	%	%	%	%
Rugby	1	-	**0**	1	0	**1**
Sailing or windsurfing	1	0	**0**	2	1	**1**
Shooting	1	0	**1**	3	1	**2**
Skiing	0	0	**0**	1	1	**1**
Skittles or tenpin bowling	3	2	**3**	11	10	**10**
Snooker, pool, billiards	14	3	**8**	26	8	**16**
Squash	1	-	**0**	2	1	**1**
Swimming	10	15	**13**	27	33	**31**
Table tennis	2	1	**1**	5	3	**4**
Tennis	1	1	**1**	5	3	**4**
Volleyball	0	0	**0**	1	0	**1**
Walking	29	23	**26**	51	44	**47**
Other	2	1	**2**	2	2	**2**
At least one activity (inc. walking)	**56**	**47**	**51**	**74**	**67**	**70**
At least one activity (excl walking)	**44**	**33**	**38**	**63**	**53**	**58**
Base	**3554**	**4336**	**7890**	**3554**	**4336**	**7890**

Participation rates including and excluding walking were different for men and women with a LLSI. Excluding walking, men were more likely to have participated in sport in the last 12 months than women (63% compared with 53%). Including walking the figures are 74% for men and 67% for women. Looking at participation over the last 4 weeks (excluding walking) the difference in participation rates is slightly greater, 44% for men compared with 33% for women. Including walking the figures are 56% and 47% respectively **(Figure 4).**

Figure 4: Four-week and 12 month participation rates (including & excluding walking) among those with a LLSI, by gender



Excluding walking, the most popular sports among men were cue sports (14%) and among women swimming (15%). Cycling is the only activity that ranks at the same position in both the men's and women's 'top ten'. Two sports that are unique to the men's 'top ten' are football and angling or fishing. There are also two sports which only appear on the women's 'top ten' - aerobics, keep fit and yoga and dance classes **(Table 10-2)**.

Table 10-2: 'Top ten' sports/physical activities played in the four-week reference period by men and women (with LLSI)

Men	Women
Walking	Walking
Snooker, pool or Billiards	Swimming
Swimming	Aerobics, keep fit or yoga
Cycling	Cycling
Golf, putting or pitch & putt	Gym, gymnastics
Football	Snooker, pool or billiards
Darts	Skittles or ten pin bowling
Gym, gymnastics	Darts
Angling or fishing	Dances classes
Skittles or ten pin bowling	Other sports

Looking at the number of different sports played in the four-week reference period, men are more likely to play a variety of sports than women. Six per cent of men and 3% of women had played four or more different sports **(Table 10-3)**.

Table 10-3: Number of sports played in the four-week reference period by gender (with LLSI)

All adults aged 16-59 with a LLSI

Number of different sports played	Men	Women	All
	%	%	%
0	44	53	49
1 to 3	50	44	47
4 to 6	5	3	4
7+	1	0	1
Base	**3555**	**4336**	**7890**

Participation rates were also different for men and women who did not have a LLSI. However, the difference between overall participation rates for men and women is slightly greater for those without a LLSI than adults with a LLSI. The difference between participation rates (excluding walking and in the four-week period) for men and women without a LLSI was 18% and for those with a LLSI the difference was 11%.

11 Sports participation by age

Table 11-1: Four-week sports participation rates for adults with a LLSI, by age group

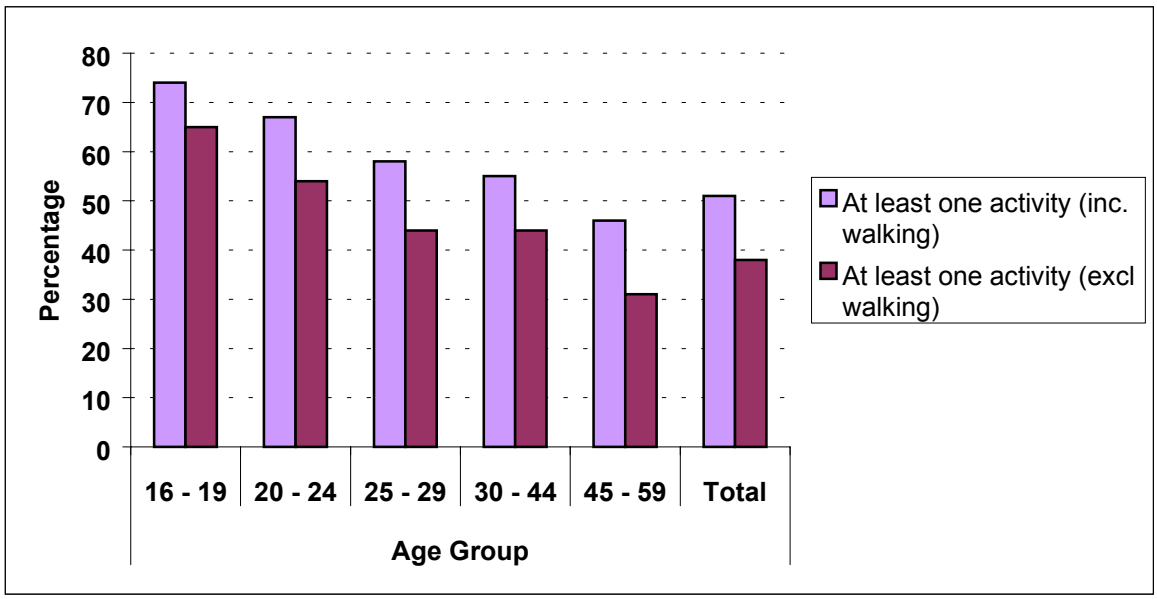
All adults aged 16-59 with a LLSI

Sports and physical activities	Age Group					
	16 - 19	20 - 24	25 - 29	30 - 44	45 - 59	Total
	%	%	%	%	%	%
Active table top games	3	3	2	1	0	1
Aerobics, keep fit or yoga	7	8	8	6	4	5
Angling or fishing	4	3	1	2	2	2
Archery	-	-	0	0	0	0
Athletics	1	1	1	0	0	0
Badminton	5	1	3	2	1	1
Baseball or softball	1	0	-	0	-	0
Basketball	5	1	1	1	0	1
Boccia	1	-	-	-	-	-
Bowls (indoor or outdoor)	1	1	1	1	1	1
Boxing or wrestling	1	0	0	0	0	0
Climbing, abseiling or potholing	2	1	1	0	0	0
Cricket	2	1	0	1	0	1
Cross country, road running	1	3	2	3	1	1
Cycling	15	5	8	8	6	7
Dance classes	5	1	1	1	1	1
Darts	7	6	4	3	2	3
Football	17	9	5	3	1	3
Goalball	-	-	-	-	-	-
Golf, putting or pitch & putt	2	5	3	4	3	3

Sports and physical activities	Age Group					
	16 - 19	20 - 24	25 - 29	30 - 44	45 - 59	Total
	%	%	%	%	%	%
Gym, gymnastics	11	5	5	5	3	4
Hockey	1	0	-	0	-	0
Horse riding	3	2	2	1	1	1
Ice skating	3	1	1	1	0	0
Judo or martial arts	2	1	1	1	0	1
Motor sports	1	0	0	1	0	0
Netball	1	-	0	0	-	0
Orienteering	1	1	1	-	0	0
Other game skills	1	-	1	1	0	1
Roller skating or skate boarding	2	-	1	0	0	0
Rounders	4	1	0	1	0	0
Rowing or canoeing	3	2	0	0	0	1
Rugby	3	-	0	0	0	0
Sailing or windsurfing	2	1	-	0	0	0
Shooting	1	1	1	1	1	1
Skiing	1	-	-	0	0	0
Skittles or tenpin bowling	10	4	5	3	2	3
Snooker, pool, billiards	26	20	12	9	5	8
Squash	2	1	1	0	0	0
Swimming	21	13	14	17	10	13
Table tennis	3	3	1	1	1	1
Tennis	5	2	1	2	1	1
Volleyball	1	0	-	0	-	0
Walking	36	28	33	26	24	26
Other	2	1	2	2	1	2
At least one activity (inc. walking)	**74**	**67**	**58**	**55**	**46**	**51**
At least one activity (excl walking)	**65**	**54**	**44**	**44**	**31**	**38**
Base	**246**	**339**	**538**	**2457**	**4311**	**7890**

Sports participation among adults with a LLSI decreased with age. Including walking, 74% of those in the youngest age group, 16-19 year olds, had participated in at least one sporting activity in the four weeks before interview compared with 46% of adults aged 45-59 years. Participation rates decrease across age groups by a greater proportion when walking is excluded. The four-week rate falls from 65% for the 16-19 year age group to 31% of 45-59 years **(Figure 5)**.

Figure 5: Four-week sports participation rates among those with a LLSI, by age (including & excluding walking)



Participation rates across all age groups are lower for adults with a LLSI than for adults without a LLSI. The participation rate (in the past four weeks, excluding walking) for 16-19 year olds without a LLSI is 78%, 13% higher than the equivalent participation rate for those with a LLSI (65%). The difference between the rates for the oldest age group (45-59 years) is slightly higher at 14%, participation rates were 45% for those without a LLSI compared to 31% with a LLSI.

Participation in sport also decreased across the age groups for all adults with or without a LLSI. The proportion of decline in four-week participation rates from the youngest to oldest age groups was similar for the two groups (33% for those without a LLSI and 34% for those with a LLSI). Including walking in the participation rate decreases the differences to 11% and 23%. The differences between the participation rates for the oldest and youngest age groups are greater when looking at less frequent participation (over the last 12 months). Excluding walking, the participation rate for 16-19 year olds with a LLSI is 85%, 36% higher than the participation rate for 45-59 year olds (49%). The equivalent difference for those without a LLSI is only 25%.

Participation in all sports declined across the age bands, however the decline in participation rates varied by sport. For example, participation in cue sports fell from 26% for 16-19 year olds to 5% among the 45-59 year olds. However, the decline in participation in swimming only falls from 21% among the youngest group to 10% for the oldest age group (45-59 years).

Participation rates in specific sports also varied by age group. For example, whereas football was one of the most popular sports among the 16-19 year olds, it was one of the least popular sports among the 45-59 years age group.

The highest rates of participation (excluding walking) for the 16-19 year old group (in the past 4 weeks), were cue sports (26%), swimming (21%), football (17%) and cycling (15%). The highest rates of participation (excluding walking) among those in the 45-59 year age group were swimming (10%), cycling (6%), cue sports (5%) and aerobics, keep

fit and yoga (4%). Other sports, such as golf, bowls and swimming were equally as popular among all age groups attracting consistently high participation rates.

The number of different sports played also decreased by age. Young people (16-19 years) were ten times more likely than adults aged 45-59 years to have played four or more sports in the last four weeks **(Table 11-2)**.

Table 11-2: Number of sports played in the last four weeks by age (with LLSI)

All adults aged 16-59 with a LLSI

Number of different sports played	16 – 19	20 – 24	25 - 29	30 – 44	45 – 59	Total
	%	%	%	%	%	%
0	26	33	42	45	54	49
1 to 3	54	58	52	49	43	47
4 to 6	16	6	5	5	2	4
7+	4	2	1	1	0	1
Base	**246**	**339**	**538**	**2458**	**4311**	**7890**

12 Sports participation by socio-economic group

Table 12-1: Four-week sports participation rates by socio economic-group (with LLSI)

All adults aged 16-59 with a LLSI

Sports and physical activities	Socio-economic group							Total
	Professional	Employers and managers	Intermediate/ junior non-manual	Skilled manual	Semi-skilled manual	Unskilled manual	Student	
	%	%	%	%	%	%	%	%
Active table top games	1	2	1	1	1	0	1	**1**
Aerobics, keep fit or yoga	11	6	7	3	4	4	5	**5**
Angling or fishing	1	1	1	3	3	2	3	**2**
Archery	1	1	0	0	-	-	-	**0**
Athletics	1	-	0	0	0	-	-	**0**
Badminton	3	1	2	1	2	0	4	**1**
Baseball or softball	1	0	-	-	-	-	2	**0**
Basketball	-	0	1	0	-	2	1	**1**
Boccia	-	-	0	-	-	-	-	**-**
Bowls (indoor or outdoor)	1	2	1	1	1	1	1	**1**
Boxing or wrestling	-	-	0	0	-	-	-	**0**
Climbing, abseiling or potholing	1	0	0	0	1	1	3	**0**
Cricket	3	2	1	0	0	0	3	**1**
Cross country, road running	1	3	2	1	1	0	1	**1**
Cycling	15	7	7	6	9	7	18	**7**
Dance classes	3	1	2	1	1	2	2	**1**
Darts	3	3	3	4	4	3	3	**3**
Football	3	4	3	3	1	3	11	**3**

Sports and physical activities	Socio-economic group							Total
	Professional	Employers and managers	Intermediate/ junior non-manual	Skilled manual	Semi-skilled manual	Unskilled manual	Student	
	%	%	%	%	%	%	%	%
Goalball	-	-	-	-	-	-	-	-
Golf, putting or pitch & putt	7	6	3	2	3	1	6	3
Gym, gymnastics	10	6	5	3	3	2	12	4
Hockey	-	0	0	-	-	-	-	0
Horse riding	1	1	1	1	1	0	3	1
Ice skating	1	0	0	1	0	0	2	0
Judo or martial arts	1	1	1	0	-	-	3	1
Motor sports	1	1	0	1	1	0	-	0
Netball	-	-	0	-	-	-	1	0
Orienteering	-	0	0	0	-	-	-	0
Other game skills	-	1	1	0	0	-	3	1
Roller skating or skate boarding	-	1	0	1	-	0	1	0
Rounders	1	-	1	1	-	1	4	0
Rowing or canoeing	-	0	1	0	1	-	3	1
Rugby	1	1	0	0	-	-	-	0
Sailing or windsurfing	1	0	0	0	0	-	-	0
Shooting	1	1	1	1	2	1	-	1
Skiing	-	0	0	0	0	-	-	0
Skittles or tenpin bowling	3	3	3	2	3	2	5	3
Snooker, pool, billiards	9	9	8	10	9	8	24	8
Squash	-	1	1	0	-	0	-	0
Swimming	19	18	15	10	11	13	11	13
Table tennis	2	2	1	1	0	-	6	1
Tennis	2	0	2	1	0	0	4	1
Volleyball	1	-	-	0	-	0	1	0
Walking	41	33	29	25	29	23	26	26
Other	3	2	2	1	1	1	1	2
At least one activity (inc. walking)	**74**	**60**	**56**	**49**	**54**	**49**	**66**	**51**
At least one activity (excl walking)	**61**	**47**	**41**	**34**	**37**	**33**	**59**	**38**
Base	**218**	**804**	**2731**	**1353**	**409**	**478**	**123**	**7890**

Table 12-2: Four-week sports participation rates by socio economic group (without LLSI)

All adults aged 16-59 without a LLSI

Sports and physical activities	Socio-economic group							Total
	Professional	Employers and managers	Intermediate/ junior non-manual	Skilled manual	Semi-skilled manual	Unskilled manual	Student	
	%	%	%	%	%	%	%	%
Any bowls	2	2	1	1	2	1	0	**1**
Any soccer	8	6	5	10	6	6	21	**8**
Any swimming	28	23	21	16	15	8	23	**19**
Athletics (track and field)	1	0	0	0	0	-	3	**0**
Badminton	4	4	4	2	1	2	8	**3**
Basketball	0	0	1	1	1	0	8	**1**
Canoeing	0	1	0	1	0	1	2	**1**
Carpet bowls	1	1	1	1	1	1	0	**1**
Climbing	2	1	1	1	0	1	2	**1**
Cricket	1	2	1	2	1	1	4	**1**
Cycling	24	15	12	15	14	12	26	**15**
Darts	-	-	-	-	-	-	-	**-**
Fishing	2	3	1	4	3	2	1	**2**
Golf, putting or pitch & putt	11	11	5	7	3	3	5	**6**
Gymnastics	2	0	0	0	0	-	1	**0**
Hockey	1	0	0	0	0	-	3	**1**
Horse riding	1	1	2	1	1	1	2	**1**
Ice skating	1	0	1	1	0	1	3	**1**
Keep fit/yoga	16	14	22	9	12	7	24	**16**
Lawn bowls	1	1	0	1	1	0	0	**1**
Motor sports	0	1	0	1	0	1	1	**1**
Netball	1	0	1	0	1	0	3	**1**
Rugby	1	1	0	1	1	0	4	**1**
Running (jogging etc)	12	8	6	6	4	5	14	**7**
Sailing	3	1	0	0	0	0	0	**1**
Self defence	2	1	1	1	1	1	2	**1**
Shooting	1	2	0	2	1	1	1	**1**
Skiing	1	1	1	0	0	1	1	**1**
Snooker/pool/billiards	12	13	11	22	14	13	32	**15**
Soccer: indoor	4	3	3	4	2	2	10	**3**
Soccer: outdoor	4	4	4	8	5	5	18	**6**
Squash	7	3	2	2	1	-	3	**2**
Swimming: indoor	24	19	19	14	13	7	20	**16**

Sports and physical activities	Socio-economic group							Total
	Professional	Employers and managers	Intermediate/ junior non-manual	Skilled manual	Semi-skilled manual	Unskilled manual	Student	
	%	%	%	%	%	%	%	%
Swimming: outdoor	5	6	4	3	3	2	5	**4**
Table tennis	6	2	2	1	1	1	6	**2**
Tennis	4	4	3	2	1	1	10	**3**
Tenpin bowling/skittles	6	4	6	5	3	3	10	**5**
Walking	61	53	51	50	47	42	52	**50**
Weight lifting	1	1	2	2	2	1	5	**2**
Weight training	14	8	9	9	5	4	18	**9**
Windsurfing, boardsailing	1	1	0	0	0	0	0	**0**
At least one activity (inc. walking)	**88**	**79**	**76**	**76**	**68**	**61**	**86**	**75**
At least one activity (excl. walking)	**72**	**63**	**59**	**60**	**50**	**37**	**77**	**59**
Base	**373**	**1326**	**3073**	**1585**	**1493**	**384**	**667**	**9106**

Table 12-3: Comparison of 4-week sports participation rates for adults with & without a LLSI, by socio economic group

Sports and physical activities	Socio-economic group							Total
	Professional	Employers and managers	Intermediate/ junior non-manual	Skilled manual	Semi-skilled manual	Unskilled manual	Student	
	%	%	%	%	%	%	%	%
With a LLSI – at least one activity (inc. walking)	74	60	56	49	54	49	66	51
Without a LLSI – at least one activity (inc. walking)	88	79	76	76	68	61	86	75
With a LLSI – at least one activity (excl walking)	61	47	41	34	37	33	59	38
Without a LLSI – at least one activity (excl. walking)	72	63	59	60	50	37	77	59

Professionals with a LLSI were almost twice as likely as unskilled manual and skilled manual workers to have participated in at least one activity (excluding walking) in the previous four weeks. Sixty-one per cent of professionals had participated in at least one activity compared with 33% of unskilled manual workers and 34% of skilled manual workers **(Table 12-3 & Figures 6 & 7)**.

Figure 6: Four-week participation rate (inc. walking) for adults with and without a LLSI, by socio-economic group

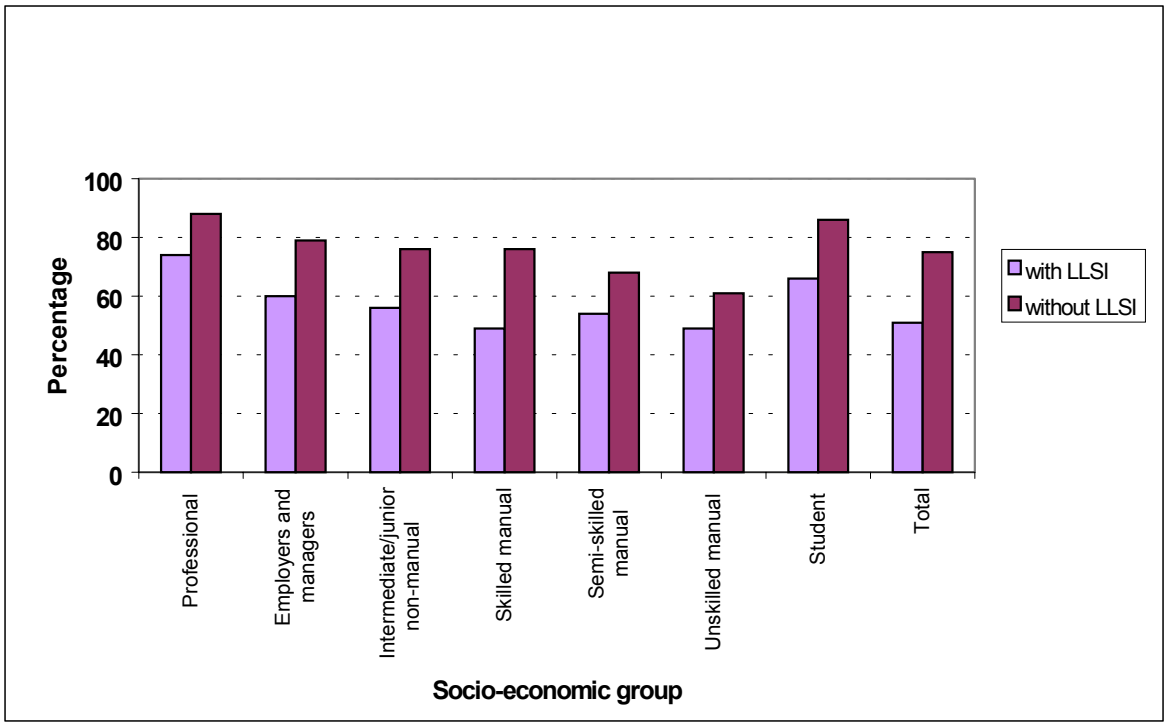
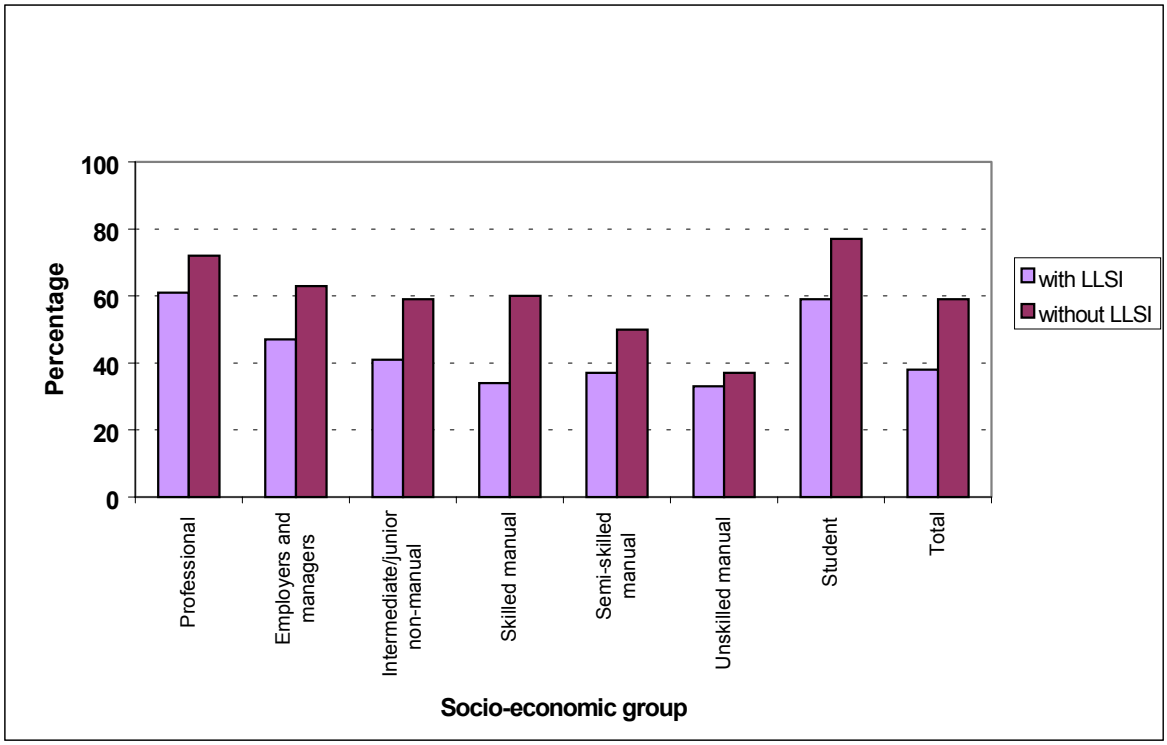


Figure 7: Four-week participation rate (exc. walking) for adults with and without a LLSI, by socio-economic group



Among the adults who do not have a LLSI, professionals were also those who were most likely to participate in sport.

For all the socio-economic groups those with a disability had lower participation rates than those without. When comparing four-week participation rates including walking, the greatest difference was to be found among skilled manual workers (49% with a LLSI and 76% without a LLSI a- a difference of 27 percentage points). Excluding walking, the greatest difference was also to be found among skilled manual workers (34% compared to 60% - a difference of 26 percentage points).

Walking had the highest participation rate for all socio-economic groups. However, participation rates varied greatly across the socio-economic groups. Participation rates for walking were 41% for professionals with a LLSI compared with 23% of unskilled manual workers. With the exception of students, swimming was the second most popular sport across all socio-economic groups. After walking and swimming, cycling (15%), aerobics, keep-fit and yoga (11%) and gym and gymnastics (10%) were three next most popular sports for professionals. For other socio-economic groups cue sports (including snooker, pool and billiards) were the most popular sport after walking and swimming.

Participation in specific sports varied slightly for students with a LLSI. For them the most popular sport (after walking) were cue sports, followed by cycling (18%), going to the gym and gymnastics (12%) then football and swimming (both 11%).

13 Sports participation by ethnic group

Table 13-1: Participation in at least one sport and/or physical activity in the four weeks before interview by ethnic group

All adults aged 16-59 with a LLSI

Ethnic Group	Including walking	Excluding walking	Base
	%	%	
Any ethnic minority group	38	26	**508**
Black (Caribbean, African, other)	45	32	**117**
Indian	34	23	**143**
Other (Chinese, none of the above)	40	30	**100**
Pakistani/Bangladeshi	34	22	**148**
White	52	39	**7382**
Total	**46**	**38**	**7890**

Table 13-2: Participation in at least one sport and/or physical activity in the four weeks before interview by ethnic group

All adults aged 16-59 without a LLSI

Ethnic Group	Including walking	Excluding walking	Base
	%	%	
Any ethnic minority group	60	47	**554**
Black (Caribbean, African, other)	60	47	**158**
Indian	59	44	**147**
Other (Chinese, none of the above)	73	60	**157**
Pakistani/Bangladeshi	40	29	**92**
White	80	59	**8552**
Total	**75**	**59**	**9106**

Sports participation rates also varied for those with a LLSI by ethnic group. Adults who described themselves as white were more likely to have participated in sport than those in any other ethnic group. Nearly 40% of the white population had participated in at least one sport in the four weeks before interview compared with 32% of black adults. The participation rate was lowest for adults who described themselves as Indian (23%) or Pakistani and Bangladeshi (22%) **(Figures 8 and 9)**.

Figure 8: Four-week sports participation rates (inc. walking) by ethnic group (with and without an LLSI)

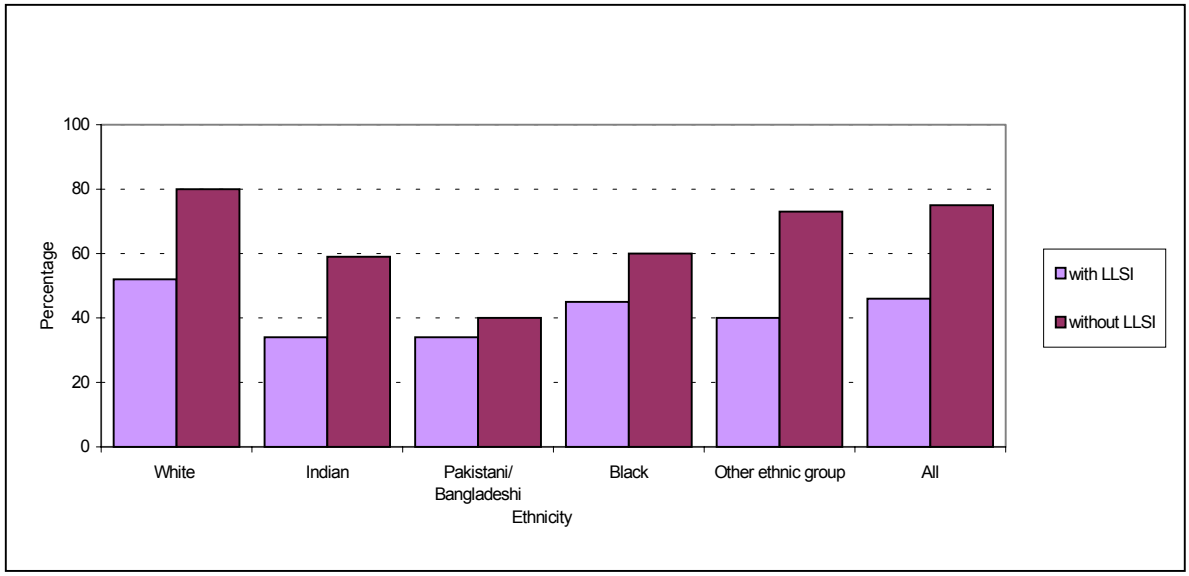
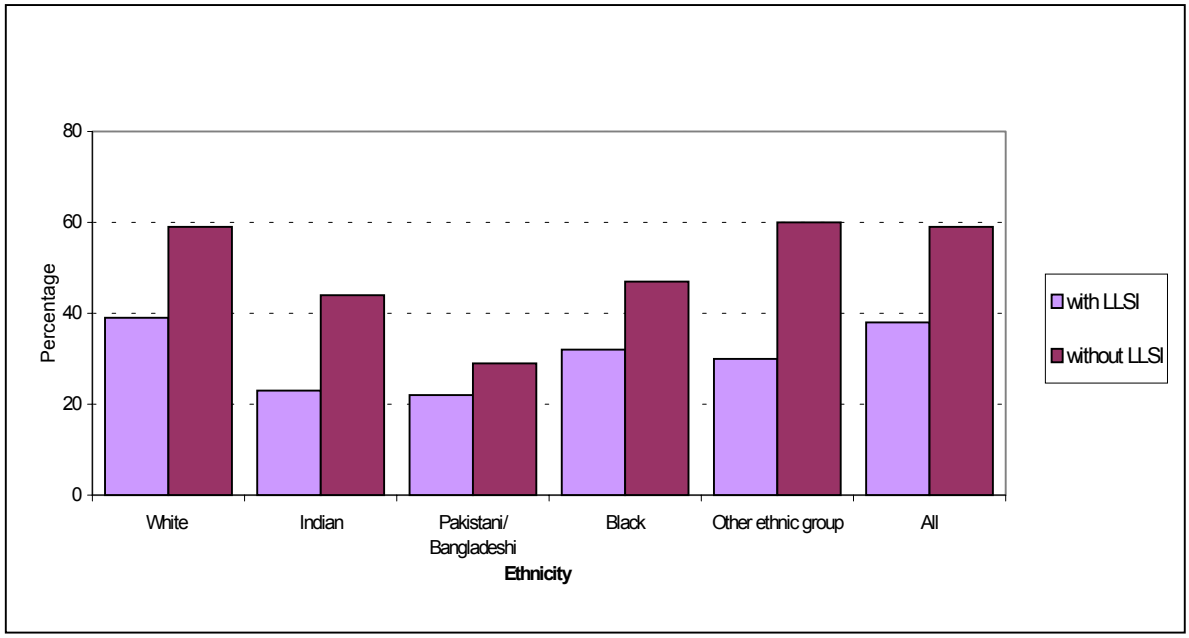


Figure 9: Four week sports participation rates (exc. walking) by ethnic group (with and without an LLSI).



Sports participation among those without a LLSI also varied by ethnic group. In both populations, with and without a LLSI, the two groups most likely to have played sport in

the past 4 weeks (excluding walking) were adults who described themselves as 'White' or 'Black'.

14 Sports participation by region

Table 14-1: Participation in at least one sport and/or physical activity in the four weeks before interview by region

All adults aged 16-59 with a LLSI

Region	Including walking	Excluding walking	Base
	%	%	
East Midlands	52	38	**687**
Eastern	56	43	**885**
London	51	40	**845**
North East	49	35	**529**
North West and Merseyside	45	31	**1194**
South East	55	43	**1062**
South West	54	39	**808**
West Midlands	48	36	**912**
Yorkshire and Humberside	50	38	**966**
Total	**51**	**38**	**7890**

Participation in the four-week reference period (excluding walking) was highest in the Eastern and South East regions (both 43%). Adults with a LLSI living in the North West and Merseyside region were least likely to have participated in some sport during the four weeks before interview (31%) **(Figure 10)**.

Figure 10: Four-week sports participation (excluding walking) for adults with a LLSI by region

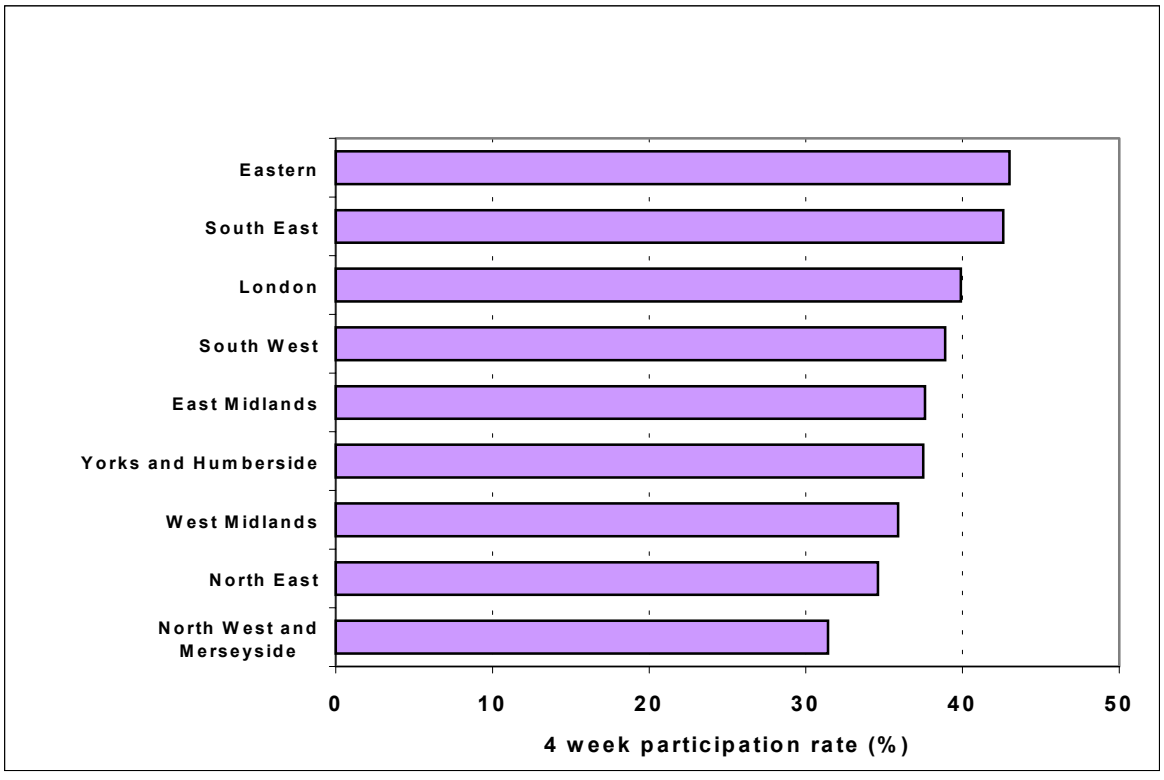


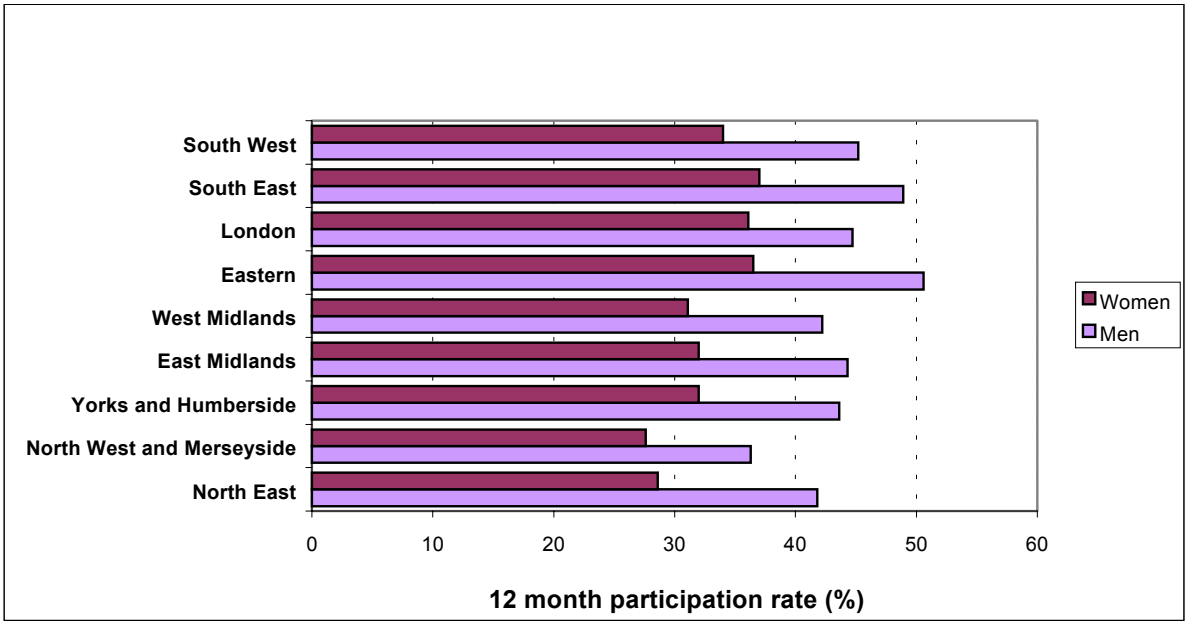
Table 14-2: Participation in at least one sport and/or physical activity in the 12 months before interview by region and by gender (% of population)

All adults aged 16-59 with a LLSI

Region	Overall participation in last 12 months					
	Men			Women		
	Excluding walking	Including walking	Base	Excluding walking	Including walking	Base
East Midlands	44	55	**310**	32	50	**378**
Eastern	51	61	**407**	37	52	**479**
London	45	55	**376**	36	48	**469**
North East	42	56	**239**	29	43	**290**
North West and Merseyside	36	49	**523**	28	42	**672**
South East	49	62	**497**	37	50	**564**
South West	45	60	**352**	34	49	**456**
West Midlands	42	54	**396**	31	43	**517**
Yorkshire and Humberside	44	56	**454**	32	45	**513**
Total	**44**	**56**	**3554**	**33**	**47**	**4337**

Looking at the twelve-month participation rates (excluding walking), differences between men and women's rates of participation were most marked in the Eastern and North East regions (with differences of 14% and 13% respectively). The smallest difference between the participation rates for men and women was in the North West and Merseyside (8% difference) and London (9% difference). The lowest participation rates for women with a LLSI were found in the North West (28%) and North East (29%) **(Figure 11)**.

Figure 11: Twelve-month sports participation rates for adults with a LLSI by region & gender



15 Location of participation

Location of participation by gender

Table 15-1: Adults with a LLSI using different types of facility, by gender

All adults aged 16-59 with a LLSI

Location of participation	Men	Women	Total
	%	%	%
At home	6	6	**6**
Indoor sports facility	28	27	**28**
Natural setting	14	7	**10**
Other indoor facility	15	7	**10**
Other place	10	5	**7**
Outdoor pitch/court	13	4	**8**
School/college	5	4	**5**
Base	**3554**	**4336**	**7890**

Table 15-2: Adults without a LLSI using different types of facility, by gender

All adults aged 16-59 without a LLSI

Location of participation	Men	Women	Total
	%	%	%
At home	11	8	**9**
Indoor sports facility	35	31	**33**
Natural setting	26	13	**19**
Other indoor facility	19	11	**15**
Other place	14	6	**10**
Outdoor pitch/court	25	7	**15**
School/college	18	14	**16**
Base (all adults)	**4261**	**4845**	**9106**

An indoor sports facility was the most popular location for participation by men and women with a LLSI. Just over one in four adults (28%) had used an indoor sports facility. About one in ten (10%) had used an outdoor facility in the four weeks before interview.

Use of facilities varied between men and women. Men were over four times more likely, than women, to use an outdoor pitch or court (13% compared with 4%). There was considerably less difference between the proportion of men and women who played sport in an indoor sports facility (28% of men and 27% of women), in their homes (6% and 6% respectively) or at a school or college (5% and 4% respectively).

The 1996 GHS data for those without a LLSI also reflects these differences in participation by type of location. However, a higher proportion of adults without a LLSI had used any facility compared to those with a LLSI. The greatest differences were between the proportion of men with and without a LLSI who used an outdoor pitch or court (7% compared with 25%) and in a natural setting (14% compared with 26%). Just

over three times as many adults without a LLSI, compared to those with a LLSI, had participated at a school or college (18% and 5%).

Location of participation by age

Table 15-3: Adults with a LLSI using different types of facility, by age group

All adults aged 16-59 with a LLSI

Location of participation	Age Group					Total
	16 - 19	20 - 24	25 - 29	30 - 44	45 - 59	
	%	%	%	%	%	%
At home	10	7	9	8	4	**6**
Indoor sports facility	77	44	35	34	19	**28**
Natural setting	22	14	13	12	8	**10**
Other indoor facility	27	19	14	11	8	**10**
Other place	17	6	10	10	5	**7**
Outdoor pitch/court	29	13	11	10	5	**8**
School/college	31	9	5	6	2	**5**
Base	**246**	**339**	**538**	**2457**	**4311**	**7890**

Table 15-4: Adults without a LLSI using different types of facility, by age group

All adults aged 16-59 without a LLSI

Location of participation	Age Group					Total
	16 - 19	20 - 24	25 - 29	30 - 44	45 - 59	
	%	%	%	%	%	%
At home	21	12	10	9	5	**9**
Indoor sports facility	51	42	38	35	20	**33**
Natural setting	28	21	18	20	14	**19**
Other indoor facility	28	23	18	14	9	**15**
Other place	17	14	12	9	6	**10**
Outdoor pitch/court	31	23	16	13	10	**15**
School/college	33	19	14	14	14	**16**
Base (all adults)	**757**	**911**	**1258**	**3577**	**2603**	**9106**

Location of sports participation also differed by age. The proportion of adults using an indoor facility dropped dramatically across the age groups. Over three-quarters (77%) of the 16-19 year olds had participated at an indoor facility in the four weeks before interview compared with 19% of 45-59 year olds.

The proportion of adults aged 16-19 years who used a school or college facility does not vary greatly by whether or not they had a LLSI, 31% of those with a LLSI and 33% without a LLSI. However, the rate of decrease in the proportions that use such a facility across the age groups is less marked for those who do not have a LLSI compared to those who do. This is particularly evident between the 16-19 and 20-24 year age groups. For those without a LLSI the proportion drops from 33% to 19% compared with a decrease from 31% to 9% for those with a LLSI. Adults (aged 45-59 years) without a LLSI

were also seven times more likely to use a school or college facility than those with a LLSI (14% compared with 2%).

Location of participation by socio-economic group

Table 15-5: Percentage of all adults using different types of facility by socio-economic group

All adults aged 16-59 with LLSI

Location of participation	Professional	Employers and managers	Intermediate/ junior non-manual	Skilled manual	Semi-skilled manual	Unskilled manual	Student	Total
At home	17	7	7	4	5	4	5	**6**
Indoor sports facility	43	35	33	21	22	22	60	
Natural setting	17	13	11	11	15	5	19	**10**
Other indoor facility	14	9	11	11	9	11	24	**10**
Other place	12	8	8	7	8	7	17	**7**
Outdoor pitch/court	17	13	9	7	5	5	22	**8**
School/college	10	4	5	4	3	4	25	**5**
Base	**218**	**804**	**2731**	**1353**	**409**	**478**	**123**	**7890**

Table 15-6: Percentage of all adults using different types of facility by socio-economic group

All adults aged 16-59

Location of participation	Professional	Employers and managers	Intermediate/ junior non-manual	skilled manual	semi-skilled manual	unskilled manual	Student	Total
At home	12	8	10	9	7	5	21	**9**
Indoor sports facility	42	36	36	29	24	16	54	**33**
Natural setting	29	24	16	20	15	14	27	**19**
Other indoor facility	11	13	15	17	13	11	25	**15**
Other place	14	8	8	12	9	8	17	**10**
Outdoor pitch/court	21	19	12	18	11	7	31	**15**
School/college	14	14	14	14	14	17	38	**16**
Base (all adults)	**373**	**1326**	**3073**	**1585**	**1493**	**384**	**667**	**9106**

Table 15-7: Sports and physical activities: percentage of all adults participating at each location in the four weeks before interview

All adults aged 16-59 with LLSI

Sports and physical activities	Location of participation					
	Indoor	Other indoor	At home	Outdoor	Natural	Other
Active table top games	1	4	3	0	0	0
Aerobics, keep fit or yoga	8	10	36	-	1	-
Angling or fishing	-	-	-	-	17	0
Archery	1	1	-	1	1	0
Athletics	0	0	0	1	1	1
Badminton	3	2	4	-	1	1
Baseball or softball	0	0	-	-	0	-
Basketball	0	1	-	1	0	1
Boccia	0	-	-	-	-	-
Bowls (indoor or outdoor)	2	2	1	3	0	-
Boxing or wrestling	0	0	-	-	-	0
Climbing, abseiling or potholing	0	1	0	1	2	-
Cricket	0	0	3	5	1	0
Cross country, road running	1	-	0	1	7	11
Cycling	1	-	4	1	23	67
Dance classes	1	10	1	0	-	0
Darts	-	-	-	-	-	-
Football	2	2	9	19	5	2
Goalball	-	-	-	-	-	-
Golf, putting or pitch & putt	1	0	-	31	4	-
Gym, gymnastics	14	1	6	-	0	2
Hockey	0	-	0	1	-	-
Horse riding	0	-	1	1	7	2
Ice skating	1	0	-	0	0	-
Judo or martial arts	1	2	2	-	0	0
Motor sports	0	0	-	1	1	2
Netball	0	-	-	0	-	-
Orienteering	-	0	-	-	2	0
Other game skills	0	1	2	1	2	0
Roller skating or skate boarding	0	-	-	0	1	2
Rounders	0	0	1	3	1	-
Rowing or canoeing	0	-	-	0	4	-
Rugby	0	0	-	2	-	-
Sailing or windsurfing	-	-	-	0	3	-
Shooting	0	0	1	1	4	1

Sports and physical activities	Location of participation					
	Indoor	Other indoor	At home	Outdoor	Natural	Other
Skiing	0	-	-	1	0	-
Skittles or tenpin bowling	8	4	-	0	-	-
Snooker, pool, billiards	8	51	14	1	0	5
Squash	1	0	-	-	-	-
Swimming	40	3	5	13	10	2
Table tennis	2	5	4	1	-	1
Tennis	1	0	2	9	0	1
Volleyball	-	0	-	1	0	-
Walking	-	-	-	-	-	-
Base	**2178**	**811**	**455**	**643**	**806**	**582**

Table 15-8: Sports and physical activities: percentage of all adults participating at each location in the 4 weeks before interview

All adults aged 16-59

Sports and physical activities	Location of participation					
	Indoor	Other indoor	At home	Outdoor	Natural setting	Other
Athletics (track and field)	-	-	-	-	-	-
Badminton	9	3	-	-	-	-
Basketball	-	-	-	-	-	-
Canoeing	-	-	-	-	-	-
Carpet bowls	3	3	-	-	-	-
Climbing	-	-	-	-	5	-
Cricket	-	-	-	5	-	-
Cycling	-	-	6	2	51	60
Fishing	-	-	-	-	13	-
Golf, putting or pitch & putt	-	-	-	36	4	-
Gymnastics	-	-	-	-	-	-
Hockey	-	-	-	3	-	-
Horse riding	-	-	-	-	6	2
Ice skating	-	-	-	-	-	-
Keep fit/yoga	29	27	42	-	-	3
Lawn bowls	-	-	-		-	-
Motor sports	-	-	-	-	-	-
Netball	-	-	-	-	-	-
Rugby	-	-	-	5	-	-
Running (jogging etc)	-	-	2	3	22	14
Sailing	-	-	-	-	4	-
Self defence	-	3	-	-	-	-
Shooting	-	-	-	-	4	-

Sports and physical activities	Location of participation					
	Indoor	Other indoor	At home	Outdoor	Natural setting	Other
Skiing	-	-	-	-	-	-
Snooker/pool/billiards	11	57	43	-	-	25
Soccer: indoor	8	2	-	-	-	-
Soccer: outdoor	-	-	2	31	2	1
Squash	6	-	-	-	-	-
Swimming: indoor	48	3	3	-	-	-
Swimming: outdoor	-	-	-	11	11	1
Table tennis	-	5	4	-	-	1
Tennis	-	-	2	13	-	-
Tenpin bowling/skittles	15	3	-	-	-	2
Weight lifting	4	-	7	-	-	-
Weight training	18	2	13	-	-	1
Windsurfing, boardsailing	-	-	-	-	-	-
Base	**3015**	**1351**	**854**	**1384**	**1726**	**888**

Use of an indoor sports facility was highest among students (60%) and professionals (43%) with a LLSI. Skilled manual workers were the least likely to use such a facility (21%). Professionals were the most likely to participate in sport at their home; those least likely were skilled and unskilled manual workers (17% compared with 4% and 4% respectively). Among those without a LLSI, unskilled manual workers were the least likely to have used an indoor sports facility (16%).

The most popular sports participated in at an indoor facility were swimming, gym or gymnastics and football. Cue sports were the most popular sport to be played in an indoor facility that was not specifically for sports.

Over a third (36%) of adults with a LLSI who had participated in an activity at home had done aerobics, keep fit, or yoga. Golf was the most popular sport to be played outdoors by those with a LLSI, with a third of all those who had used an outdoor facility having done so to play golf. Popular activities that took place in a natural setting included cycling, angling or fishing, swimming and cross country or road running. Of those who had participated in another location, during the four weeks before interview, the majority (67%) had cycled, followed by cross country or road running (11%) and cue sports (5%). The sports played at each type of facility were similar for those who did not have a LLSI.

16 Club membership

Table 16-1: Percentage of all adults who were member of a club for an activity in the past four weeks before interview by gender

All adults aged 16-59 with LLSI

Club membership	Men	Women	Total
Any club	22	11	16
Disabled sports club	1	0	1
Health/fitness club	4	6	5
Social club	7	1	4
Sports club	11	3	7
Base	**3554**	**4336**	**7890**

Table 16-2: Percentage of all adults who were member of a club for an activity in the past four weeks before interview by gender

All adults aged 16-59

Club membership	Men	Women	Total
Any club	28	12	19
Health/fitness club	4	5	5
Other club	5	2	3
Social club	5	1	3
Sports club	17	5	11
Base (all adults)	**4261**	**4845**	**9106**

Sixteen per cent of adults with a LLSI had been a member of a club so they could participate in a sporting activity in the four weeks before interview. Less than one per cent of adults with a LLSI were members of a specialist sports club for people with a disability.

Club membership by gender

Men with a LLSI were twice as likely as women to have been a member of any club (22% compared with 11%). Membership of sports clubs and other clubs where they did sport was more popular amongst men than women. Eleven per cent of men had been a member of a sports club compared with 3% of women. Men were almost five times more likely to have been a member of 'an other club where they did sport' than women (7% compared with 1%). Membership of a health or fitness club was higher among women than men. Six per cent of women with a LLSI were members of a health or fitness club compared with 4% of men. Club membership was lower among those adults who had a LLSI than those who did not (16% compared with 19%). Adults who did not have a LLSI were nearly twice as likely as those with a LLSI to be a member of a sports club (11% compared with 7%).

Club membership by age

Table 16-3: Percentage of all adults who were member of a club for an activity in the past four weeks before interview by age group

All adults aged 16-59 with LLSI

Club membership	Age Group					Total
	16-19	20-24	25-29	30-44	45-59	
Any club	30	32	17	16	14	**16**
Disabled sports club	3	2	1	1	0	**1**
Health/fitness club	6	9	5	5	5	**5**
Social club	11	8	5	3	3	**4**
Sports club	10	13	7	6	6	**7**
Base	**246**	**339**	**538**	**2457**	**4311**	**7890**

Table 16-4: Percentage of all adults who were member of a club for an activity in the past four weeks before interview by age group

All adults aged 16-59

Club membership	Age Group					Total
	16-19	20-24	25-29	30-44	45-59	
Any club	26	24	20	19	16	**19**
Health/fitness club	5	6	6	6	3	**5**
Other club	6	5	2	3	3	**3**
Social club	4	4	4	3	2	**3**
Sports club	17	13	11	10	9	**11**
Base	**757**	**911**	**1258**	**3577**	**2603**	**9106**

Membership of clubs declined by age. Almost a third (30%) of 16-19 year olds were currently members of clubs in the past four weeks, increasing to 32% of 20-24 year olds – then decreasing dramatically to 17% of 25-29 year olds and continuing to fall to 14% among the 45-49 year olds. Younger adults (16-19 year olds) with a LLSI were more likely than any other age group to be a member of a specialist sports club for people with disabilities. Membership of a health or fitness club was highest among the 20-24 year olds and lowest among the 45-59 year olds (9% compared with 5%). Younger people with a LLSI were more likely to belong to a club to take part in sport than those without a LLSI, but for those with a LLSI membership drops at a faster rate with age (particularly for sports clubs). Younger adults (20-24 years) with a LLSI were more likely than those without a LLSI to be a member of a health or fitness club (9% compared with 6%). However, those aged 16-19 years who do not have a LLSI are almost twice as likely to be a member of a sports club than those without a LLSI (17% compared with 10%).

Club membership by socio-economic group

Table 16-5: Percentage of all adults who were member of a club for an activity in the past four weeks before interview by socio-economic group

All adults aged 16-59 with LLSI

Club membership	Socio-economic group							Total
	Professional	Employers and managers	Intermediate/junior non-manual	Skilled manual	Semi-skilled manual	Unskilled manual	Student	
Health/fitness club	15	9	6	4	5	2	5	**5**
Social club	6	5	4	4	3	4	7	**4**
Sports club	18	10	6	6	7	3	12	**7**
Disabled sports club	-	0	1	0	-	-	5	**1**
Any club	27	18	13	11	12	7	23	**16**
Base	**218**	**804**	**2731**	**1353**	**409**	**478**	**123**	**7890**

Table 16-6: Percentage of all adults who were member of a club for an activity in the past four weeks before interview by socio-economic group

All adults aged 16-59

Club membership	Socio-economic group							Total
	Professional	Employers and managers	Intermediate/ junior non-manual	Skilled manual	Semi-skilled manual	Unskilled manual	Student	
Health/fitness club	7	6	6	4	3	2	5	**5**
Social club	4	4	3	5	2	2	5	**3**
Sports club	18	15	9	11	6	6	22	**11**
Other club	4	4	3	4	2	1	5	**3**
Any club	30	26	18	21	12	9	28	**19**
Base (all adults)	**373**	**1326**	**3073**	**1585**	**1493**	**384**	**667**	**9106**

Becoming a member of a club in order to participate in sport was most common among professional people, students and employers and managers with a LLSI (27%, 23% and 18% respectively). Those in semi-skilled, skilled and unskilled manual groups were less likely (12%, 11% and 7% respectively) to become a member of a club to participate in sport. Professional people were more likely to be a member of a health and fitness club (15%) or sports club (18%) than adults in any other socio-economic group. Membership of a club to take part in sport was most popular among students (7%) and professionals (6%) with a LLSI. Students were about five times more likely to be a member of a disabled sports club than any other group. Club membership was lowest among adults in the unskilled manual group for those with and without a LLSI (7% and 9% respectively).

The most popular activity that people joined a club to participate in was judo and martial arts. Just over half (54%) of those who had done judo or martial arts in the past four weeks did so as a member of a club. The second most popular sport to become of a club to play was bowls (49%). Among those without a LLSI, the most popular sports played at a club were rugby (77%) and self-defence (71%).

Club membership by sport

Table 16-7: Percentage of those taking part in each sport and physical activity in the four weeks before interview who did so as a member of a club

All adults aged 16-59 with LLSI

Sports and physical activities	Base	Percentage of participants who took part as a member of a club				
		Any club	Health / fitness	Social	Sports	Disabled sports club
Active table top games	61	12	-	7	5	-
Aerobics, keep fit or yoga	413	25	18	2	4	1
Angling or fishing	143	35	-	3	31	1
Archery	23	[14]	-	-	[5]	[2]
Athletics	19	[7]	[2]	[3]	[3]	-
Badminton	109	21	1	5	16	-
Baseball or softball	6	-	-	-	-	-
Basketball	37	23	-	11	3	8
Boccia	2	-	-	-	-	-
Bowls (indoor or outdoor)	91	49	-	12	39	-
Boxing or wrestling	9	[5]	[3]	-	[2]	-
Climbing, abseiling or potholing	24	[4]	-	-	[4]	-
Cricket	56	32	-	9	25	-
Cross country, road running	113	12	4	2	6	-
Cycling	522	4	1	0	3	-
Dance classes	114	32	5	19	5	2
Darts	244	-	-	-	-	-
Football	206	20	-	6	14	2
Goalball	-	-	-	-	-	-
Golf, putting or pitch & putt	236	36	1	2	34	-
Gym, gymnastics	343	61	50	2	9	1
Hockey	10	[5]	-	-	[3]	[2]
Horse riding	67	21	-	2	15	5
Ice skating	30	10	3	-	3	-
Judo or martial arts	46	54	15	4	35	-
Motor sports	32	23	-	6	19	-
Netball	8	[2]	-	-	[2]	-
Orienteering	16	[6]	-	[6]	-	-
Other game skills	46	4	-	4	-	-
Roller skating or skate boarding	25	-	-	-	-	-
Rounders	35	9	-	9	-	-
Rowing or canoeing	36	-	-	8	8	6
Rugby	18	[7]	-	[1]	[7]	-
Sailing or windsurfing	28	[14]	-	-	[13]	[1]

Sports and physical activities	Base	Percentage of participants who took part as a member of a club				
		Any club	Health / fitness	Social	Sports	Disabled sports club
Shooting	54	35	19	4	26	-
Skiing	9	[1]	-	[1]	-	-
Skittles or tenpin bowling	198	14	2	8	4	2
Snooker, pool, billiards	649	29	0	23	7	-
Squash	32	41	6	3	31	-
Swimming	1017	16	11	1	4	2
Table tennis	104	10	-	6	3	2
Tennis	80	23	5	-	18	-
Volleyball	9	[2]	-	[2]	-	-
Walking	1486	-	-	-	-	-
Other	115	-	-	-	-	-
At least one activity (exc. walking)	**4222**	**22**	**9**	**7**	**12**	**1**

Table 16-7 illustrates the proportions of adults with a LLSI who participated in sport in the last 4 weeks as a member of a club. The top 5 sports in this context were gym/gymnastics (61%); judo/martial arts (54%); bowls (49%); squash (41%); and golf (36%). Interestingly, 50% of those who participated in 'gym/gymnastics in the 4 weeks before interview did so as a member of a 'health & fitness' club. For judo/martial arts (35%); bowls (39%); squash (31%); and golf (34%) the most popular type of club was a 'sports' club. Participation at 'disabled sports clubs' was uniformly low across all sports

Table 16-8 illustrates the proportions of adults without a LLSI who took part in sport in the last 4 weeks as a member of a club. The top 5 sports in this context were rugby (77%); self-defence (71%); cricket (57%); lawn bowls (54%); and hockey (52%). In all of these sports the most popular type of club, by some distance, was a 'sports' club.

Table 16-8: Percentage of those taking part in each sport and physical activity in the four weeks before interview who did so as a member of a club

All adults aged 16-59

Sports and physical activities	Base	Percentage of participants who took part as a member of a club				
		Any club	Health / fitness	Social	Sports	Other
Rugby	81	77	10	6	70	10
Self defence	96	71	15	5	51	17
Cricket	115	57	5	10	51	6
Lawn bowls	54	54	-	13	43	6
Hockey	50	52	4	10	46	6
Carpet bowls	65	45	6	15	26	3
Golf, putting or pitch & putt	528	42	3	3	32	10
Netball	71	39	3	4	31	6
Weight training	770	39	26	5	14	4
Soccer: outdoor	534	38	3	7	30	7

Sports and physical activities	Base	Percentage of participants who took part as a member of a club				
		Any club	Health / fitness	Social	Sports	Other
Sailing	**41**	37	-	7	14	12
Squash	**178**	32	7	5	25	2
Keep fit/yoga	**1440**	31	19	4	9	4
Athletics (track and field)	**30**	30	7	10	27	3
Weight lifting	**170**	30	20	7	10	4
Tennis	**275**	29	6	3	25	3
Motor sports	**57**	28	2	4	19	12
Badminton	**308**	27	4	5	19	5
Fishing	**187**	26	1	4	13	13
Soccer: indoor	**301**	26	4	6	21	5
Shooting	**99**	25	1	2	13	14
Canoeing	**53**	21	6	2	13	4
Snooker/pool/billiards	**1401**	17	1	10	7	3
Skiing		16	2	9	11	-
Climbing	**87**	15	2	1	7	9
Table tennis	**183**	14	2	7	8	3
Horse riding	**125**	11	2	1	6	6
Swimming: indoor	**1491**	11	6	1	5	2
Running (jogging etc)	**632**	10	4	1	5	2
Basketball	**92**	9	1	1	8	2
Gymnastics	**19**	[5]	[2]	-	[4]	[1]
Swimming: outdoor	**333**	4	3	0	2	-
Tenpin bowling/skittles	**455**	4	0	1	2	0
Ice skating	**73**	3	-	-	3	-
Windsurfing, boardsailing	**21**	[3]	-	[2]	[2]	[1]
Cycling	**1354**	2	1	0	1	1
Darts	**-**	-	-	-	-	-
At least one activity (exc. walking)	**5326**	**33**	**8**	**5**	**18**	**6**

17 Competition & tuition

Table 17-1: Percentage of adults with a LLSI who participated in the 4 weeks before interview:

(a) who participated competitively in that activity in the 12 months before interview; and
(b) who received tuition in that activity in the 12 months before interview.

Gender/Age group	Competed (a)	Tuition (b)	Base
	%	%	
Men	19	14	**2071**
Women	5	19	**2151**
16-19	23	33	**172**
20-24	19	17	**216**
25-29	10	19	**292**
30-44	12	17	**1375**
45-59	10	14	**2166**
Total	**12**	**16**	**4222**

Table 17-2: Percentage of adults without a LLSI who participated in the 4 weeks before interview:

(a) who participated competitively in that activity in the 12 months before interview; and
(b) who received tuition in that activity in the 12 months before interview.

Gender/Age group	Competed (a)	Tuition (b)	Base
	%	%	
Men	33	20	**2895**
Women	9	28	**2431**
16-19	29	35	**589**
20-24	25	24	**638**
25-29	23	22	**817**
30-44	19	23	**2114**
45-59	23	19	**1168**
Total	**22**	**23**	**5326**

Of the adults with a LLSI who had participated in sport in the past four weeks:

- 12% had participated competitively in that activity in the twelve months before interview; and
- 16% had received tuition in the past four weeks.

Men with a LLSI were almost four times more likely than women to have participated competitively (19% compared with 5%) and younger participants (16 – 24 years) were generally more likely than those over 25 years to have participated competitively.

The proportion of adults who had received tuition in any activity was fairly constant over the age groups, except among the youngest age group (16-19 years) who were almost

twice as likely as any other age group to have received tuition (33%). Women with a LLSI were also more likely than men to have received tuition in any sport in the past year (19% compared with 14%).

Adults who did not have a LLSI were about twice as likely as those with a LLSI to have participated competitively in an activity in the 12 months before interview (22% compared with 12%).

In both populations (those with or without a LLSI), men were more likely than women to have played competitively. However, the difference between the proportions was greater among those who did not have a LLSI (24% difference between men and women) than adults who did have a LLSI (14% difference between the proportion of men and women who had participated competitively).

In general, activities with a high club membership also had a higher proportion of participants who had taken part in that activity competitively. Participants who had played rugby in the four weeks before interview were the most likely to have participated competitively in the last 12 months (56%). Bowls was also a popular sport to compete in, with just under half of the participants (47%) having participated in an organised competition in the last year. Other popular sports to compete in were: archery (44%), hockey (40%) and sailing (39%).

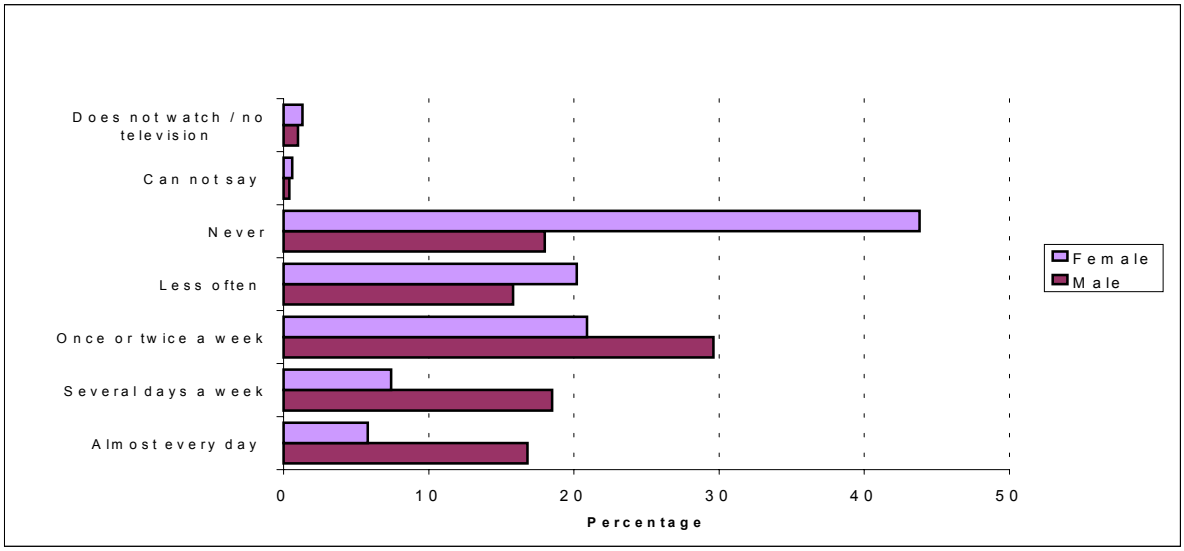
The most common sports to receive tuition for those with a LLSI, were:

- Judo/martial arts (78%)
- Horse riding (58%)
- Boxing/wrestling (56%)
- Aerobics, keep fit or yoga (51%)
- Gym, gymnastics (51%)

18 Interest in sport

Two thirds of adults with a LLSI had watched some sport on television during the last 4 weeks before interview. Women were half as likely again as men to have watched sport on television (81% compared with 54%) **(Figure 12)**.

Figure 12: People with a LLSI who have watched sport on TV during the past 4 weeks



A lower proportion of adults had listened to sport on the radio than watched it on the television (24% compared with 66%). A higher proportion of men than women had listened to sport on the radio (35% compared with 12%). There was also a large difference between the proportions of men and women who had read about sport in either newspapers or magazines in the last four weeks. Overall, 46% of adults had read about sport, 65% of men and 31% of women.

19 Attitude to sports participation at school

Table 19-1: Attitude to sport at school

All adults (16-59 years) with a LLSI

Attitude to sports participation at school	Men	Women	Total
	%	%	%
I enjoyed….			
… most sports and physical activity	55	40	47
… some sports and physical activity	29	38	34
I didn't enjoy any sports and physical activity	10	16	14
I didn't do sport at secondary school	3	4	3
No-one did sport at my school	1	1	1
I didn't go to secondary school	2	2	2
Base	**3539**	**4327**	**7866**

All respondents with a LLSI were asked about their attitude to sport whilst at school. Just over eight out of ten (81%) said that they enjoyed most or some sports or physical activities whilst at school. Of the remaining adults, 14% felt that they did not enjoy any sports at school, 4% did not do sport at secondary school and 2% did not go to secondary school.

The remaining questions in this section of the questionnaire were only asked of the respondents who had a health problem when they were of school age (5 -16 years).

- 16% had attended a special needs school.
- 56% felt that their health problem had limited their participation in sport or physical activity whilst at school.
- 19% were never or only sometimes given the opportunity to take part in sport during school lessons.
- 12% were encouraged to take part in certain sports because of their health. Swimming was the sport that respondents were most frequently encouraged to participate in.
- 21% were discouraged from taking part in certain sports because of their health. Participation in active tabletop games was the activity that was most frequently discouraged.

20 Sports participation before health problem became limiting

All respondents were then asked about their attitude to sports participation before their health problem started to limit their day-to-day activities. Sixty-six per cent of adults stated that they did enjoy most or some sports. Only 7% did not enjoy any sports or physical activity and 18% did not participate in any sport before their health problem started to limit their everyday activities **(Table 20-1)**.

Table 20-1: Attitude to sports participation before health problem became limiting

All adults (16-59 years) with a long-standing limiting illness

Description of participation before start of health problem	Men	Women	Total
I enjoyed…..			
… most sports and physical activity	35	20	27
… some sports and physical activity	36	42	39
I didn't enjoy any sports and physical activity	6	7	7
I didn't do any sport before that time	14	22	18
Don't know/can't remember	*1*	*2*	*1*
Had health problem at birth or before 5 years old	*9*	8	*8*
Base	***3555***	***4337***	***7890***

21 Participation in other leisure activities

Table 21-1: Participation in other leisure activities in the last 4 weeks

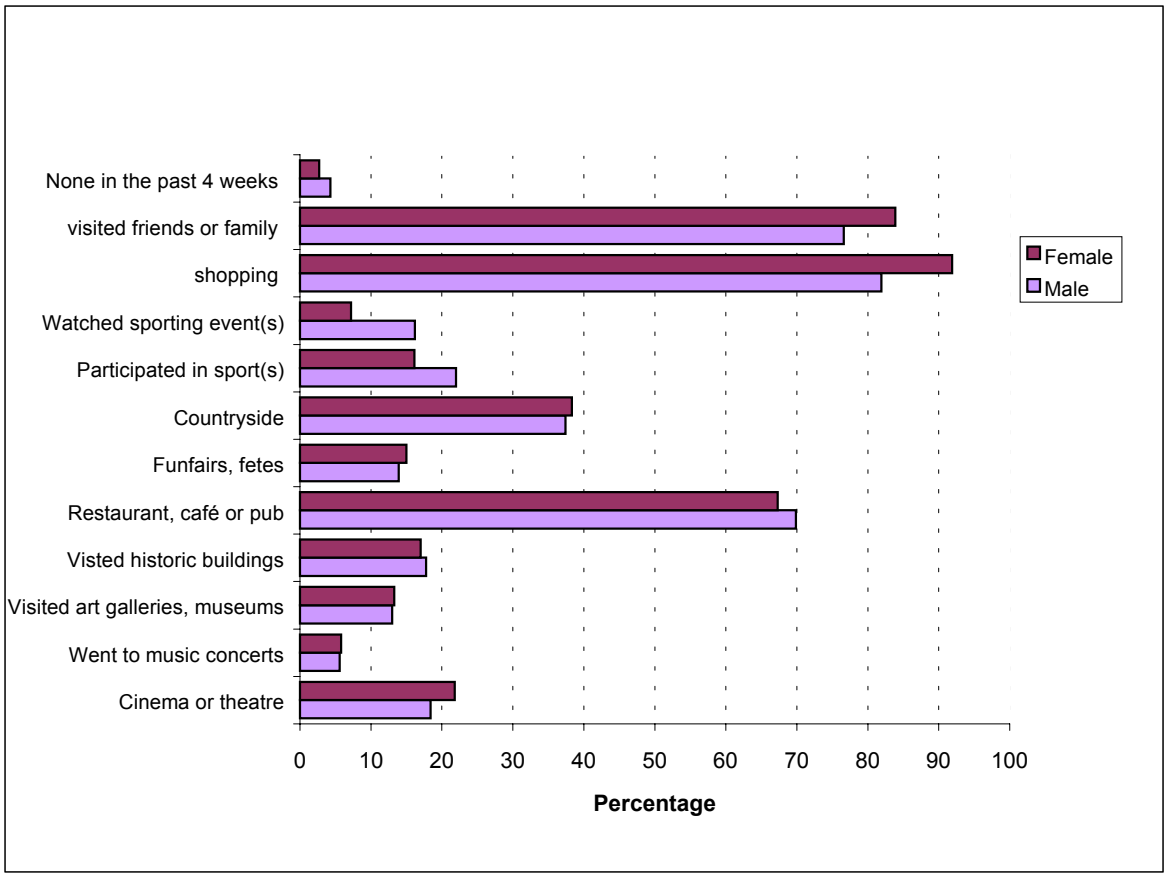
All adults (16-59 years) with a LLSI

Activity	Males	Female	All
	%	%	%
Cinema or theatre (inc. ballet or opera)	18	22	**20**
Went to pop, rock or classical concerts	6	6	**6**
Visited art galleries, museums or other exhibitions	13	13	**13**
Visited historic buildings or looked around historic towns	18	17	**17**
Went to a restaurant, café or pub	70	67	**69**
Funfairs, amusements arcades, fetes or outdoor show	14	15	**15**
Countryside, seaside, zoo, park or visited gardens	37	38	**38**
Participated in sport(s)	22	16	**19**
Went to watch sporting event(s)	16	7	**11**
Shopping	82	92	**87**
Visited friends or family	77	84	**81**
None of the above in the past 4 weeks	4	3	**3**
Base	**3554**	**4336**	**7890**

Almost all adults with a LLSI had taken part in some form of leisure activity in the four weeks before interview (97%). Of the leisure activities, the most popular was shopping

(87%), followed by visiting friends or family (81%) and eating or drinking at a restaurant, café or pub (69%) **(Figure 13)**.

Figure 13:Four week participation rates in other leisure activities among people with a LLSI



Shopping was a more popular leisure activity for women with a LLSI than for men (92% compared to 82%). Watching sporting events was a more popular activity for men than for women. Men were twice as likely to have watched a sports event in the last 4 weeks (16% compared to 7%).

22 Barriers to participation

Table 22-1: Sports and physical activities:

(a) Sports regularly participated in which would like to do more often;
(b) Additional sports would like to participate in; and
(c) Sports non-participators would like to take part in

All adults (16-59 years) with a LLSI

Sports and physical activities	(a)	(b)	(c)
Active table top games	0	0	0
Aerobics, keep fit or yoga	9	14	11
Angling or fishing	5	3	7
Archery	1	4	3
Athletics	1	2	2
Badminton	4	10	6
Baseball or softball	0	0	0
Basketball	1	2	1
Boccia	0	0	0
Bowls (indoor or outdoor)	2	3	6
Boxing or wrestling	0	1	1
Climbing, abseiling or potholing	1	4	1
Cricket	2	4	5
Cross country, road running	2	6	3
Cycling	11	11	8
Dance classes	2	8	9
Darts	2	3	8
Football	5	9	11
Goalball	0	0	0
Golf, putting or pitch & putt	8	5	6
Gym, gymnastics	7	5	4
Hockey	0	2	1
Horse riding	3	7	6
Ice skating	1	5	3
Judo or martial arts	2	6	2
Motor sports	2	5	3
Netball	0	3	3
Orienteering	0	1	0
Other game skills	0	0	0
Roller skating or skate boarding	0	2	1
Rounders	0	2	1
Rowing or canoeing	1	3	1
Rugby	1	2	2

Sports and physical activities	(a)	(b)	(c)
Sailing or windsurfing	2	3	1
Shooting	2	4	3
Skiing	1	4	1
Skittles or tenpin bowling	6	5	5
Snooker, pool, billiards	6	3	8
Squash	2	6	3
Swimming	35	18	40
Table tennis	1	2	3
Tennis	3	9	8
Volleyball	0	1	1
Walking	19	8	18
Other	2	2	1
Base	**7890**	**7890**	**7890**

In order to find out more about the barriers to sports participation that are encountered by disabled adults a short set of questions were asked about their aspirations with regard to their participation in sport. The aim of these questions was to establish the following:

whether respondents who had played sport in the 12 months before interview would have liked to participate in the sports they currently play more frequently; and/or participate in additional sports that they had not played; and

whether respondents who had not played any sport in the past 12 months would have liked to have participated in any sport.

It was found that:

- Sixty-five per cent of respondents who participated in sport in the 12 months before interview would like to play more of their sport(s);
- Thirty-one per cent of respondents who participated in sport in the 12 months before interview would like to participate in additional sports; and
- Twenty per cent of those who had not participated in any sport in the 12 months before interview would like to do so.

Respondents were then asked to specify up to three sports they would like to do more of or start playing. Among those who currently participate in sport, swimming was the sport that most people would like to do more often (35%). Excluding walking, cycling was the next most popular activity (11%). Swimming was also the sport that the highest number of adults would like to take up (18%), 14% stated that they would like to take up aerobics, keep fit or yoga and 11% would like to take up cycling. Of the current non-participators (excluding walking) who would like to participate in sport, 40% would like to take up swimming, 11% would like to take up aerobics, keep fit and yoga and football.

Respondents who said they would like to participate in sport or participate more frequently were asked what had prevented them from doing so. They were firstly asked

to list the factors (using a pre-set list) that had prevented them from participating as frequently or in the sports they would like to do in the previous 12 months. A subsequent question asked respondents to choose the main factor that had prevented participation. These questions were repeated for up to three sports.

In summary, the most common reasons for not playing any sport, not participating more frequently or taking part in additional sports were:

- Limited by health;
- Lack of time; or
- Lack of money.

23 Barriers to participating in any sport over the past 12 months

Table 23-1: Barriers to participating in any sport/physical activity

Adults aged 16-59 with a LLSI who have not played sport in last 12 months

	% (of responses)
I'm limited because of my health	60
Lack of time (not due to family responsibilities)	6
Lack of money	7
No local facilities to play the sport	4
Family responsibilities	5
I just haven't got round to it/I'm lazy	3
I have no one to go there with me	3
Local facilities are not suitable for people with my health problem/disability	3
Too old/physical activity is not good at my age	1
Difficulties with transport	2
Local facilities are not pleasant	0
Bad weather	1
Staff at local facilities aren't welcoming	0
My family are not keen for me to do sport	0
Other reason	5
Base	

Among those who had not participated in any sport during the past 12 months, the respondent's health was the most commonly cited barrier to participation (60%). The next most common factors were lack of money (7%), lack of time (6%). Lack of suitable facilities was one of the less frequently mentioned reasons for non-participation (3%).

24 Barriers to participating in additional sports

Table 24-1:Barriers to participation in additional sport(s)/physical activity(ies)

Adults aged 16-59 with a LLSI who have played sport in last 12 months

Reason for not playing additional sport(s)	% (of responses)
I'm limited because of my health	46
Lack of time (not due to family responsibilities)	12
Lack of money	9
No local facilities to play the sport	6
I just haven't got round to it/I'm lazy	5
Family responsibilities	5
I have no one to go there with me	4
Local facilities are not suitable for people with my health problem/disability	2
No local club or organisation for people with my health problem/disability	2
Difficulties with transport	2
Too old/physical activity is not good at my age	1
Local facilities are not pleasant	1
Bad weather	1
My family are not keen for me to do sport	0
Staff at local facilities aren't welcoming	0
Other reason	5
Base	**2354**

Being limited by a health problem or disability was also the most common factor preventing those who would like to try additional sports from doing so (46%). Lack of time and lack of money were the next most commonly given reasons (12% and 9%).

25 Barriers to participating in currently played sports more often

Table 25-1: Barriers to participating more frequently in sport(s)/physical activity(ies) currently played

Adults aged 16-59 with a LLSI who have played sport in last 12 months

Reason for not playing sport more frequently	% (of responses)
I'm limited because of my health	25
Lack of time (not due to family responsibilities)	24
Lack of money	10
Family responsibilities	8
I just haven't got round to it/I'm lazy	5
No local facilities to play the sport	5
Bad weather	5
My companion doesn't have enough time to go more often	3
Difficulties with transport	3

Reason for not playing sport more frequently	% (of responses)
Local facilities are not suitable for people with my health problem/disability	1
Local facilities are not pleasant	1
Staff at local facilities aren't welcoming	0
Other reason	10
Base	**2925**

The respondent's health problem or disability and lack of time were the most common factors which had prevented those who had participated in sport in the past 12 months from doing so more frequently (25% and 24%). However, respondents in this group cited their health as a barrier less frequently than those who had not participated in sport in the previous 12 months and those who would like to play additional sports. However, lack of time and lack of money were more frequently mentioned than among respondents in the previous two groups.

26 Main barriers to participation

Table 26-1 Main barriers to participating in any sport(s)/physical activity(ies)

Adults aged 16-59 with a LLSI who have not played sport in last 12 months

Reason for not playing any sport	% (of responses)
I'm limited because of my health	74
Lack of time (not due to family responsibilities)	5
Lack of money	5
No local facilities to play the sport	3
Family responsibilities	4
I just haven't got round to it/I'm lazy	3
I have no one to go there with me	2
Local facilities are not suitable for people with my health problem/disability	2
Too old/physical activity is not good at my age	1
Difficulties with transport	1
Local facilities are not pleasant	0
Bad weather	0
Staff at local facilities aren't welcoming	-
My family are not keen for me to do sport	-
Base	**1387**

When asked what was the main thing that had prevented participation in sport, the respondent's health problem or disability, lack of time and lack of money were the three most common factors that had prevented sports participation during the previous 12 months. Although the respondent's health problem or disability was more commonly cited as a barrier by those who had not played any sport in the previous 12 months than in the other two groups.

Table 26-2: Main barriers to participating in additional sport(s)/physical activity(ies)

Adults aged 16-59 with a LLSI who have played sport in last 12 months

Reason for not playing additional sport(s)	% (of responses)
I'm limited because of my health	58
Lack of time (not due to family responsibilities)	12
Lack of money	7
No local facilities to play the sport	5
I just haven't got round to it/I'm lazy	5
Family responsibilities	4
I have no one to go there with me	3
Local facilities are not suitable for people with my health problem/disability	1
No local club or organisation for people with my health problem/disability	1
Difficulties with transport	1
Too old/physical activity is not good at my age	1
Local facilities are not pleasant	1
Bad weather	0
My family are not keen for me to do sport	0
Staff at local facilities aren't welcoming	-
Base	**2227**

Table 26-3: Main barriers to participating more frequently in sport(s)/physical activity(ies) currently participated in

Adults aged 16-59 with a LLSI who have played sport in last 12 months

Reason for not playing sport more often	% (of responses)
I'm limited because of my health	34
Lack of time (not due to family responsibilities)	30
Lack of money	10
Family responsibilities	8
I just haven't got round to it/I'm lazy	5
No local facilities to play the sport	4
Bad weather	3
My companion doesn't have enough time to go more often	2
Difficulties with transport	2
Local facilities are not suitable for people with my health problem/disability	1
Local facilities are not pleasant	1
Staff at local facilities aren't welcoming	0
Base	**2453**

27 Facilities or help required to participate in sports

Table 27-1:Type of help required to participate in sport/physical activity

All adults aged 16-59 with a LLSI who have participated in at least one sport in the past 4 weeks

Type of help required	% of respondents
Someone to keep me company	18
Someone to advise me what I can try given my health	10
Someone to lead me or supervise me to ensure my safety	9
Instructions/information in a suitable format	6
Help using transport	5
Someone to provide physical support	3
Help communicating with others	3
Other	3
Better parking facilities	2
Specially adapted transport	1
Improved physical access to buildings, grounds or facilities	1
Facilities adapted in another way	1
Base	**4222**

Adults who had participated in any sport in the four weeks before interview were asked about the type of help or facilities they require, if any, to take part in sport. Just under three-quarters (72%) said they needed such help. Having someone to keep them company was the type of help most frequently mentioned (18%). One in ten adults mentioned needing someone to advise them on the type of sport that they could try given their health. Just under one in ten (9%) stated that they need someone to supervise them to ensure their safety.

Respondents who stated that their health problem was preventing them from participating in any sport at all, more frequently, or in additional sports were asked what kind of help or facilities they would need participate in sport more frequently.

28 Facilities or help required to participate in any sports

Table 28-1: Facilities or help required to participate in any sports/physical activities

Adults aged 16-59 with a LLSI who have not played sport in last 12 months and have stated that participation in sport is limited by their health problem or disability

Facilities or help required to play any sports	% (of responses)
None	35
Someone to advise me what I can try given my health	14
Someone to lead me or supervise to ensure my safety	9
Someone just to keep me company	8
Other type of help or facility	5
Someone to provide physical support	6
Help using transport	5

Facilities or help required to play any sports	% (of responses)
Instructions/Information in a suitable format	3
Improved physical access to buildings, grounds - or facilities	3
Better parking facilities	2
Facilities adapted in another way	1
Help with communicating with others	1
Specially adapted transport	1
Base	**1272**

Of those adults who had not participated in sport in the past 12 months, 35% stated that they did not require any help or facilities to participate. This 'none' category includes both respondents who felt that no facility or help would enable them to participate given their health problem or disability and respondents who said they did not need any help or facility to participate. The most sought after help was someone to provide advice on the sports that they could try given their health (14%). The next most frequently stated help required was someone to lead or supervise to ensure safety (9%) and someone just to keep them company (8%).

29 Facilities or help required to participate in additional sports

Table 29-1: Facilities or help required to participate in additional sports/physical activities

Adults aged 16-59 with a LLSI who have played sport in last 12 months and participation in sport is limited by their health problem or disability

Facilities or help required to participate in additional sport(s)	% (of responses)
None	49
Someone to advise me what I can try given my health	15
Someone just to keep me company	9
Someone to lead me or supervise to ensure my safety	9
Other type of help or facility	5
Instructions/Information in a suitable format	4
Someone to provide physical support	3
Facilities adapted in another way	2
Help using transport	2
Improved physical access to buildings, grounds - or facilities	1
Help with communicating with others	2
Better parking facilities	1
Specially adapted transport	0
Base	**1712**

Almost half of the respondents (49%) stated that they did not require any help to participate in any of the additional sports they would like to play. Again, the most popular help needed was someone to provide advice on the sports that someone with their health

problem or disability could try (15%). Nine percent required someone to lead or supervise them and someone to keep them company.

30 Facilities or help required to participate more frequently in sports currently played

Table 30-1: Facilities or help required to participate more often in sport(s)/physical activity(ies) currently participated in

Adults aged 16-59 with a LLSI who have played sport in last 12 months and participation in sport is limited by their health problem or disability.

Facilities or help required to participate in sport MORE often	% (of responses)
None	34
Other type of help or facility	15
Someone to advise me what I can try given my health	14
Someone just to keep me company	13
Someone to lead me or supervise to ensure my safety	7
Help using transport	4
Instructions/Information in a suitable format	3
Someone to provide physical support	3
Better parking facilities	2
Improved physical access to buildings, grounds - or facilities	2
Facilities adapted in another way	2
Help with communicating with others	1
Specially adapted transport	1
Base	**1479**

Just over a third (34%) of those who currently participated in sport stated that they did not need any help or facilities to participate in any of their sports more frequently. The next most sought after help was ‘another type of help’ which was not covered by the list of preset options (15%); or someone to provide advice on the sports that they could try given their health (14%). Someone to keep them company (13%) and someone to lead or supervise to ensure their safety (7%) were the next most stated help required.

31 Specially adapted equipment required to participate in sport(s)

Table 31-1: Specially adapted equipment required to participate in any sport/physical activity

Adults aged 16-59 with a LLSI who have not played sport in last 12 months and participation in sport is limited by their health problem or disability

Facilities or help required to play any sport	% (of responses)
None	94
Specially adapted personal equipment or aids (for yourself)	4
Specially adapted footwear/shoes (for yourself)	1
Specially adapted clothing (for yourself)	1
Base	**1272**

Table 31-2: Specially adapted equipment required to participate in additional sport(s)/physical activity(ies)

Adults aged 16-59 with a LLSI who have played sport in last 12 months and participation in sport is limited by their health problem or disability.

Facilities or help required to participate in additional sport(s)	% (of responses)
None	94
Specially adapted personal equipment or aids (for yourself)	4
Specially adapted footwear/shoes (for yourself)	2
Specially adapted clothing (for yourself)	1
Base	**1707**

Table 31-3: Specially adapted equipment required to participate more often in sport(s)/physical activity(ies) currently participated in

Adults aged 16-59 with a LLSI who have played sport in last 12 months and participation in sport is limited by their health problem or disability.

Facilities or help required to participate in sport more often	% (of responses)
None	94
Specially adapted personal equipment or aids (for yourself)	3
Specially adapted footwear/shoes (for yourself)	2
Specially adapted clothing (for yourself)	1
Base	**1530**

Respondents were then asked whether they required any specially adapted footwear, clothing or other personal equipment or aids to participate in sport. Adapted equipment referred to equipment that is not standard for the sport and which has been specially adapted for the individual's personal use.

Of those respondents who had not played sport and were limited by their health, 94% stated that they did not require any type of specially adapted equipment to participate. Four per cent felt that they would require specially adapted personal equipment.

The proportions were similar for respondents who would like to take part in additional sports or participate more frequently in the sports they currently play. For both these groups 94% stated that they did not require any specially adapted equipment. Four per cent of those who would like to take part in additional sports and 3% of those who would like to participate more frequently in their current sports felt that they would require specially adapted personal equipment or aids to do so.

32 Negative experience in sport

Table 32-1: Negative experience in sport

All adults (16-59 years) with a LLSI

Whether experienced a negative experience in sport which was due to LLSI	Total
Yes	14
No	86
Base	**7852**

Table 32-2: LLSI which caused negative experience

All adults (16-59 years) with a LLSI having a negative experience in sport due to their LLSI

Limiting Long-Standing Illness (LLSI)	Total
	%
Musculoskeletal system	39
Respiratory system	18
Nervous system	11
Mental disorders	6
Heart and circulatory system	6
Endocrine and metabolic	4
Eye complaints	3
Ear complaints	3
Digestive system	2
Skin complaints	2
Neoplasms and benign growths	1
Genito-urinary system	1
Infectious diseases	0
Blood related organs	0
Other complaints	3
Base	**1082**

All adults with a LLSI were asked whether they had ever had a negative experience in sport that they believed was due to their health problem or disability. Just over one in ten (14%) felt that they had experienced such a negative situation. By far the highest proportion of these respondents (39%) had a LLSI relating to their musculoskeletal system; followed by respiratory system (18%); and nervous system (11%).

Conclusions

There is substantial evidence that regular participation in sport and recreational activity can bring a wide range of health and other social benefits to individuals and society as a whole. Previous surveys carried out by Sport England show, however, that opportunities to participate in sport are not equally available to all groups in society. To use a well-worn sporting analogy sport does not offer a 'level playing field' of access. Nowhere is this clearer than for people with a disability. Sports participation rates for disabled adults are significantly lower than for non-disabled adults. This is true for people with a wide range of different disabilities.

It is clear from the findings from this survey that past interventions aimed at increasing participation in sport by people with a disability have failed to make significant in-roads into reducing inequity in participation rates across England as a whole. The survey shows that participation rates for all of the disability types that we classified are significantly lower than for the non-disabled population. The conclusion, therefore, must be that there is much more that needs to be done before anything like parity is achieved.

Survey responses indicate that, although still important, rather than concentrating on increasing the supply of suitable facilities or providing adapted equipment, which have been the traditional responses to this issue, more needs to be done to provide people with a disability with credible information on the sports and physical activities that they might be able to do given the nature of their disability without unduly limiting their horizons. In addition there needs to be a greater focus on providing competent support, whether that be trained volunteers, sport centre staff, or carers, to enable people with a disability to have the confidence to take part in sport or to try new sports.

The evidence suggests that people with a disability are more likely to be excluded from sport when their disability is combined with low incomes and wider social disadvantage. As a consequence more needs to be done to provide direct interventionist measures that target these groups more effectively. The use of 'leisure credits' is one potential idea that may be evaluated in order to assess the direct sporting benefits it may bring to the lives of disabled people.

The evidence from our earlier survey of the sporting opportunities available for young people with a disability also points strongly for the need to put in place better provision and support in both school and community settings to improve their early experience of sport. There is no doubt that the low rates of participation we see amongst disabled adults are influenced significantly by the limited experience many disabled people have during their school years.

Technical Appendices

Appendix A

33 Sample design

Following recommendations made by the Centre for Leisure Research (CLR) at Edinburgh University the sample for this survey was a follow-up sub-sample identified from the 2000/01 Labour Force Survey (LFS). In order to boost sample numbers a similar sample was drawn from the 2000/01 General Household Survey (GHS). Agreement to follow-up these surveys was given by the ONS sponsors.

Both sub-samples consist of adults, aged 16-59 years, living in private households in England who reported having a limiting long-standing illness (LLSI). In order to maximise the number of interviews achieved where more than one such person was identified in a household, interviews were sought with all these people in this follow-up survey.

The survey identified and followed up all cases eligible from all four quarters of the LFS and GHS, so that sports participation data, which is seasonal, are collected over a whole year.

LFS sub-sample

The LFS is a quarterly simple random sample panel survey of households in Great Britain, with households being interviewed five times at quarterly intervals. The survey consists of 60,000 households interviewed each quarter.

This survey followed up those who had completed all five waves of the LFS. By the fifth wave, the survey achieved a response rate of approximately 70% of those initially selected for the LFS. In each fieldwork quarter, approximately 51,000 people aged 16-59 in England complete their fifth interview.

All LFS respondents from four quarters between March – May 2000 to December 2000 to February 2001 that met the following criteria were selected for this follow-up survey **(Table 33-1).**

Table 33-1: Criteria for inclusion in survey (LFS)

Respondent lives in England	✓
Completed wave 5 of LFS	✓
Aged between 16-59 years	✓
Do you have any health problems or disabilities that you expect to last for more than a year?	YES
	and
Does this health problem affect the KIND of paid work that you might do?	YES
	or
… or the AMOUNT of paid work that you might so?	YES
	or
Does this (do these) health problem(s) or disability (ies) (when taken singly or together) substantially limit your ability to carry out normal day to day activities?	YES

GHS sub-sample

The General Household Survey (GHS) is a continuous survey that has been running since 1971. The GHS uses a two-stage sample design with postcode sectors, which are similar in size to wards, as the primary sampling unit (PSUs). The GHS uses slightly different questions to those used in the LFS to identify those with a limiting long-standing illness. These are described in **(Table 33-2)**.

Table 33-2: Criteria for inclusion in survey (GHS)

Respondent lives in England	☑
Aged 16 – 59 years	☑
Do you have any long-standing illness, disability or infirmity? By long-standing I mean anything that has troubled you over a period of time or that is likely to affect you over a period if time	YES
Does this illness or disability (Do any of these illnesses or disabilities) limit your activities in any way?	YES

Like the LFS sub-sample, all respondents from all four quarters between April-June 2000 to January-March 2001 quarters who met the above criteria were selected for inclusion in the sample for this follow-up survey.

34 Sample size

The actual size of the sub-samples identified from the GHS and LFS are shown in Figure 23 below. A total of 9,659 adults reported having a LLSI during their GHS or LFS interview, excluding adults that were found to be ineligible, 71% took part in this follow-up survey. Of those who responded to the survey, 82% still reported having a LLSI and 77% had a disability according to the Health Utilities Index (HUI) **(Table 34-1)**.

Table 34-1: Adults with a limiting long-standing illness & percentage disabled (unweighted)

unweighted

	LFS	GHS	Total
Number identified from GHS or LFS with a LLSI (including those ineligible for the survey)	8382	1277	**9659**
Interviewed in follow-up survey (71%)	5685	879	**6564**
Reporting LLSI at follow-up (82% of all respondents)	4618	754	**5372**
'Disabled' according to HUI (77% of all respondents)	4342	709	**5051**

Appendix B

35 Survey procedures

Fieldwork dates

Fieldwork for the survey began in August 2000. As mentioned in the previous section, the fieldwork was carried out over an entire year. In order to minimise the risk of change the fieldwork for the follow-up interviews was carried out as soon as possible after the LFS/GHS interviews. The field period dates were as shown in **Table 35-1**.

Table 35-1: Fieldwork dates

	Fieldwork dates	Sample identified from: LFS quarter	GHS quarter
Wave 1	August - September 2000	March - May 2000	April - June 2000
Wave 2	October 2000 - January 2001	June - August 2000	July - Sep 2000
Wave 3	February - March 2001	Sept - Nov 2000	Oct - Dec 2000
Wave 4	May - July 2001	Dec 2000 - Feb 2001	Jan - March 2001

Mode of data collection

The survey questionnaire was designed as a face-to-face computer assisted interview. Interviewers were briefed on the content of the questionnaire via a postal briefing and were provided with time before starting 'live' interviews to familiarise themselves with the questionnaire and instructions.

Proxy interviews

In certain circumstances it was permissible for interviewers to take a proxy interview rather than lose information about the respondent. These only accounted for 4% of response (see Table 37.1).

Conditions in which a proxy interview was allowed to be taken were:

Where the respondent was senile or had learning difficulties.
Where the respondent was ill and would not be well enough to see the interviewer for the whole of the field period.

Where no contact could be made with the respondent for the whole of the field period, eg where the respondent was away or in hospital for the remaining field period.

Interviewers were advised that if they were told by another member of the household that the respondent was 'never in', they should still recall several times in the hope of seeing the respondents in person before resorting to a proxy interview. Consequently a proxy interview was usually only taken on the interviewers last visit to the household.

Households with more than one eligible resident

If two (or more) people were identified in one household to be interviewed an interview was attempted with all cases.

Movers

As this was a follow-up survey, interviewers attempted to trace respondents who had changed address since they were last interviewed for the LFS or GHS. Whenever possible the respondents were interviewed at their new address.

Appendix C

36 Questionnaire design

A complete list of topics covered in the questionnaire is included in **Table 36-1** at the end of this appendix and a full copy of the questionnaire is included in **Appendix H**.

The main focus of the questionnaire is participation in sport and barriers to participation. The questionnaire begins with a combination of LFS and GHS questions asked in order to establish whether the respondent still has a limiting long-standing illness. Respondents are then taken on different routes through the questionnaire depending on whether or not they still have a LLSI.

Respondents who no longer have a LLSI were asked a short set of questions on leisure activities. These questions were added at the start of wave 2 of the fieldwork after receiving feedback from interviewers that respondents who no longer had a LLSI were surprised by the questionnaire finishing so abruptly for those respondents. This is the end of the interview for respondents who no longer have a LLSI.

Respondents who do still have a LLSI were then asked for more detail about their LLSI. Before being routed through the Health Utilities Index and then sections on leisure activities, interest in sport and sports participation over the last 12 months and 4 weeks. Respondents who have participated in sport over the last 4 weeks are asked a set of questions to establish whether they are prevented from increasing their participation in sport or participation at all and if so what is preventing them.

For comparability, the GHS sport and leisure activities questions were used to establish 12 month and four week sport participation rates and location of participation. Some sports that are particularly popular among the disabled were added, such as Boccia[1] and Archery. An 'other' category was used if the respondent said they played a sport that was not included on the list **(Table 36-2)**.

[1] Boccia is similar to indoor lawn bowling

Table 36-1: Topics covered in the questionnaire

Section A Demographic details Age, gender, marital status, ethnicity, household type, household reference person, tenure. **Section B** General Health Long-standing illness, details of illness, ICD code for each illness, onset of illness. **Section C** Asked if respondent no longer has a limiting long-standing illness Why the situation has changed since their LFS or GHS interview. Short set of questions on Leisure and sporting activities. **Section D** Leisure activities Leisure activities over the last 4 weeks **Section E** Interest in sport Interest in sport – watching, listening and reading about sport in the past 4 weeks. **Remainder of questionnaire is for respondents who do still have a limiting long-standing illness.** **Section F** Sports Participation Participation in the last 12 months. IF participated in sport in the past 12 months then asked about: Participation in the last 4 weeks	**Section G** Facilities Club membership Inspiration to take-up sport **Section H** Help required to play sport(s) Help required to participate Other help eg adapted equipment/facilities required. **Section I** Barriers to participation Sports would like to do more often. Additional sports would like to play If does not play any sport Any sport would like to play What is preventing them participating in These sports. **Section J** Coaching sport **Section K** Sports participation at school Attitude to sport at school Type of school attended Participation in sport at school Sports encouraged/discouraged to participate in. **Section L** Sports participation before they had a limiting long-standing illness.

Table 36-2: List of sports

Survey of sport, leisure and health	General Household Survey (1996)
GAMES	
Active table top games	NA
NA	American football
Badminton	Badminton
Baseball or softball	NA
Basketball	Basketball
Boccia	NA
Bowls (indoor or outdoor)	Indoor bowls
(see above)	Outdoor (lawn) bowls
Cricket	Cricket
NA	Curling
Darts	Darts
Hockey	Hockey (if ice, roller or street hockey exclude and specify in 'other' below)
Netball	Netball
Other game skills	NA
Rounders	NA
Rugby	Rugby union or league
Skittles or tenpin bowling	Tenpin bowling
Snooker, pool, billiards	Snooker, pool billiards (exclude bar billiards)
Squash	Squash
Table tennis	Table tennis
Tennis	Tennis
Volleyball	NA
DANCE AND ICE SKATING	
Ice skating Dance classes	Ice skating (if roller exclude and specify in 'other' below
OUTDOOR ACTIVITIES	
Angling or fishing	Angling/fishing
Archery	NA
Canoeing or rowing	Canoeing
Climbing abseiling or pot-holing	Climbing/mountaineering (include indoors)
Cross country road running	Jogging, cross country, road running
Cycling	Cycling
Horse riding	Horse riding (if polo exclude and specify at 'other' below)
Motor sports	Motor sports
Orienteering	NA
Sailing or windsurfing	Windsurfing/boardsailing
(see above)	Yachting or dinghy sailing
Shooting	Shooting
Skiing	Skiing

Walking	NA
SWIMMING	
Swimming (see above)	Swimming or diving indoors

Appendix D

37 Survey response rates

Interviews were completed with 71% of the 9266 adults who were eligible for this survey resulting in 6564 achieved interviews. Sixty-seven per cent of the achieved interviews were completed with the sampled individual, only 4 % were carried out with a proxy informant **(Table 37.1)**.

Table 37-1: Survey response rates

	Wave 1		Wave 2		Wave 3		Wave 4		All	
	Number	%	*Number*	%	*Number*	%	*Number*	%	*Number*	%
Type of interview										
Full face to face interview	1470	67	1417	66	1528	68	1790	67	6205	67
Full proxy interview	74	3	73	3	91	4	106	4	344	4
Partially co-operating	7	0	2	0	5	0	1	0	15	0
Total co-operating	**1551**	**70**	**1492**	**70**	**1624**	**73**	**1897**	**71**	**6564**	**71**
Refusals	511	23	511	24	478	21	581	22	2081	23
Non-contacts	142	6	137	6	134	6	208	8	621	7
Total eligible individuals	**2204**	**100**	**2140**	**100**	**2236**	**100**	**2686**	**100**	**9266**	**100**
Total ineligible cases (inc. moved no trace, moved abroad or deceased)	117		77		85		114		393	
Total	**2321**		**2217**		**2321**		**2800**		**9659**	

Response rates varied by the source of the sample, those adults who had originally been interviewed on the GHS were more likely to take part in the follow-up survey than those who were originally interviewed for the LFS (73% compared with 70%). Feedback from interviewers suggested that LFS follow-up cases were more reluctant to participate than GHS because of the amount of time they had already given-up to complete all five LFS interviews **(Table 37-2)**.

Table 37-2: Response rate by source of sample

Type of Interview	GHS		LFS		ALL	
	No.	%	No.	%	No.	%
Full face to face interview	842	70	5363	66	6205	67
Full proxy interview	35	3	309	4	344	4
Partially co-operating	2	0	13	0	15	0
Total co-operating	**879**	**73**	**5685**	**70**	**6564**	**71**
Refusals	249	21	1832	23	2081	22
Non-contacts	73	6	548	7	621	7
Total eligible individuals	**1201**	**100**	**8065**	**100**	**9266**	**100**
*Total ineligible cases	76		317		393	
Total	**955**		**8382**		**9659**	

*** inc. moved no trace, moved abroad, or deceased**

Appendix E

38 Characteristics of the sample

Table 38-1 shows the characteristics of the participants in this survey.

- 57% of responding adults were aged 45-59 years.
- 56% were married and 21% single.
- 7% of responding adults described themselves as 'not white'.
- 65% lived in accommodation that was owned or being bought.

Table 38-1: Characteristics of respondents with a long-standing limiting illness

	weighted	%	unweighted	%
Sex				
Male	3554	45	2414	45
Female	4336	55	2953	55
Age				
16-19	225	3	158	3
20-24	307	4	205	4
25-29	489	6	323	6
30-44	2406	30	1640	31
45-59	4464	57	3041	57
Marital status				
Married	4419	56	3009	56
Cohabiting	570	7	389	7
Single	1630	21	1105	21
Widowed	211	3	143	3
Divorced	799	10	543	10
Separated	262	3	178	3
Ethnic group				
White	7319	93	4998	94
Indian	154	2	99	2
Pakistani/ Bangladeshi	131	2	85	2
Black	110	1	70	1
Remaining groups	126	2	82	2
Tenure				
Own or buying	5163	65	3529	66
Renting	2672	34	1801	34
Don't know	50	1	34	1
Base	***7890***		***5367***	

As explained in **Appendix C** (questionnaire design) a combination of the GHS and LFS questions were asked in order to establish whether the respondent still had a limiting long-standing illness. Eighty-two per cent of respondents reported still having a LLSI **(Table 38-2)**.

Table 38-2: Number of adults who no longer have a LLSI

	No.	%
Reporting LLSI at follow up	5372	82
Did not report having LLSI at follow up	1193	18
Base	**6564**	**100**

Respondents who did not report having a LLSI during this follow-up interview were asked why their situation had changed. An improvement in health was the main reason given (37%). The second most common reason was that their health problem was the same as in their previous interview but they had not described it as being limiting (28%) **(Table 38-3)**.

Table 38-3: Reasons why adults no longer have LLSI

Reason	No.	%
Health problem has improved	371	37
No longer suffer from health problem	105	11
Health problem no longer limits	66	7
Health problem is roughly the same as it was then, but gave a different answer to limiting questions	277	28
Described differently in previous interview (proxy response at follow up only)	178	18
Question not answered*	195	
Base	**1192**	

*** questions were added to the interview at the beginning of wave 2**

Of those who reported having a LLSI at the follow-up interview 94% had one or more disability according to the HUI scale. Just under half (48%) had three or more disabilities. Slightly more women than men had a disability (95% compared with 93%) **(Tables 38-4 and 38-5)**.

Table 38-4: All adults with a LLSI – number of disabilities according to the HUI by gender

Number of disabilities	Men	Women	All
	%	%	%
0	7	5	6
1	20	18	19
2	26	28	27
3	24	24	24
4	14	16	15
5	7	6	7
6+	3	2	3
Base	**3555**	**4336**	**7890**

Table 38-5: Number of disabilities according to the HUI by age (all adults with a LLSI)

No. of disabilities	Age Groups				All
	16 – 19	20 – 24	30 – 44	45 - 59	
	%	%	%	%	%
0	13	12	8	3	6
1	30	23	24	14	19
2	24	30	28	26	27
3	19	22	23	26	24
4	12	8	12	19	15
5	2	4	4	9	7
6+	-	1	1	4	3
Base	**246**	**339**	**2458**	**4311**	**7890**

Type of disability

The types of health problems that the adults had are categorised in **Table 38-6** using the International Classification of Diseases (ICD). Thirty seven per cent had a health problem connected to their musculoskeletal system and 11% had a respiratory system problem. There were three categories that each accounted for 10% of the health problems among the respondents: mental disorders, health problems connected to the nervous system and the heart and circulatory system.

Table 38-6: Main health problem

All adults (16-59 years) with a limiting long-standing illness

	Weighted	%	Unweighted	%
Neoplasms and benign growths	135	2	92	2
Endocrine and metabolic	428	5	290	5
Mental disorders	787	10	534	10
Nervous system	762	10	519	10
Eye complaints	164	2	112	2
Ear complaints	168	2	114	2
Heart and circulatory system	767	10	519	10
Respiratory system	882	11	600	11
Digestive system	306	4	208	4
Genio-urinary system	126	2	85	2
Musculoskeletal system	2924	37	1993	37
Infectious diseases	38	0	26	0
Blood related organs	25	0	16	0
Skin complaints	91	1	61	1
Other complaints	219	3	150	3
Not classified	71	1	48	1
Base	**7890**		**5372**	

Table 38-7 illustrates the type of limiting disability or health problem that the responding adults have according to the HUI scale used in the questionnaire. Sixty per cent had a disability related to vision, 46% had a cognitive disability and 37% had an emotion disability.

Table 38-8 provides a more detail about the characteristics of respondents with a disability or health problem.

Overall, the most common type of disability was one related to pain (71%). This type of disability was more common among women than men, those aged 45 or over and respondents in the semi-skilled manual socio-economic group.

Disability type varied more by age of the respondent than the gender of the respondent. Those aged 45 and over were almost twice as likely as younger respondents to have a disability related to vision. However, respondents in the same age group were less likely to have a disability involving their speech.

Type of disability also varies by socio-economic group. Those in the 'Professional' group were less likely than other groups (excluding students) to have a disability related to cognition, ambulation or hearing.

Table 38-7: Disability according to HUI scale

	weighted	%	unweighted	%
Vision				
None	3312	42	2082	39
Mild or moderate	4498	57	3235	60
Severe	80	1	55	1
Hearing				
None	7307	93	4911	91
Mild or moderate	533	7	427	8
Severe	50	0	34	1
Speech				
None	7652	97	5196	97
Mild or moderate	212	3	156	3
Severe	26	0	18	0
Ambulation				
None	6083	77	4127	77
Mild or moderate	1285	16	891	17
Severe	522	7	354	7
Dexterity				
None	7085	90	4817	90
Mild or moderate	360	5	253	5
Severe	445	6	302	6
Emotion				
None	5022	64	3333	62
Mild or moderate	2395	31	1720	32
Severe	473	6	319	6
Cognition				
None	4284	54	2871	53
Mild or moderate	2963	38	2069	39
Severe	643	8	432	8
Pain				
None	2336	30	1576	29
Mild or moderate	2131	27	1472	27
Severe	3423	44	2329	44
Base: all adults with a limiting long standing illnes	**7890**		**5372**	

Table 38-8: Characteristics of respondents with a disability (weighted)

	Vision	Hearing	Speech	Ambulation	Dexterity	Emotion	Cognition	Pain	Total
	%	%	%	%	%	%	%	%	
Sex									
Male	55	9	3	22	10	37	44	68	3554
Female	60	6	3	24	10	36	47	73	4336
Age									
16-19	41	4	9	7	4	35	45	47	246
20-24	33	7	8	14	8	34	51	53	339
25-29	37	6	5	17	7	35	46	59	538
30-44	37	5	3	20	9	38	43	69	2457
45-59	76	9	2	27	12	36	47	76	4311
Socio-economic group									
Professional	62	4	1	14	11	31	31	71	218
Employers and Managers	62	5	1	17	8	28	35	68	804
Intermediate/junior non-manual	58	7	1	18	8	31	41	69	2731
Skilled manual	55	9	3	24	10	41	49	69	1353
Semi-skilled manual	57	8	0	23	11	40	51	75	409
Unskilled manual	59	6	4	22	11	41	53	69	478
Student	35	8	16	13	5	43.4	51	41	123
All Adults	**58**	**7**	**3**	**23**	**10**	**36**	**46**	**70**	
Base	**4579**	**583**	**238**	**1807**	**805**	**2869**	**3606**	**5554**	**7890**

Appendix F

39 Weighting

Weighting for unequal probabilities of selection

The following forms of weighting for unequal probabilities were considered but were rejected:

Multi-household selection

The GHS sub-samples extra households found at multi-household addresses, but the LFS samples all such households, so it is likely that the bias from this would be negligible. The GHS does not implement weighting for multi-household sub-sampling, so any work carried out on this for the SDS would have to be done from scratch. Although the methodology of multi-household weighting procedures is relatively straightforward, in practice the data files often require a fair amount of checking and cleaning. For this reason it was decided that the amount of work involved would not be worthwhile considering the small biases involved.

Selection from two separate sources

The sample was selected from two surveys: the GHS and the LFS. Both of these are EPSEM designs, so every person in the final sample has had the same chance of selection. The fact that there are fewer selections from the GHS than the LFS has no bearing on their chance of selection, therefore no weighting is required.

Weighting for non-response

Non-response will come from two sources – from the original non-response on the main surveys (GHS and LFS), and from the non-response to the follow-up. The former is probably best addressed via calibration weighting; the latter can be addressed by applying sample-based non-response weights.

Sample-based non-response weighting

We can apply sample-based non-response weights because we have information about all the households and individuals who took part in the original (GH and LF) surveys but who did not take part in the SDS. We used CHAID[1] analysis on a subset of variables that were common to both the GHS and LFS[2]. It uses chi-squared statistics to identify optimal splits or groupings of independent variables in terms of predicting the outcome of a dependent variable, in our case response. The resulting groups are mutually exclusive and cover all the cases in the sample. Once these groups have been identified non-response weights can be easily calculated.

A number of variables common to both the GHS and LFS data sets were derived so that they had the same categories **(Table 39-1)**.

1 CHAID is an acronym for Chi-squared Automatic Interaction Detection.

2 Variables also needed to have categories that were equivalent, or could be made equivalent by collapsing.

Table 39-1: Variables common to both GHS and LFS datasets

Variable description
LFS region / Government Office region (GOR)
Sex
Age group
In full-time or part-time work
Highest qualification
Marital status
Tenure
Ethnic group

CHAID analysis was used to find which variables associated most strongly to non-response. The groups formed by the CHAID analysis were then used to derive weighting classes in SPSS. The CHAID non-response weight W_i for weighting class i is calculated as:

$$W_i = \frac{(R_i + NR_i)}{R_i}$$

where,

R_i = No. of respondents in weight class i, NR_i = No. of non-respondents in weight class i

For the non-response weights to be most effective the following should hold true:

response should vary as much as possible between the weighting classes;
the survey variables with likely non-response bias need to be correlated to the classes;
the distributions of the survey variables should differ as little as possible between respondents and non-respondents within each class.

CHAID ensures that the first rule is true. Clearly the second rule will hold true for those variables used to produce the weighting classes, and for those obviously related to them. For those variables not obviously correlated, eg no of sports played, no of activities carried out, total number of disabilities, chi-square tests were used to check that there was variation in these between the weighting classes. All variables that were analysed were highly correlated to weighting class. The final rule is more difficult to assess since we do not have information on non-respondents for all survey variables and in particular the 'key' survey variables, but by defining classes using variables known to be correlated to survey variables we hope to minimise this variation. **Table 39-2** shows how the weighting classes were formed.

Table 39-2: Weighting classes and corresponding response rates

Level 1 split	Level 2 split	Level 3 split	Level 4 split	Weight Class	Resp. Rate
Highest qualification O Levels (NVQ level 4) and above	Ethnic group White	SEG 1, 2, 3, 5, 6, 8, 13, 16		1	76%
		SEG 4, 7 , 10, DNA	Age 16-19	2	77%
			Age 20-29	3	64%
			Age 30-59	4	70%
		SEG 9, 11, 12		5	62%
	Ethnic group Not white, DNA			6	56%
Highest qualification No O levels, DNA*				7	66%

*** Did not answer**

Calibration/population weighting (Grossing)

It is not possible to calibrate the final sample back to population totals because we do not have population control totals for people with limiting long-standing illness. However it would be possible to combine the sample-based non-response weighting (mentioned above) with calibration weights from the original LFS and GHS (suitably scaled to take account of the relative size of the GHS/LFS). The non-response weights will weight the final achieved sample back to the original LFS and GHS sample distribution, and applying calibration weights should then weight the sample back to population. GHS calibration weights also include an element of sample-based non-response weights. However, at the time of the analysis GHS weights were not available and it was agreed that, rather than compute these from scratch no weights would be used to weight up to the population.

Appendix G

40 Definition of terms

Definition of sport

The complete list of sports and physical activities covered by this survey can be found in **Appendix C**. The list of sports was kept as close as possible to the list used in the GHS. Some sports that are particularly popular among the disabled were added, such as boccia and archery. An 'other' category was used if the respondent said they played a sport that was not included on the list.

Like the GHS, walking was only included where the walk had been for pleasure and was of 2 miles or more. The question referred to 'walk or a hike' to indicate that walking for its own sake or interest. Thus walking as a means of transport would not be included. However, all cycling was included whether it was for pleasure or as a means of transport (see instruction to interviewers).

Instructions given to interviewers on this survey and the GHS both state that:

AnyWalks
MoWalks

Since almost all activities involve walking we have used the terms `been for a walk' or `go for a walk' to indicate that we are interested in walking for its own sake and not walks for other reasons such as getting from A to B.

Include:
- Walks of 2 miles or more (at one stretch) where going for a walk was one of the reasons for the trip. It does not have to be the only or main reason (for example, someone may take a dog for a walk mainly to exercise the dog but would probably also do it for their own pleasure or benefit - this would be counted; someone working at a dog kennel who took dogs for a walk only because this was part of the job would not be counted. Similarly, if queried, walking to work/the shops would be counted if, for example, the respondent walked for pleasure or exercise but not if the only reason was that there was no other means of getting there.

- Walks done abroad.

Exclude:
- *Walking about at work (eg postman)*
- *Walking while playing sports (eg golf)*
- *Other walking where going for a walk was not one of the main reasons for the trip.*

If you are unsure whether or not a walk should be counted, make a note of the situation and code `Yes'.

If the respondent uses a wheelchair then 'walking' will be replaced by 'self propelling in wheelchair'
At the question testing stage, 'Self propelling' was found to be the appropriate way of

referring to someone pushing their own wheelchair.

The definition of sport includes both formal and informal participation and is consistent with that specified by the Council of Europe in its Charter for Sport.

Disability

Sport England commissioned Social Survey Division of ONS to carry out a feasibility study to establish which classificatory system should be used for both this survey of adults and also a survey of young people (also commissioned by Sport England). The paper[1] recommended that the Health Utilities index (HUI) should be used to establish the type of limiting disability or illness that an adult has and it's level of severity.

The Health Utilities Index (HUI) is a family of generic health status and health-related quality of life measures developed by McMaster University in Canada. The family of measures includes the Health Utilities Index Mark 1 (HUI1), Mark 2 (HUI2) and Mark 3 (HUI3) systems. Each HUI measure includes a health-status classification system and a preference-based scoring formula. Although HUI1 is still used, HUI2 and HUI3 are much more frequently used both in clinical and population health studies. In this survey HUI2 and HUI3 were used.

HUI2 is comprised of six attributes: sensation, mobility, emotion, cognition, self-care and pain.

HUI3 had eight attributes, vision, hearing, speech, ambulation, dexterity, emotion, cognition and pain and five to six levels per attribute.

Table 40-1 lists the HUI questions and illustrates how these relate to the HUI2 and HUI3 disability dimensions.

There are standardised algorithms for converting responses on questionnaires into levels in the HUI2 and HUI3 systems.

[1] Mason Val (2000) Sports participation and disability survey – proposals for defining and classifying disability.

Table 40-1: Relationship of HUI2 and HUI3 attributes to questionnaire variables

HUI question	HUI3 attribute	HUI2 attribute
HUI1	Vision	Sensation
HUI2	Vision	Sensation
HUI3	Vision	Sensation
HUI4	Vision	Sensation
HUI5	Vision	Sensation
HUI6	Hearing	Sensation
HUI7	Hearing	Sensation
HUI8	Hearing	Sensation
HUI9	Hearing	Sensation
HUI10	Hearing	Sensation
HUI11	Speech	Sensation
HUI12	Speech	Sensation
HUI13	Speech	Sensation
HUI14	Speech	Sensation
HUI15	Speech	Sensation
HUI16	Ambulation	Mobility
HUI17	Ambulation	Mobility
HUI18	Ambulation	Mobility
HUI19	Ambulation	Mobility
HUI20	Ambulation	Mobility
HUI21	Ambulation	Mobility
HUI22	Ambulation	Mobility
HUI23	NA	Mobility
HUI24	Dexterity	Mobility
HUI25	Dexterity	Mobility
HUI26	Dexterity	Mobility
HUI27	Dexterity	NA
HUI28	NA	Self-care
HUI29	NA	Self-care
HUI30	NA	Self-care
HUI31	Emotion	Emotion
HUI32	Emotion	NA
HUI33	Emotion	NA
HUI34	NA	Emotion
HUI35	NA	Emotion
HUI36	NA	Emotion
HUI37	Cognition	Cognition
HUI38	Cognition	Cognition
HUI39	Pain	Pain
HUI40	Pain	Pain
HUI41	NA	NA

Socio-economic group

The basic occupational classification used is the Registrar General's socio-economic grouping in Standard Occupational Classification 1990, Volume 1 OPCS (HMSO, London 1991), pp. 13 - 14. The majority of tables use a collapsed version of this classification, which is as follows:

Table 40-2: Socio-economic groups

Descriptive definition	SEG numbers
Professional	3, 4
Employers and manager	1, 2, 13
Intermediate non-manual	5
Junior non-manual	6
Skilled manual (including foreman and supervisors) and own account non-professional	8, 9, 12, 14
Semi-skilled manual and personal service	7, 10, 15
Unskilled manual	11

In tables showing non-manual/manual socio-economic groups, the non-manual category comprises SEGs 1 - 6 and 13, the manual category comprises SEGs 7 - 12, 14 and 15.

For adults aged 16 or over, including full-time students with employment experience, SEG corresponds to their own present job or, for those not currently working, to their last job, regardless of gender or marital status.

Adults whose occupation was inadequately described, the Armed Forces (SEG category 16) and full-time students, are excluded from the totals unless otherwise specified.

Reference periods

Participation based on two reference periods are presented.

Four-week participation rate: the percentage of people aged 16 - 59 who took part in an activity the four weeks before interview.

Twelve-month participation rate: the percentage of people aged 16 - 59 who took part in an activity in the twelve months before interview.

A twelve-month reference period is useful in obtaining information about activities that occur infrequently. However, recall over such a period may be poor and there is also the risk of overstatement because some respondents may be reluctant to admit that they have not participated in any sports over so long a period. It is not possible from the questions on the survey to measure the extent of any such under or over-reporting.

Twelve-month rates are likely to be higher than four-week rates because some of those who have participated during the year will not have done so during the four weeks before interview. This is most likely to occur if the activity is seasonal or attracts infrequent participants.

Frequency of participation

The GHS asks participants about the number of days on which they took part in each activity in the four weeks before their interview. In 1996, frequency was not asked for walking. These data are used to calculate two measures of frequency of participation.

Frequency of participation per participant in four weeks: the number of occasions of participation in a sport in the four weeks before interview averaged over the number of participants in that sport.

The number of occasions of participation is equivalent to the total number of days on which a respondent participated in each reported activity. In cases where respondents had participated in an activity more than once on the same day this is counted as a single occasion. This is to avoid difficulties in deciding what to count as separate occasions, for example where heats and finals have taken place on the same day. But if a respondent had taken part in two different activities on the same day this will count as one occasion for each activity.

Frequency of participation per adult per year: the number of occasions of participation in sport per year averaged over the whole sample of people aged 16-59.

The number of occasions of participation in an activity in the four-week reference period summed over all participants is multiplied by 13 to give an estimated annual total. The total is then divided by the number of adults interviewed in one year. The measure gives a rough indication of the overall volume of participation in different sports over the year, which may be useful as a guide to the level of demand for different kinds of sports facilities.

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