

THE ACTIVE LIVES SURVEY- QUESTIONNAIRE CONTENT

INTRODUCTION

Data collection for the Active Lives Survey started in November 2015 - administered by Ipsos Mori - and the survey will run for an initial period of five years. Like its predecessor, the Active People Survey, it will measure the number of people aged 14 and over taking part in sport and physical activity.

The overall sample size will be 198,250 people each year. The minimum annual sample size for each English local authority will be 500, with additional boosting in some local areas.

SURVEY DESIGN

Methodology

The survey is a mixed-mode (postal-to-web) self-completion design involving online (desktop, laptop, tablet or smart phone) and paper methods for those households that either do not have internet access or prefer to complete the survey this way.

A letter is sent to a household - selected from the Royal Mail's Postal Address File (generally regarded as the "Gold Standard" for population surveys) – inviting up to two people per household to take part in the survey, either online or by requesting a paper version of the questionnaire. There is also the option to take part via telephone for those whose first language is not English.

Tracking

The design will support the accurate tracking of regular participation at a population level, by:

- Demographic group (age, disability, gender, ethnicity, socioeconomic status, working / educational status, sexuality, other demographics)
- Geography (national, regional, Community Sports Partnership and local authority)
- Sport / physical activity (providing accurate and precise estimates of regular participation for a range of specific sports and activities, including additional detail about specific disciplines for major sports)

QUESTIONNAIRE DESIGN

Versions

There are two versions of the questionnaire; one for adults aged 16 years old and over, and another for those aged 14 and 15 years old. Some demographic information is not included in the 14-15 years old version.

The paper version of the questionnaire has very few differences from the online version, but some which are necessitated by the medium. Any differences are flagged in the table below (column three).

All versions of the questionnaires take approximately 15 minutes to complete.

Guidance

The questionnaires contain guidance in the form of footnotes for the paper version, and within a hover text box for the online versions. The guidance specifies what to include and what to exclude for specific questions. ¹

Document updated: August 2016

QUESTIONS

| SECTION | ADDITIONAL INFORMATION ABOUT ONLINE | PAPER QUESTIONNAIRE |
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| <p>Introductory page The respondent will access this page either by manually entering a URL into their device or using the QR code provided. There are two passwords available per household.</p> | | Introductory text included on the first page |
| <p>ACT1 In the last 12 months, have you done any of these activities?</p> <ol style="list-style-type: none"> 1. A walk lasting at least 10 minutes 2. Gardening 3. A cycle ride 4. Sport, fitness or recreation activity 5. Dance 6. Spent time doing a creative, artistic, theatrical or musical activity or a craft 7. Attended an event, performance or festival involving creative, artistic, dance, theatrical or music activity 8. Attended a live sports event 9. Used a public library service | Those who answer 'yes' to any of 6-10 are then filtered to the next question (CULTURE) | Not included in paper version of questionnaire |

¹More information about Arts and Culture questions can be found here:
http://www.artscouncil.org.uk/media/uploads/pdf/FAQs_Active_Lives_Survey_v4.pdf

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| 10. Attended a museum or gallery | | |
| 11. None of these | | |
| CULTURE How many times you have done each of these activities in the past 12 months since XXXX? | If 6-10 selected in ACT1 This question is formatted in a grid style, with the cultural activity in the row and the frequency (Once, Twice, Three or more times) in three columns. | Adapted version for paper version |
| CULTUREMONTH Have you done {this activity/ these activities} in the past 4 weeks since XXXX | | Not included in paper version of questionnaire |
| WALKING Thinking about walks of at least ten minutes, in the last 12 months, what types of walking have you done? | If 1 selected in ACT1 Option to tick selection of types of walking | Included in paper version of questionnaire in grid format (with frequency, duration and intensity included). |
| CYCLING Thinking about cycling for at least ten minutes, in the last 12 months, what types of cycling have you done? | If 3 selected in ACT1 Option to tick selection of types of cycling | Included in paper version of questionnaire in grid format (with frequency, duration and intensity included). |
| DANCE In the past 12 months, what types of dance have you done? | If 5 selected in ACT1 Option to tick selection of types of dance | Included in paper version of questionnaire in grid format (with frequency, duration and intensity included). |
| SPORT AND FITNESS 12 MONTH1 We are interested in a wide variety of different types of sports, fitness or recreation activities. Think about all the activities you've done in the past 12 months. In the past 12 months, have you done any of these activities? | If 4 selected in ACT1 Sports are grouped and the respondent can either expand the group and select, or use the search box. Respondent also has the option to manually add any other sports that are missing. | All activities are listed in a grid, first column the 12-month question. Option also has option to add any other sports at the end of the grid. |
| CLUB MEMBERSHIP For each sport or activity done in the last 12 months (for which they have said yes to SPORT AND FITNESS 12 MONTH1), ask Are you a | Asked once about health and fitness club if they do any fitness activities | Not included |

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| member of a club or organisation? | | |
| SPORT AND FITNESS TIME PERIODS1 Not only are we interested in which activities you have done over the past 12 months, but also when you have done the activities throughout the year. During which periods over the past 12 months have you done the following activities? | Respondent is given list of all selected activities from ACT1 1-5 (walking, gardening, cycling, sport and fitness, and dance) and focuses on the timeframes in which that these activities have been undertaken: 7-12 months ago, 4-6 months ago, 1-3 months ago. | This is the second grouped column of the grid |
| SPORT AND FITNESS TIME PERIODS2 You have told us you have done these activities in the past three months: Have you done these activities in the past 4 weeks since XXXX? | Those activities from SPORT AND FITNESS TIME PERIODS1 which had been undertaken in the past 1-3 months are listed with a 'yes' or 'no' option. | Included in the second grouped column of the grid |
| SPORT AND FITNESS DETAILS1 We would now like to ask you some details about the activities that you have done in the past 4 weeks since XXXX. For each activity that you have done, please answer these questions. During the past 4 weeks, on how many days did you do the activity? How much time did you usually spend doing that activity on each day that you did the activity? Was the effort you put into the activity usually enough to: Raise your breathing rate? Make you sweat or out of breath? | Detail around those activities from SPORT AND FITNESS TIME PERIODS2 with 'yes' selected Option to input number of days Hours and minutes input option 'Yes' and 'no' option for 'breathing rate' and 'sweat or out of breath' questions. | Included in the third grouped column of the grid |
| SETTINGS Do you do XXXX indoors or outdoors? 1. Indoors 2. Outdoors | For each sport or activity done in the last 4 weeks (to discipline level). | Not included in paper version |

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| <p>SETTINGS IN Where do you usually do XXXX? Asked of those where SETTINGS = 1</p> | <p>If you do the activity in more than one place, please select the places you do the activity most often or for the most time.</p> | <p>Not included in paper version</p> |
| <p>SETTINGS OUT Where do you usually do XXXX? Asked of those where SETTINGS = 2</p> | <p>If you do the activity in more than one place, please select the places you do the activity most often or for the most time.</p> | <p>Not included in paper version</p> |
| <p>SURFACE What type of surface do you usually use for XXXX?</p> | <p>If you do the activity on more than one surface, please select the surface on which you do the activity most often or for the most time. Only asked of a subgroup of activities.</p> | <p>Not included in paper version</p> |
| <p>LOCAL When XXXX (walk or cycle ride), where do you usually start and finish your XXXX (walk or cycle ride)</p> | <p>Includes Walking, Running or Cycling for Leisure if selected.</p> | <p>Not included in paper version</p> |
| <p>HABIT1 Thinking about XXXX. To what extent do you agree or disagree with these statements? <i>A. The activity is part of my routine.</i> <i>B. I don't need think about whether to do the activity – I just do it.</i> <i>C. The activity is typically me.</i></p> | <p>There are two questions asked of respondents who are more active to establish the strength of their habit: HABIT1 (currently do the activity and have done it throughout the year) and HABIT2 (not currently doing the activity but have done it during the year) Each person can be asked any of the following combinations: HABIT1 and HABIT2 HABIT1 only HABIT2 only Neither question HABIT1 Randomly selects an eligible activity done in the last 28 days</p> | <p>Not included in paper version</p> |
| <p>HABIT2 Thinking about XXXX. To what extent do you agree or disagree with these statements?</p> | <p>Randomly selects an eligible activity done in the last 12 months but not in the last month.</p> | <p>Not included in paper version</p> |

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| <p>A. <i>The activity is part of my routine.</i></p> <p>B. <i>I don't need think about whether to do the activity – I just do it.</i></p> <p>C. <i>The activity is typically me.</i></p> | | |
| <p>READY1</p> <p>To what extent do you agree or disagree with these statements?</p> <p>A. I feel that I have the ability to be physically active</p> <p>B. I feel that I have the opportunity to play sport</p> | <p>Asked of the less active people to understand their readiness to take part in physical activity (READY1) and sport (READY2). A respondent will never be asked both questions</p> | <p>Not included in paper version</p> |
| <p>READY2</p> <p>To what extent do you agree or disagree with these statements?</p> <p>A. I feel that I have the ability to be physically active</p> <p>B. I feel that I have the opportunity to play sport</p> | <p>Asked of the more active, those who have done 150 mins or of moderate activity in the last week but who has not done 2 moderate sessions of <i>sport</i> in the last month.</p> | <p>Not included in paper version</p> |
| <p>MOTIVATIONSP</p> <p>Thinking about sport in general. How much do you agree or disagree with these statements?</p> <p>A. I find sport enjoyable and satisfying</p> <p>B. It's important to me to do sport regularly</p> <p>C. I feel guilty when I don't do sport</p> <p>D. I do sport because I don't want to disappoint other people</p> | <p>People who HAVE done at least 2 sessions of moderate intensity sport in the last 28 days are asked about sport.</p> | <p>Not included in paper version</p> |
| <p>MOTIVATIONEX</p> <p>Thinking about exercise in general. How much do you agree or disagree with these statements?</p> <p>A. I find exercise enjoyable and satisfying</p> | <p>And those who HAVE NOT done at least 2 sessions of moderate intensity sport in the last 28 days are asked about exercise.</p> | <p>Not included in paper version</p> |

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| <p>B. It's important to me to do exercise regularly</p> <p>C. I feel guilty when I don't do exercise</p> <p>D. I do exercise because I don't want to disappoint other people</p> <p>E. I feel that doing exercise is pointless (only asked if A – D score neither agree nor disagree to strongly disagree)</p> | | |
| <p>VOLUNTEERING During the last 12 months, that is since XXXX, have you given any of your time to do any of the following activities?</p> | <p>Asked of all. Select all that apply.</p> | Not included in paper version |
| <p>VOLUNTEERINGFREQ Think about all those sport and fitness activities you have given your time to support. Have you volunteered on more than one day in the last 12 months?</p> | <p>Asked of those who selected any of the activities in VOLUNTEERING.</p> | Not included in paper version |
| <p>VOLUNTEERINGMONTH Think about all those sport and fitness activities you have given your time to support. Have you volunteered in the past 4 weeks?</p> | <p>Asked of those who selected any of the activities in VOLUNTEERING.</p> | Not included in paper version |
| <p>FRUIT How many portions of fruit did you eat yesterday?</p> | | Included in the paper version |
| <p>VEGETABLES How many portions of vegetables did you eat yesterday?</p> | | Included in the paper version |
| <p>GENDER What is your sex?</p> | | Included in the paper version |
| <p>AGE What is your age?</p> | | Included in the paper version |
| <p>SEXUALITY Which of the following options best describes how you think of yourself?</p> | Not asked of 14 and 15 year olds | Not included in the paper version |
| <p>HOUSEHOLD Including yourself, how many adults aged 16 and over currently live in your household?</p> | Re-worded for 14-15-year-old version. | Included in the paper version and reworded to 'how many adults aged 16 and over currently live in your household?' |
| <p>HOUSEHOLD2</p> | | Included in the paper version |

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| How many children or young people aged 0 to 15 years currently live in your household? | | |
| HOUSEHOLD3 How old are these children? | If children are in household. | Included in the paper version |
| HOUSEHOLD4 Who lives in your household? | Please tell us how members of this household are related to you. | Not included in paper version |
| HOUSEHOLD5 Do you have any children (of any age, including adults) who no longer live with you? | | Not included in paper version |
| HOUSEHOLDHALLS Are there any young people in this household who spend term times living in halls of residence? | Not included in 14-15-year-old version. | Not included in paper version |
| ETHNICITY Which one of the following best describes your ethnic group or background? | | Included in the paper version |
| RELIGION What is your religion, even if you are not currently practising? | Not asked of 14 and 15 year olds. | Not included in the paper version |
| DISABILITY1 Do you have any physical or mental health conditions or illnesses that have lasted or are expected to last 12 months or more? | | Included in the paper version |
| DISABILITY2 Do these physical or mental health conditions or illnesses have a substantial effect on your ability to do normal daily activities? | | Included in the paper version |
| DISABILITY3 Does this disability or illness affect you in any of the following areas? | | Included in the paper version |
| HEIGHT How tall are you without shoes? If you are unsure please give an estimate. | | Included in the paper version |
| WEIGHT What is your current weight? If you are unsure please give an estimate. | | Included in the paper version |

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| <p>PREGNANCY As being pregnant affects weight, are you pregnant at present?</p> | <p>Women only asked this question. Not present in 14-15-year-old questionnaire.</p> | <p>Included in the paper version</p> |
| <p>WELLBEING Next we would like to ask you some questions on your feelings about aspects of your life. There are no right or wrong answers.</p> | <p>Standard ONS wellbeing questions used ²: Satisfied Happy Anxious Worthwhile</p> <p>Scored on a scale of 1-10</p> | <p>Not included in paper version</p> |
| <p>INDIVIDUAL To what extent do you agree with the statement 'I can achieve most of the goals I set myself'?</p> | <p>Strongly agree Agree Neither agree nor disagree Disagree Strongly disagree</p> | <p>Not included in paper version</p> |
| <p>COMMUNITY To what extent do you agree or disagree that most people in your local area can be trusted?</p> | <p>Strongly agree Agree Neither agree nor disagree Disagree Strongly disagree</p> | <p>Not included in paper version</p> |
| <p>EDUCATION What is your <u>highest</u> educational qualification? This means any educational, professional, vocational or other work-related qualifications for which you received a certificate?</p> | <p>Not present in 14-15-year-old questionnaire.</p> | <p>Included in the paper version</p> |
| <p>WORK1 What is your current working status?</p> | <p>Not present in 14-15-year-old questionnaire.</p> | <p>Included in the paper version</p> |
| <p>STUDY1 Are you currently studying for a recognised qualification?</p> | <p>Not present in 14-15-year-old questionnaire.</p> | <p>Not included in the paper version</p> |
| <p>STUDY2 Are you studying with or at... <ul style="list-style-type: none"> • School year 11 • School sixth form • Sixth form college • Further education college • Higher education institution </p> | <p>If 'Yes' to STUDY1 then this question is present.</p> | <p>Not included in the paper version</p> |
| <p>WORK2 Have you ever worked?</p> | <p>If chosen not working or other at WORK1.</p> | <p>Included in the paper version</p> |

² <https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing>

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| | Not present in 14-15-year-old questionnaire. | |
| WORK3 Were you working as an employee or were you self-employed in your last main job? | Not present in 14-15-year-old questionnaire. | Included in the paper version |
| WORK4 In your job did you / do you have any formal responsibility for supervising the work of other employees? | If selected 'Employed' in WORK3 then this question is present. Past or present tense of question depends on whether currently employed. Not present in 14-15-year-old questionnaire. | Included in the paper version |
| WORK5 How many people work(ed) for your employer at the place where you worked? | Follow on from WORK4 . Past or present tense of question depends on whether currently employed. Not present in 14-15-year-old questionnaire. | Included in the paper version |
| WORK6 Are / Were you working on your own or do you have employees? | If selected 'Self-employed' in WORK3 then this question is present. Past or present tense of question depends on whether currently employed. Not present in 14-15-year-old questionnaire. | Included in the paper version |
| WORK8 Select the answer which best describes the sort of work you do. | Occupation options given. Not present in 14-15-year-old questionnaire. | Included in the paper version |
| Incentive and re-contact questions. | | Included in the paper version |
| END | | |