

Lancashire Sport in Mind Survey

Respondents Profile



104

Respondents



32%

Male



68%

Female



61%

Blackpool Council Employees



94%

Aged between 25-64 years

Respondents had suffered with a mild to moderate mental health condition

71%

Respondents had never suffered with a mild to moderate mental health condition

29%



46%

had received an official medical diagnosis for a mild to moderate mental health condition

96%

were aware that physical activity can alleviate the symptoms of mild to moderate mental health conditions and improve emotional well-being

55%

had used physical exercise as a method of treating the symptoms of a mild to moderate mental health condition

89%

would consider using physical exercise as a method of treating a mild to moderate mental health condition in the future

Popular Sports Amongst Respondents

