SPORT ENGLAND

ACTIVE LIVES ADULT SURVEY

MAY 18/19 REPORT

Published October 2019

WELCOME

Covering the 12 months from May 2018 to May 2019, this report provides an update on the sporting and physical activity behaviours of adults in England. It also highlights the contribution made by volunteers, and the impact of taking part in sport and physical activity on wider outcomes such as mental wellbeing and community development.

The latest increase of more than 500,000 takes us to 28.6 million regularly active adults, the highest activity levels ever recorded. Conversely, a reduction of 122,000 means that inactivity amongst adults in England is also at the lowest level ever.

These results also reveal that previous increases have been retained, the gender gap continues to narrow and there is growth in the activity levels of disabled adults and those with a long term health condition. There is also a positive association between taking part in sport and physical activity and mental wellbeing, as well as individual, social and community development.

There are still audiences where we are not seeing significant change and where a continued, collaborative focus is needed so that everyone can benefit from the positive impact of sport and physical activity. In particular, those from less affluent families and those from Black and Asian backgrounds continue to be less active.

Volunteering levels remain unchanged over the last 12 months, and we continue to see lower rates of volunteering for women and those from the lowest income families.

We have sought to provide a lot of information in an easily digestible format. This report provides the headlines, and there is the opportunity to dig deeper into the results via links to more in depth data tables which can be found in the corner of each page.

The next Active Lives report will be the Year 2 Active Lives Children and Young People report which covers academic year 2018/19 and will be published on 5 December.

Lisa O'Keefe Insight Director

CONTENTS

KEY INFORMATION

This report presents data from the Active Lives Adult Survey for the period mid-May 2018 to mid-May 2019. Data is presented for adults aged 16+ in England.

RELEASE DATES

This release: 17 October 2019
Next adult release: 23 April 2020

FIND OUT MORE

For further information on the data presented in this report, please visit the Active Lives area of our website.

LEVELS OF ACTIVITY

THIS CHAPTER PRESENTS INFORMATION ON THREE LEVELS OF ACTIVITY:

- **INACTIVE** (LESS THAN 30 MINUTES A WEEK)

- **FAIRLY ACTIVE** (30-149 MINUTES A WEEK)

- **ACTIVE** (AT LEAST 150 MINUTES A WEEK)

LINK TO DATA TABLES ▶

WHAT DO WE MEAN BY PHYSICAL ACTIVITY?

THE GRAPHIC BELOW SHOWS THE ACTIVITIES WE INCLUDE – AND WHEN THEY COUNT (FOR ADULTS AGED 16+):

CYCLING FOR SPORT AND LEISURE OR TRAVEL · FITNESS ACTIVITIES · DANCE · SPORTING ACTIVITIES · WALKING FOR LEISURE OR TRAVEL

ACTIVITIES

AT LEAST MODERATE INTENSITY *

BOUTS OF **10** MINS OR MORE THAT ADD UP TO ONE OF THE THREE LEVELS OF ACTIVITY
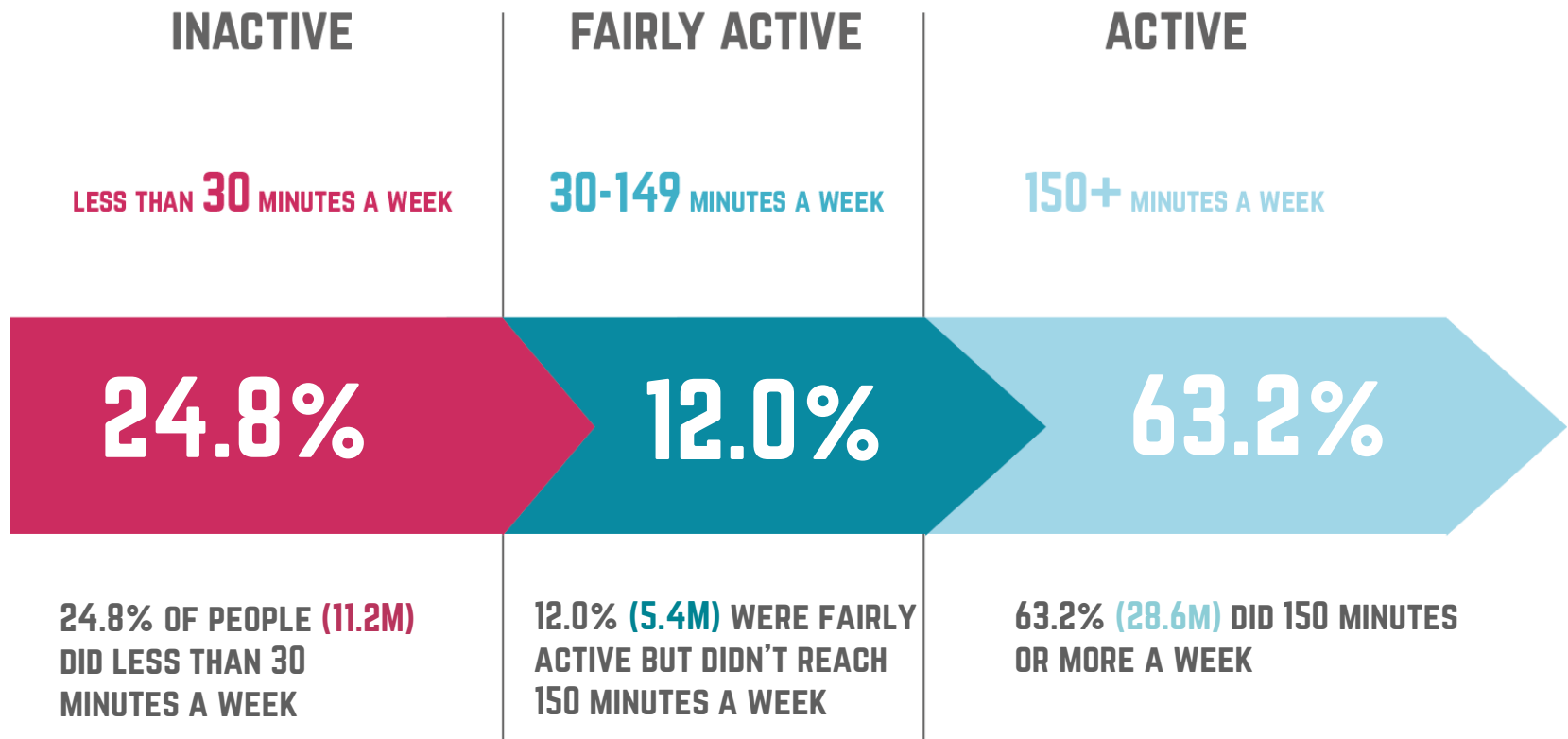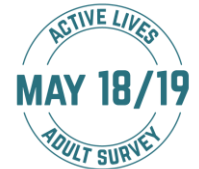
* VIGOROUS INTENSITY COUNTS AS DOUBLE

Note: We count most sport and physical activity, but exclude gardening. However, Public Health England does include gardening in its local level physical activity data. You can view the PHE data here.

LEVELS OF ACTIVITY

HEADLINES

Our data shows that in May 2018/19, just over 6 in 10 adults (28.6m) achieved 150+ minutes of activity a week, a 12-month increase of 539,500, or 0.9%

ACTIVE LIVES
MAY 18/19
ADULT SURVEY

INACTIVE	FAIRLY ACTIVE	ACTIVE
LESS THAN **30** MINUTES A WEEK	**30-149** MINUTES A WEEK	**150+** MINUTES A WEEK
24.8%	**12.0%**	**63.2%**
24.8% OF PEOPLE (11.2M) DID LESS THAN 30 MINUTES A WEEK	12.0% (5.4M) WERE FAIRLY ACTIVE BUT DIDN'T REACH 150 MINUTES A WEEK	63.2% (28.6M) DID 150 MINUTES OR MORE A WEEK

LINK TO DATA TABLES ▶
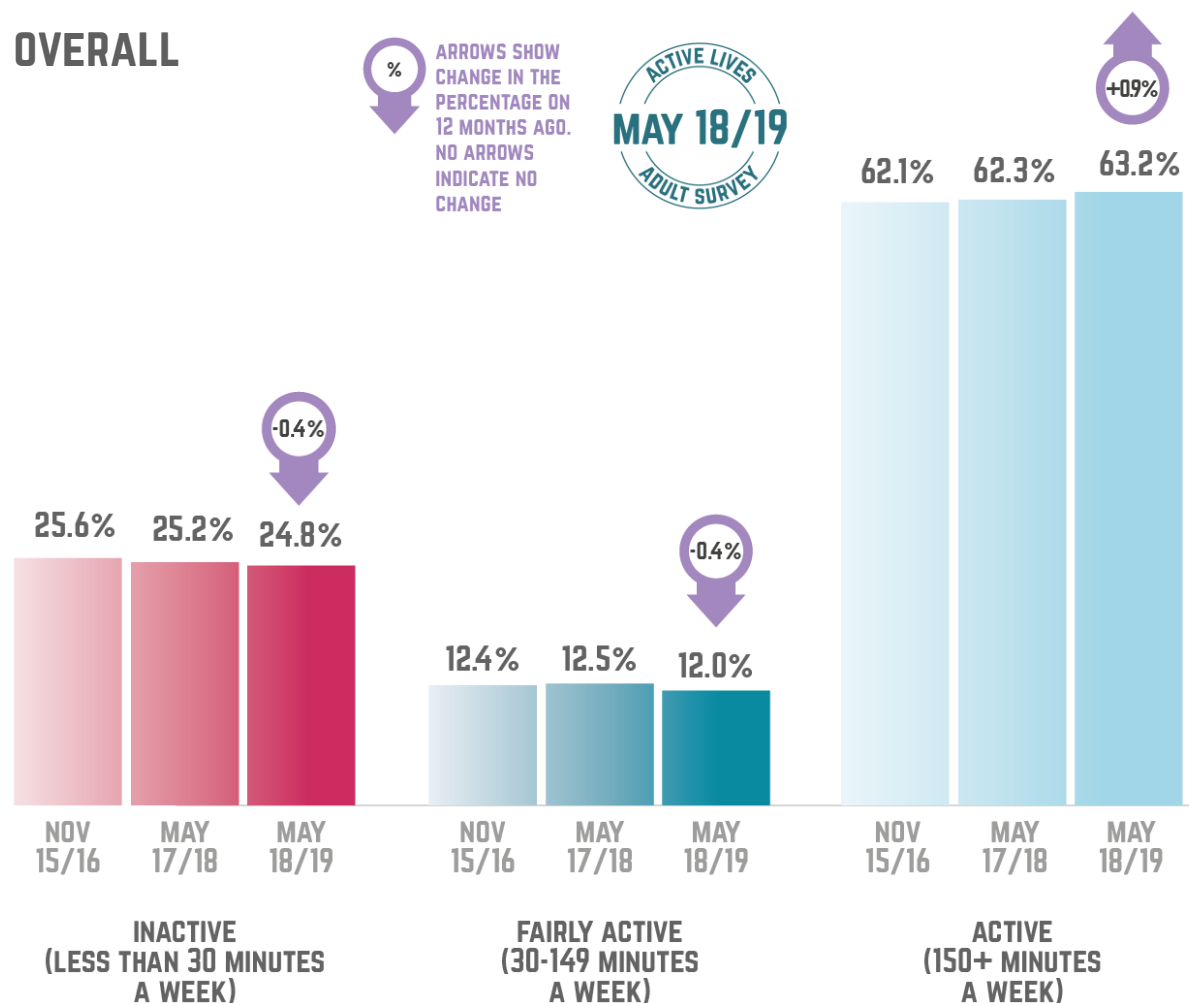
LEVELS OF ACTIVITY

SUMMARY OF CHANGE

The proportion of people reporting that they were active has increased by 0.9% over the past 12 months (an increase of 539,500 active adults in England). Since the start of our strategy period (Nov 15/16), there are 1,015,700 more active adults.

Inactivity has decreased by 122,900 over the past 12 months (-0.4%). Since the start of our strategy period there are 131,700 fewer inactive adults.

These improved results reflect both maintenance of those currently active and growth in overall activity levels across England. They have been driven by older adults (aged 55+), those with a disability or long term health condition and women.

OVERALL

% ARROWS SHOW CHANGE IN THE PERCENTAGE ON 12 MONTHS AGO. NO ARROWS INDICATE NO CHANGE

ACTIVE LIVES
MAY 18/19
ADULT SURVEY

INACTIVE (LESS THAN 30 MINUTES A WEEK)

NOV 15/16	MAY 17/18	MAY 18/19
25.6%	25.2%	24.8% (-0.4%)

FAIRLY ACTIVE (30-149 MINUTES A WEEK)

NOV 15/16	MAY 17/18	MAY 18/19
12.4%	12.5%	12.0% (-0.4%)

ACTIVE (150+ MINUTES A WEEK)

NOV 15/16	MAY 17/18	MAY 18/19
62.1%	62.3%	63.2% (+0.9%)

For details on how we measure change, see the notes pages.

LEVELS OF ACTIVITY

SPORT ENGLAND

ACTIVE LIVES
MAY 18/19
ADULT SURVEY

SUMMARY OF DEMOGRAPHIC DIFFERENCES

Our data shows there are significant inequalities:

1 GENDER
Men (65% or 14.4m) are more likely to be active than women (61% or 14.1m), with a gap of 313,600 between them (down 42,600 since the start of the strategy period).

65% **61%**
MALE FEMALE
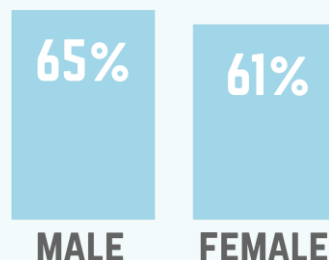
2 SOCIO-ECONOMIC GROUPS
Those in routine/semi-routine jobs and those who are long term unemployed or have never worked (NS-SEC 6-8), are the most likely to be inactive (33%) and the least likely to be active (54%).

72% **63%** **54%**
NS-SEC 1-2   NS-SEC 3-5   NS-SEC 6-8

3 AGE
Inactivity levels generally increase with age, with the sharpest increase coming at age 75+ (to 49%).

18% 21% 27% 49%
16-34 35-54 55-74 75+

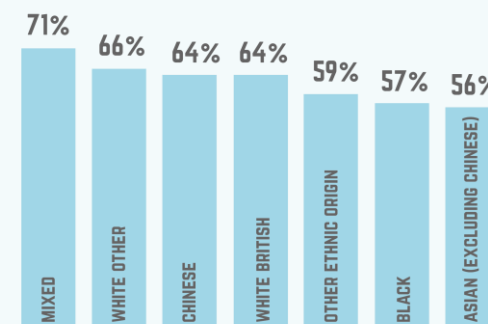**4 DISABILITY AND LONG TERM HEALTH CONDITIONS**
Inactivity is more common for disabled people or those with a long term health condition* (41%) than those without (20%). Furthermore, it increases sharply the more impairments an individual has – 49% of those with three or more impairments are inactive.
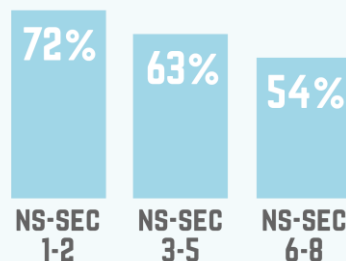
20% 41%
NO DISABILITY   DISABILITY

5 ETHNICITY
Activity levels are highest for Mixed (71%) and White Other (66%) adults, and lowest for Asian (excluding Chinese) (56%) and Black (57%) adults.

71% 66% 64% 64% 59% 57% 56%
MIXED WHITE OTHER CHINESE WHITE BRITISH OTHER ETHNIC ORIGIN BLACK ASIAN (EXCLUDING CHINESE)

LINK TO DATA TABLES ▶

* See our definitions page for the full definition of disability and long term health conditions.
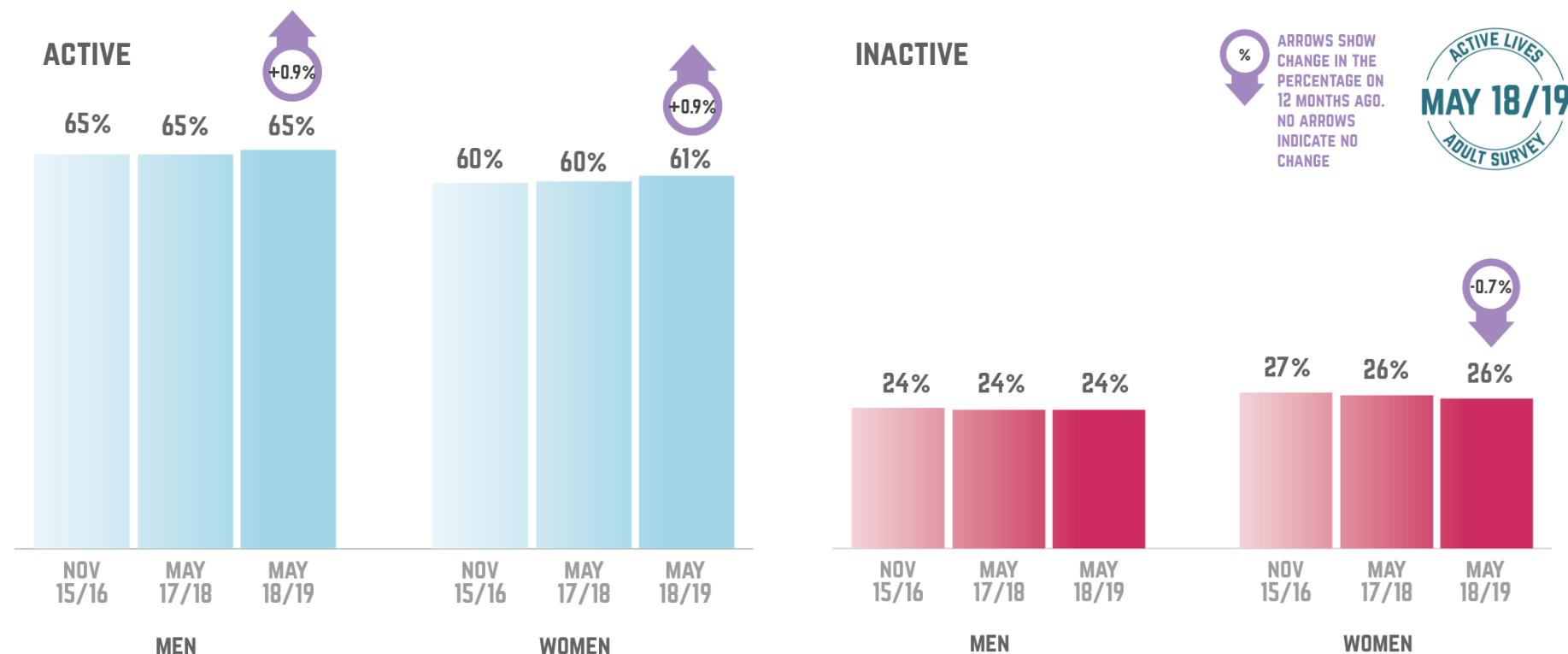
LEVELS OF ACTIVITY

GENDER

There has been an increase (0.9%) in the proportion of both men and women who are active, with an additional 250,600 men and 254,200 women taking part for 150 minutes or more a week compared to 12 months ago.

Additionally, there has been a decrease of 142,100 (0.7%) women who are inactive.

As a result, the gender gap for those who are active currently stands at 313,600 - down 42,600 since the start of the strategy period.

ACTIVE

MEN

NOV 15/16	MAY 17/18	MAY 18/19
65%	65%	65% +0.9%

WOMEN

NOV 15/16	MAY 17/18	MAY 18/19
60%	60%	61% +0.9%

INACTIVE

% ARROWS SHOW CHANGE IN THE PERCENTAGE ON 12 MONTHS AGO. NO ARROWS INDICATE NO CHANGE

ACTIVE LIVES **MAY 18/19** ADULT SURVEY

MEN

NOV 15/16	MAY 17/18	MAY 18/19
24%	24%	24%

WOMEN

| NOV 15/16	MAY 17/18	MAY 18/19
27%	26%	26% -0.7%

LINK TO DATA TABLES ▶

LEVELS OF ACTIVITY

SOCIO-ECONOMIC GROUPS

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

- People who are in routine/semi-routine jobs and those who are long term unemployed or have never worked (NS-SEC 6-8) are the most likely to be inactive (33%) and the least likely to be active (54%). This has not changed in the past 12 months.

- People who are in managerial, administrative and professional occupations (NS-SEC 1-2) are the least likely to be inactive (16%) and the most likely to be active (72%).
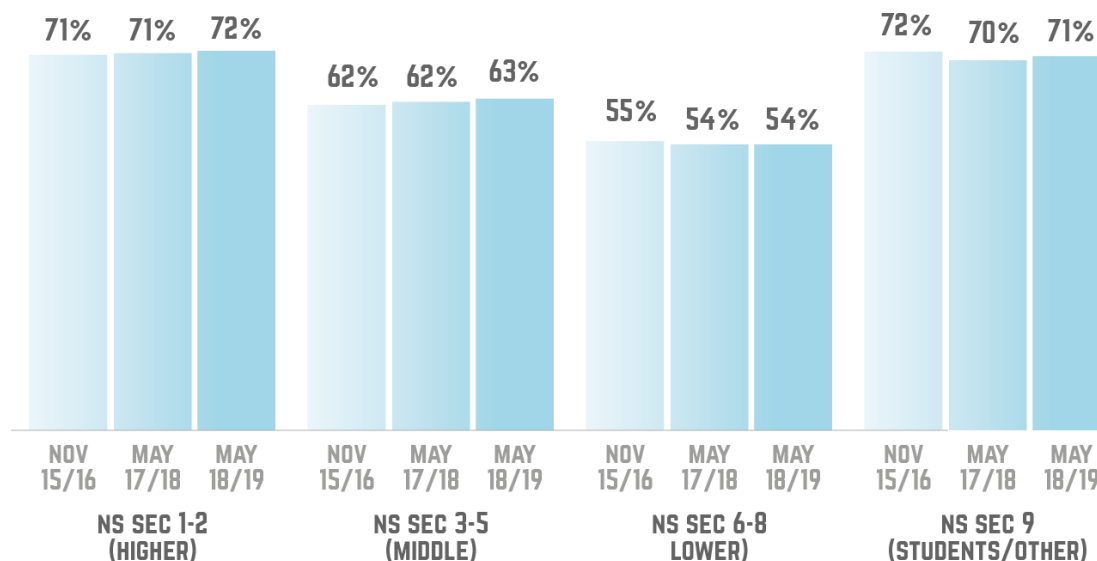
ACTIVE LIVES
MAY 18/19
ADULT SURVEY
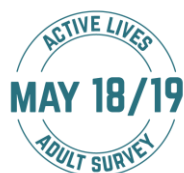
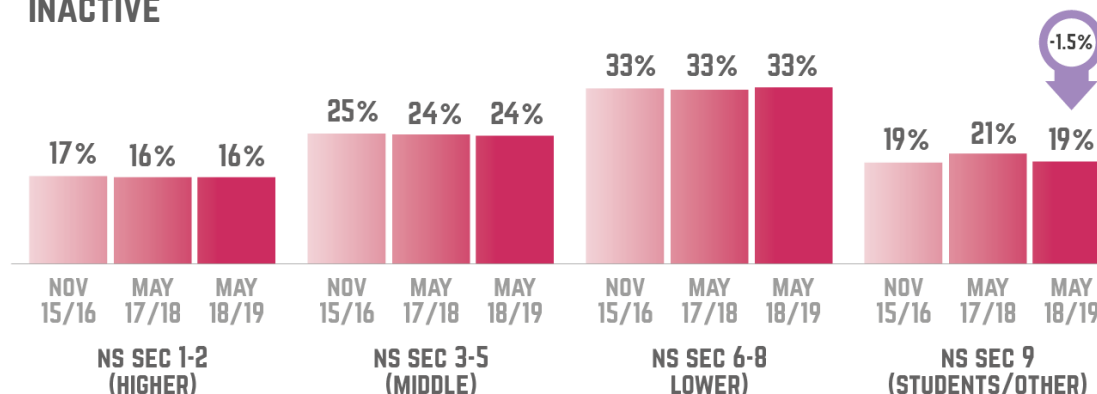% ARROWS SHOW CHANGE IN THE PERCENTAGE ON 12 MONTHS AGO. NO ARROWS INDICATE NO CHANGE

Note: NS-SEC classifications refer to ages 16-65 only. Full details of what the NS-SEC categories mean can be found on the definitions page.

LINK TO DATA TABLES ▶

ACTIVE

	NS SEC 1-2 (HIGHER)			NS SEC 3-5 (MIDDLE)			NS SEC 6-8 LOWER)			NS SEC 9 (STUDENTS/OTHER)		
	71%	71%	72%	62%	62%	63%	55%	54%	54%	72%	70%	71%
	NOV 15/16	MAY 17/18	MAY 18/19	NOV 15/16	MAY 17/18	MAY 18/19	NOV 15/16	MAY 17/18	MAY 18/19	NOV 15/16	MAY 17/18	MAY 18/19

INACTIVE

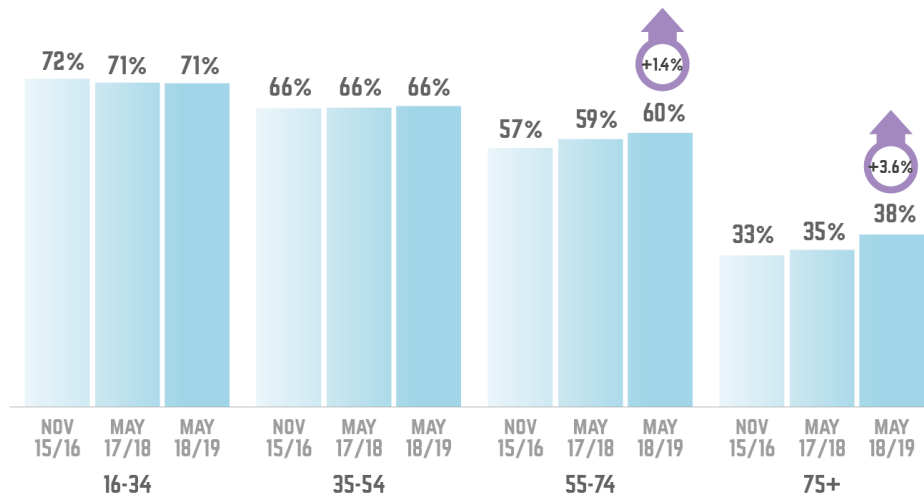|	NS SEC 1-2 (HIGHER)			NS SEC 3-5 (MIDDLE)			NS SEC 6-8 LOWER)			NS SEC 9 (STUDENTS/OTHER)		
	17%	16%	16%	25%	24%	24%	33%	33%	33%	19%	21%	19% (-1.5%)
	NOV 15/16	MAY 17/18	MAY 18/19	NOV 15/16	MAY 17/18	MAY 18/19	NOV 15/16	MAY 17/18	MAY 18/19	NOV 15/16	MAY 17/18	MAY 18/19

LEVELS OF ACTIVITY

AGE

Activity levels continue to increase amongst the 55-74 and 75+ age groups, with consolidation of previous gains and further increases compared to 12 months ago. Similarly, the proportion who are inactive has decreased for those aged 55+ compared to 12 months ago.
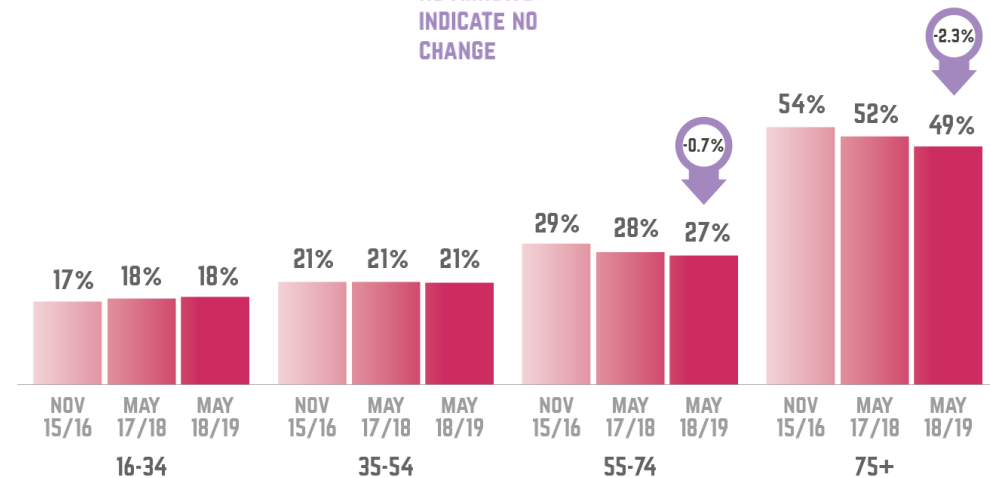
ACTIVE LIVES
MAY 18/19
ADULT SURVEY

ACTIVE

	NOV 15/16	MAY 17/18	MAY 18/19
16-34	72%	71%	71%
35-54	66%	66%	66%
55-74	57%	59%	60% (+1.4%)
75+	33%	35%	38% (+3.6%)

INACTIVE

% ARROWS SHOW CHANGE IN THE PERCENTAGE ON 12 MONTHS AGO. NO ARROWS INDICATE NO CHANGE

	NOV 15/16	MAY 17/18	MAY 18/19
16-34	17%	18%	18%
35-54	21%	21%	21%
55-74	29%	28%	27% (-0.7%)
75+	54%	52%	49% (-2.3%)

LEVELS OF ACTIVITY

% ARROWS SHOW CHANGE IN THE PERCENTAGE ON 12 MONTHS AGO. NO ARROWS INDICATE NO CHANGE

DISABILITY AND LONG TERM HEALTH CONDITIONS

There has been an increase in the proportion of disabled adults or those with a long term health condition who are active (+2.1%) and a decrease in those who are inactive (-1.4%) compared to 12 months ago.
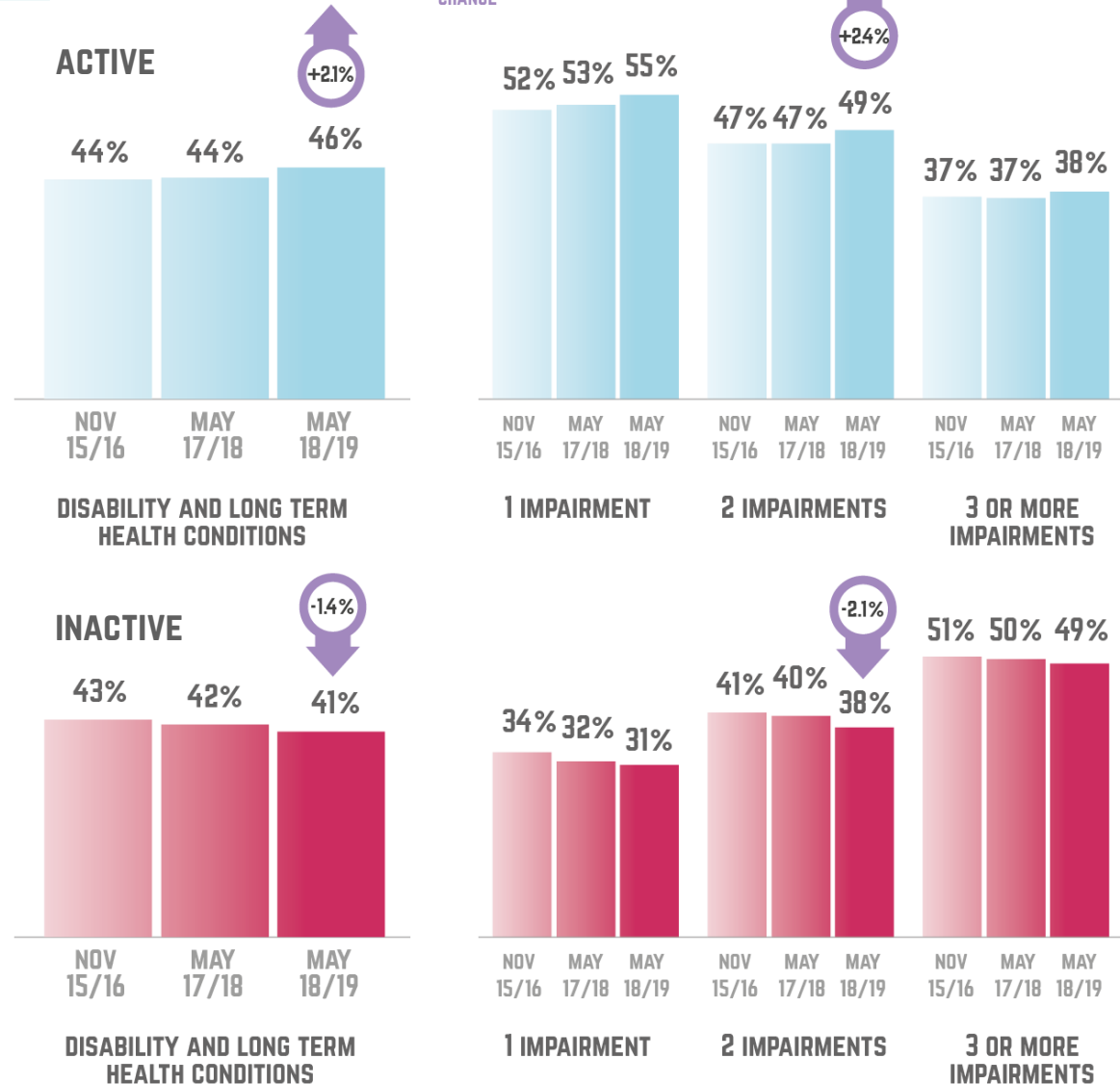
This was driven by adults with two impairments, with no change seen for those with three or more impairments.

Inactivity is more common for those with a disability or long term health condition (41%) than those without (20%).

ACTIVE +2.1%

44% 44% 46%

NOV 15/16 | MAY 17/18 | MAY 18/19

DISABILITY AND LONG TERM HEALTH CONDITIONS

52% 53% 55%
NOV 15/16 | MAY 17/18 | MAY 18/19
1 IMPAIRMENT

47% 47% 49% +2.4%
NOV 15/16 | MAY 17/18 | MAY 18/19
2 IMPAIRMENTS

37% 37% 38%
NOV 15/16 | MAY 17/18 | MAY 18/19
3 OR MORE IMPAIRMENTS

INACTIVE -1.4%

43% 42% 41%

NOV 15/16 | MAY 17/18 | MAY 18/19

DISABILITY AND LONG TERM HEALTH CONDITIONS

34% 32% 31%
NOV 15/16 | MAY 17/18 | MAY 18/19
1 IMPAIRMENT

41% 40% 38% -2.1%
NOV 15/16 | MAY 17/18 | MAY 18/19
2 IMPAIRMENTS

51% 50% 49%
NOV 15/16 | MAY 17/18 | MAY 18/19
3 OR MORE IMPAIRMENTS

LINK TO DATA TABLES ▶

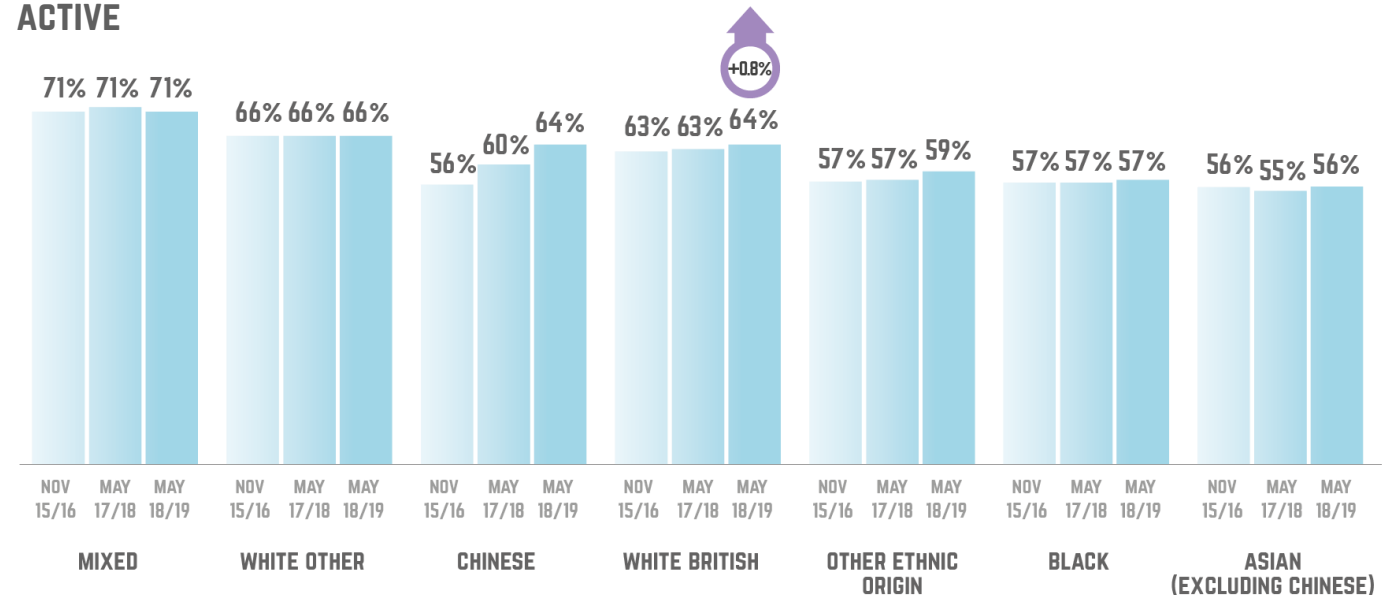ACTIVE LIVES **MAY 18/19** ADULT SURVEY

LEVELS OF ACTIVITY

ETHNICITY

We've seen only small fluctuations in the proportions who are active and inactive amongst the different ethnic groups.
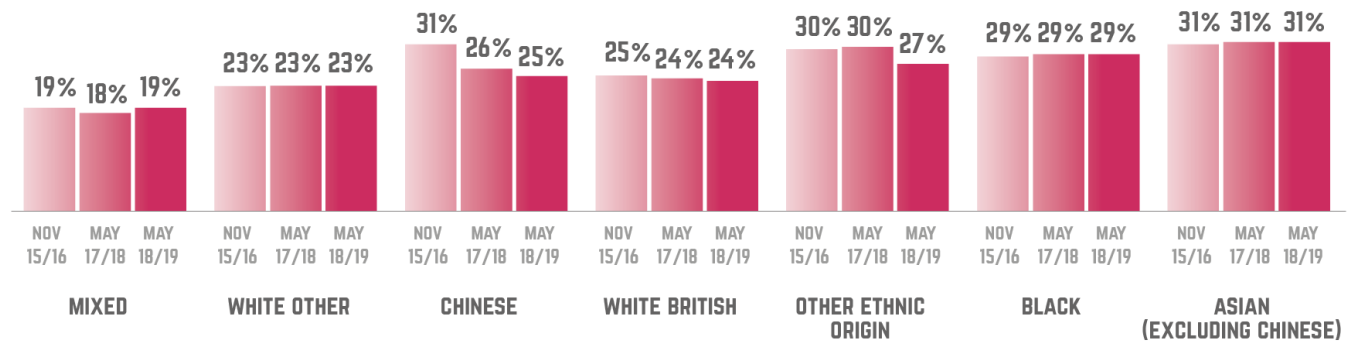
Mixed and White Other adults continue to have the highest activity levels, while Asian (excluding Chinese), and Black adults are the least likely to be active.

After White British, the largest ethnic groups within the English adult population are Asian (excluding Chinese) (6%) and White Other (5%). The Chinese and other ethnic group populations are much smaller (less than 1%), therefore caution should be applied when looking at change for these groups.

ACTIVE

	NOV 15/16	MAY 17/18	MAY 18/19
MIXED	71%	71%	71%
WHITE OTHER	66%	66%	66%
CHINESE	56%	60%	64%
WHITE BRITISH	63%	63%	64% (+0.8%)
OTHER ETHNIC ORIGIN	57%	57%	59%
BLACK	57%	57%	57%
ASIAN (EXCLUDING CHINESE)	56%	55%	56%

INACTIVE

	NOV 15/16	MAY 17/18	MAY 18/19
MIXED	19%	18%	19%
WHITE OTHER	23%	23%	23%
CHINESE	31%	26%	25%
WHITE BRITISH	25%	24%	24%
OTHER ETHNIC ORIGIN	30%	30%	27%
BLACK	29%	29%	29%
ASIAN (EXCLUDING CHINESE)	31%	31%	31%

LINK TO DATA TABLES ▶

TYPES OF ACTIVITY

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THIS CHAPTER PRESENTS DATA BROKEN DOWN BY ACTIVITY GROUP AND LOOKS AT THOSE WHO HAVE PARTICIPATED AT LEAST TWICE IN THE LAST 28 DAYS.

LINK TO DATA TABLES ▶

PARTICIPATION – OUR DEFINITION

LOOKING AT PARTICIPATION AT LEAST TWICE IN THE LAST 28 DAYS PROVIDES:

- AN ENTRY LEVEL VIEW OF PARTICIPATION OVERALL
- A USEFUL MEASURE OF ENGAGEMENT IN DIFFERENT SPORTS AND PHYSICAL ACTIVITIES
- AN UNDERSTANDING OF THE CONTRIBUTION OF ACTIVITIES TO ACHIEVING 150+ MINUTES A WEEK

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

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

AT LEAST MODERATE INTENSITY

TYPES OF ACTIVITY

ADULTS ACHIEVING 150+ MINUTES OF ACTIVITY A WEEK DO SO THROUGH A BLEND OF ACTIVITIES
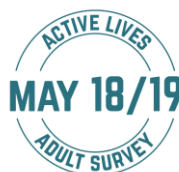
Analysis of the number of people engaging in activities at least twice in the last 28 days helps us understand the contribution of different activities to overall levels of activity.

The overall growth in numbers has been driven by increases in walking and adventure sports (a category which includes hill and mountain walking, climbing and orienteering). Fitness activities are also a big contributor.

Swimming activities are unchanged over the three-year period, despite a small increase over the last 12 months.
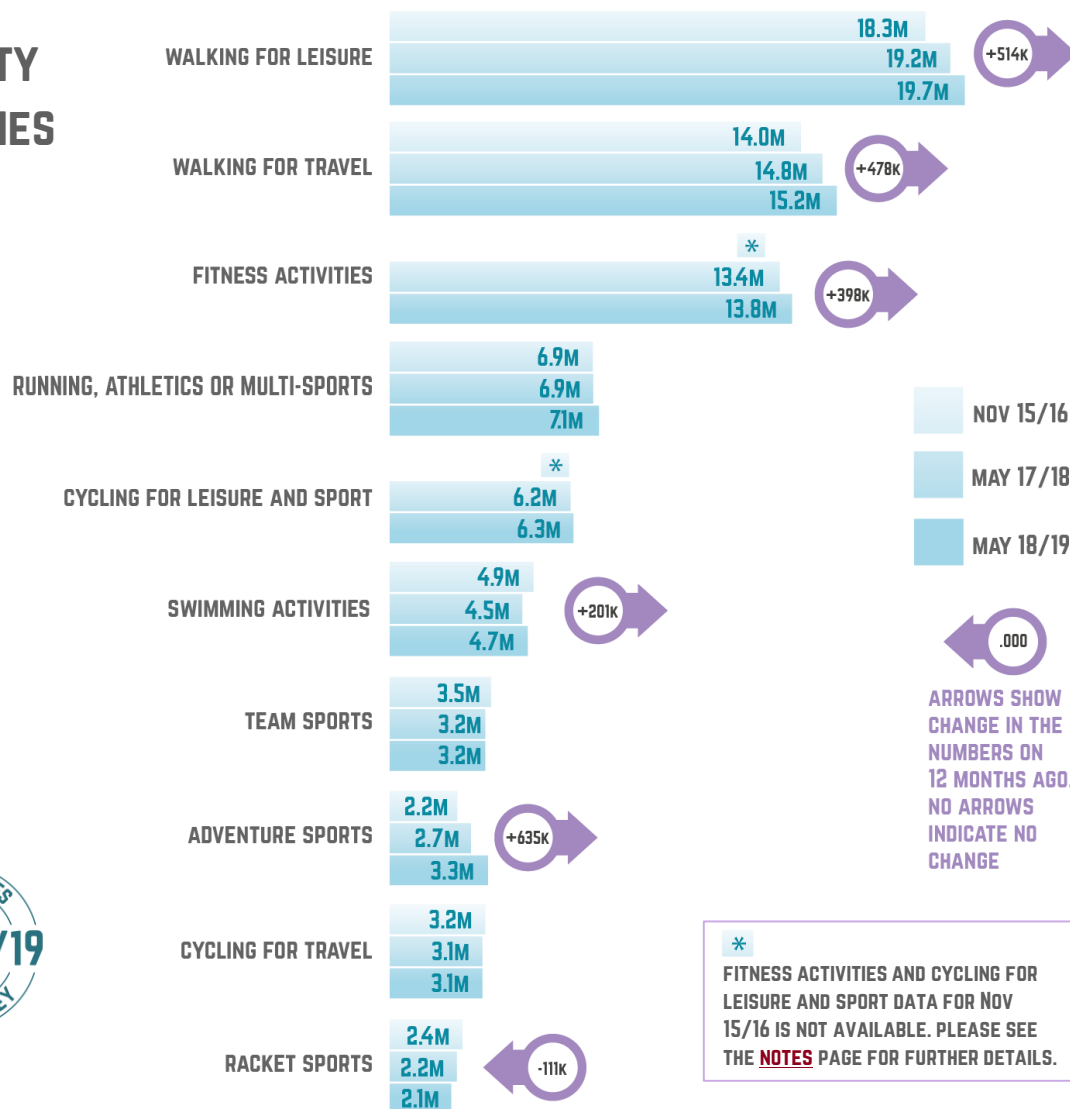
There are fewer people playing racket sports.

TAKEN PART AT LEAST TWICE IN THE LAST 28 DAYS (AGE 16+) FOR SELECTED ACTIVITY GROUPS

ACTIVE LIVES
MAY 18/19
ADULT SURVEY

LINK TO DATA TABLES ▶

ACTIVITIES

Activity	Nov 15/16	May 17/18	May 18/19	Change
WALKING FOR LEISURE	18.3M	19.2M	19.7M	+514K
WALKING FOR TRAVEL	14.0M	14.8M	15.2M	+478K
FITNESS ACTIVITIES	*	13.4M	13.8M	+398K
RUNNING, ATHLETICS OR MULTI-SPORTS	6.9M	6.9M	7.1M	
CYCLING FOR LEISURE AND SPORT	*	6.2M	6.3M	
SWIMMING ACTIVITIES	4.9M	4.5M	4.7M	+201K
TEAM SPORTS	3.5M	3.2M	3.2M	
ADVENTURE SPORTS	2.2M	2.7M	3.3M	+635K
CYCLING FOR TRAVEL	3.2M	3.1M	3.1M	
RACKET SPORTS	2.4M	2.2M	2.1M	-111K

NOV 15/16
MAY 17/18
MAY 18/19

.000

ARROWS SHOW CHANGE IN THE NUMBERS ON 12 MONTHS AGO. NO ARROWS INDICATE NO CHANGE

* FITNESS ACTIVITIES AND CYCLING FOR LEISURE AND SPORT DATA FOR NOV 15/16 IS NOT AVAILABLE. PLEASE SEE THE NOTES PAGE FOR FURTHER DETAILS.

VOLUNTEERING

AT LEAST TWICE IN THE LAST 12 MONTHS

A volunteer makes all the difference. And volunteering benefits both the volunteer and the person receiving the support. Whether it's serving refreshments, coaching a player or assisting people with disabilities to take part, the sport and activity sector needs people to give their time.

DEFINITION

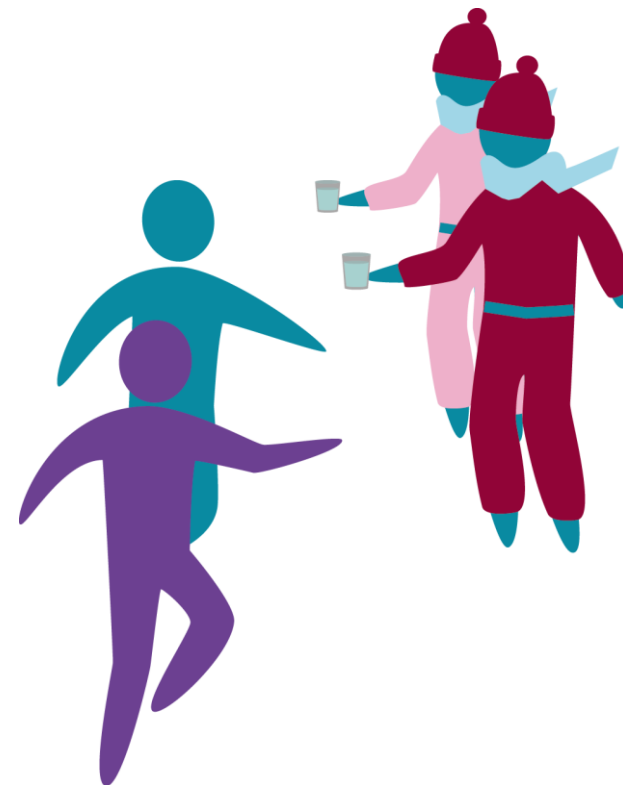SPORT ENGLAND

WE COUNT A PERSON AS HAVING VOLUNTEERED IF:

THEY HAVE TAKEN PART IN A VOLUNTEERING ROLE TO SUPPORT SPORT/PHYSICAL ACTIVITY

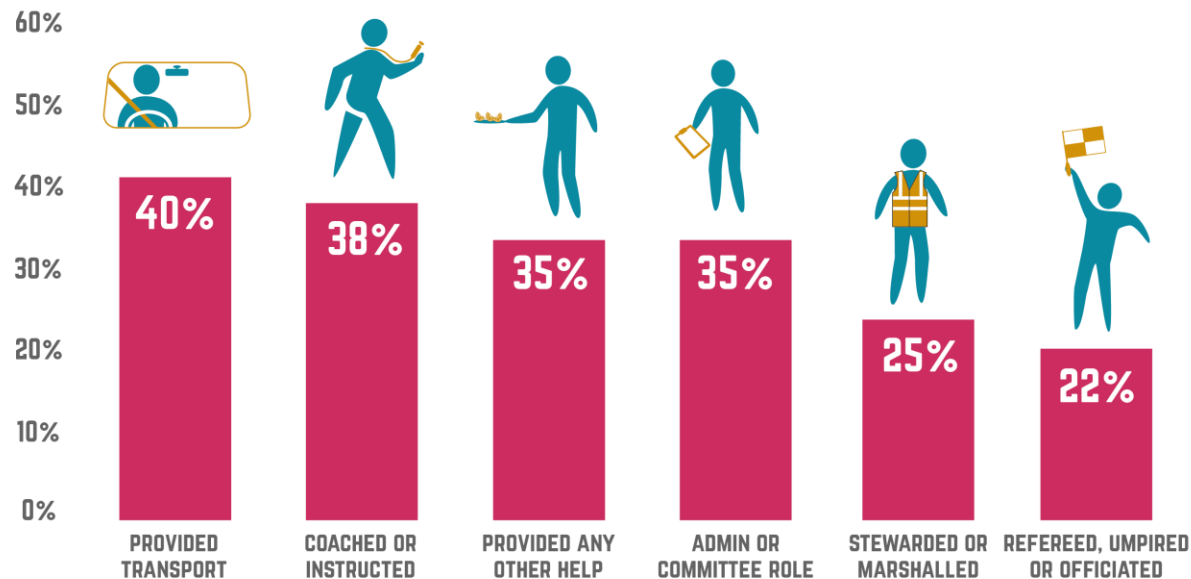(A full list of roles can be found in our definitions at the end of this report on page 28).

+

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

VOLUNTEERING

HEADLINES

Our data shows that 14% of adults (6.2m) are giving their time to support sport and physical activity. Many undertake more than one role, with providing transport and coaching being the most common.

ACTIVE LIVES
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ROLES UNDERTAKEN AMONG ADULTS (AGED 16+) WHO VOLUNTEERED AT LEAST TWICE IN THE LAST YEAR (MAY 18/19)

Role	Percentage
PROVIDED TRANSPORT	40%
COACHED OR INSTRUCTED	38%
PROVIDED ANY OTHER HELP	35%
ADMIN OR COMMITTEE ROLE	35%
STEWARDED OR MARSHALLED	25%
REFEREED, UMPIRED OR OFFICIATED	22%

14%

6.2M ADULTS VOLUNTEERED

AT LEAST TWICE IN THE LAST YEAR TO SUPPORT SPORT AND PHYSICAL ACTIVITY
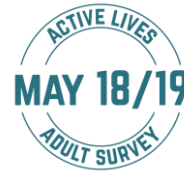
LINK TO DATA TABLES ▶

VOLUNTEERING

SUMMARY OF CHANGE

Volunteering levels remain unchanged in the past 12 months. This indicates stabilisation following the drops seen during the previous 12 months.
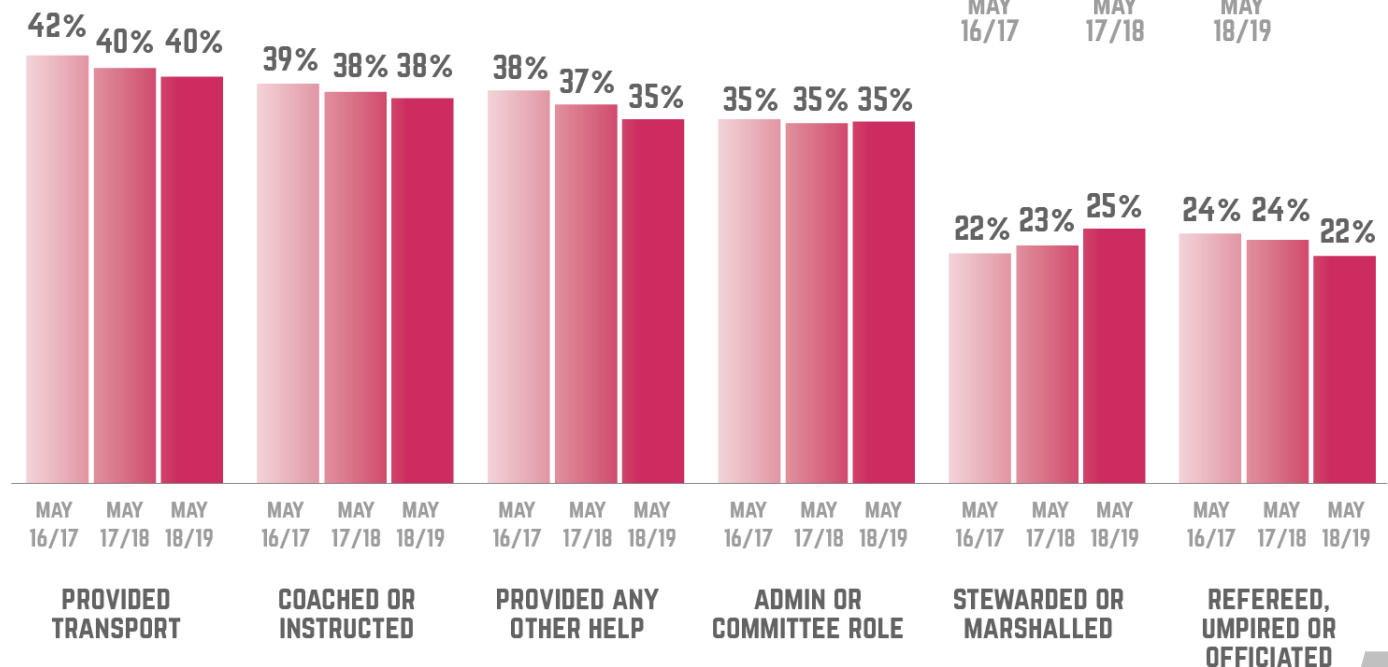
Within this there have also been no changes in the distribution of roles that volunteers undertake.

ACTIVE LIVES
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VOLUNTEERING LEVELS

- 15% — MAY 16/17
- 14% — MAY 17/18
- 14% — MAY 18/19

VOLUNTEERING ROLES

PROVIDED TRANSPORT
- 42% — MAY 16/17
- 40% — MAY 17/18
- 40% — MAY 18/19

COACHED OR INSTRUCTED
- 39% — MAY 16/17
- 38% — MAY 17/18
- 38% — MAY 18/19

PROVIDED ANY OTHER HELP
- 38% — MAY 16/17
- 37% — MAY 17/18
- 35% — MAY 18/19

ADMIN OR COMMITTEE ROLE
- 35% — MAY 16/17
- 35% — MAY 17/18
- 35% — MAY 18/19

STEWARDED OR MARSHALLED
- 22% — MAY 16/17
- 23% — MAY 17/18
- 25% — MAY 18/19

REFEREED, UMPIRED OR OFFICIATED
- 24% — MAY 16/17
- 24% — MAY 17/18
- 22% — MAY 18/19
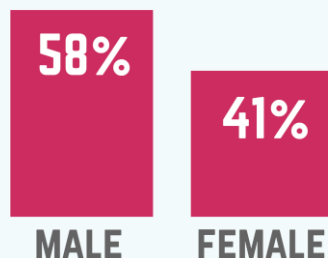
LINK TO DATA TABLES ▶

VOLUNTEERING

SUMMARY OF DEMOGRAPHIC PROFILE

Our data shows there are significant inequalities:

1 GENDER
Men are more likely to volunteer to support sport than women, comprising 58% of all volunteers.

58% **MALE**   41% **FEMALE**

2 SOCIO-ECONOMIC GROUPS
People from lower socio-economic backgrounds (NS-SEC 6-8) are under-represented in volunteering, comprising just 11% of all sport volunteers but 31% of the adult population.

31% POPULATION   11% MAY 18/19

NS-SEC 6-8
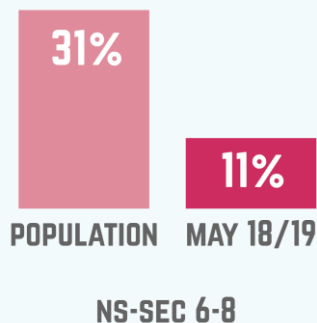
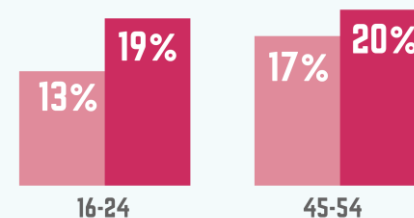**3 AGE**
Volunteering is more popular among two key age groups: those aged 16-24 and those in the 45-54 bracket. Combined, these groups account for 39% of all volunteers (but only 30% of the population).
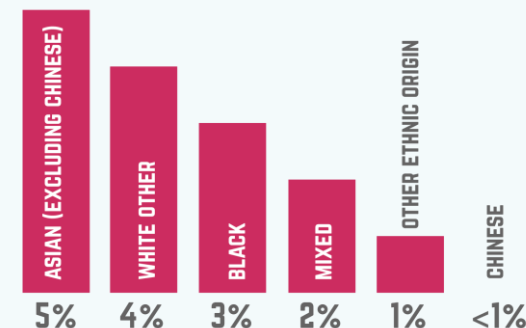
13% 19% **16-24**   17% 20% **45-54**

4 DISABILITY AND LONG TERM HEALTH CONDITIONS
Disabled people or those with a long term health condition* account for 13% of volunteers, despite accounting for 21% of the population as a whole.

21% **POPULATION**   13% **MAY 18/19**
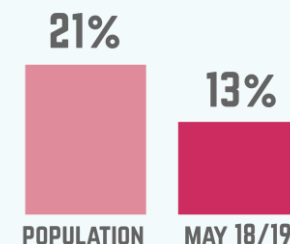
5 ETHNICITY
The volunteer profile across ethnic groups is generally reflective of the wider population. For instance, Asian (excluding Chinese) women are under-represented.

ASIAN (EXCLUDING CHINESE) WHITE OTHER BLACK MIXED OTHER ETHNIC ORIGIN CHINESE
5% 4% 3% 2% 1% <1%

LINK TO DATA TABLES ▶   * See our definitions page for the full definition of disability and long term health conditions.
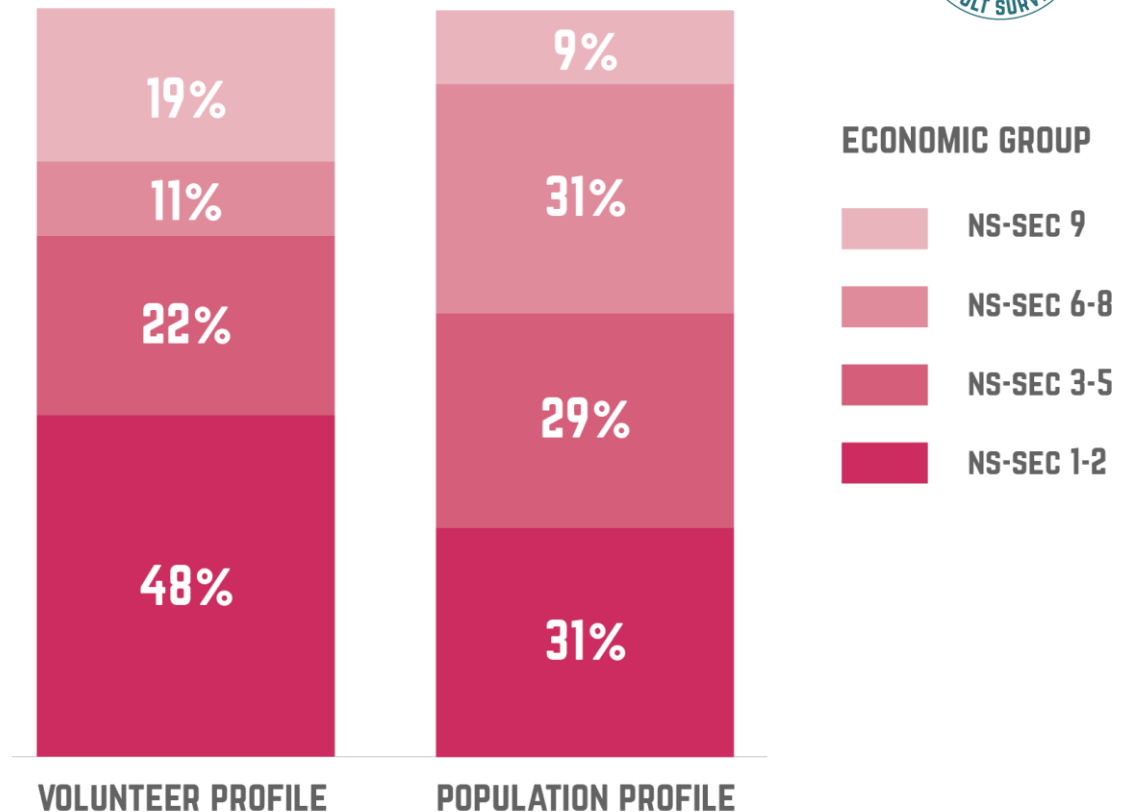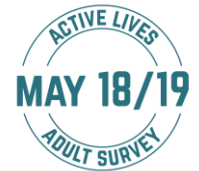
VOLUNTEERING

SOCIO-ECONOMIC PROFILE

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

People from lower socio-economic backgrounds (NS-SEC 6-8) remain under-represented in volunteering – comprising just 11% of all sport volunteers but 31% of the adult population.

Students and other (NS SEC 9) are also over-represented amongst volunteers.

There have been no changes in the shares of volunteers for any socio-economic group compared to 12 months ago.

PROFILE OF ADULTS (AGED 16-74) WHO VOLUNTEERED AT LEAST TWICE IN THE LAST YEAR (MAY 18/19)

ACTIVE LIVES
MAY 18/19
ADULT SURVEY

ECONOMIC GROUP

- NS-SEC 9
- NS-SEC 6-8
- NS-SEC 3-5
- NS-SEC 1-2

VOLUNTEER PROFILE
- 19%
- 11%
- 22%
- 48%

POPULATION PROFILE
- 9%
- 31%
- 29%
- 31%

LINK TO DATA TABLES ▶

Note: Details of the NS-SEC categories can be found on the definitions page.
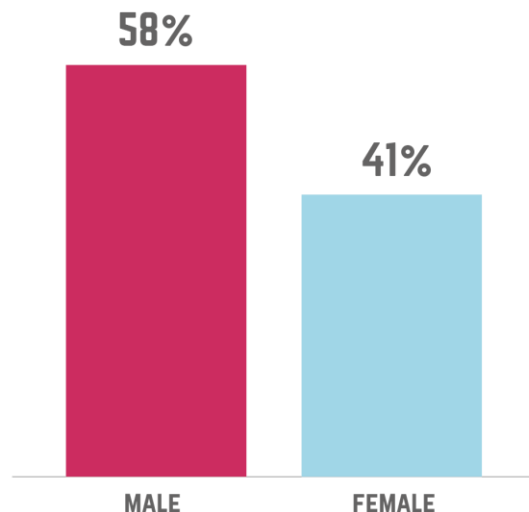
18

VOLUNTEERING

GENDER PROFILE

Men are more likely to volunteer to support sport than women, comprising 58% of all volunteers.

The profile of volunteering by gender remains unchanged compared to 12 months ago.
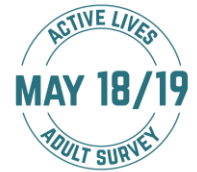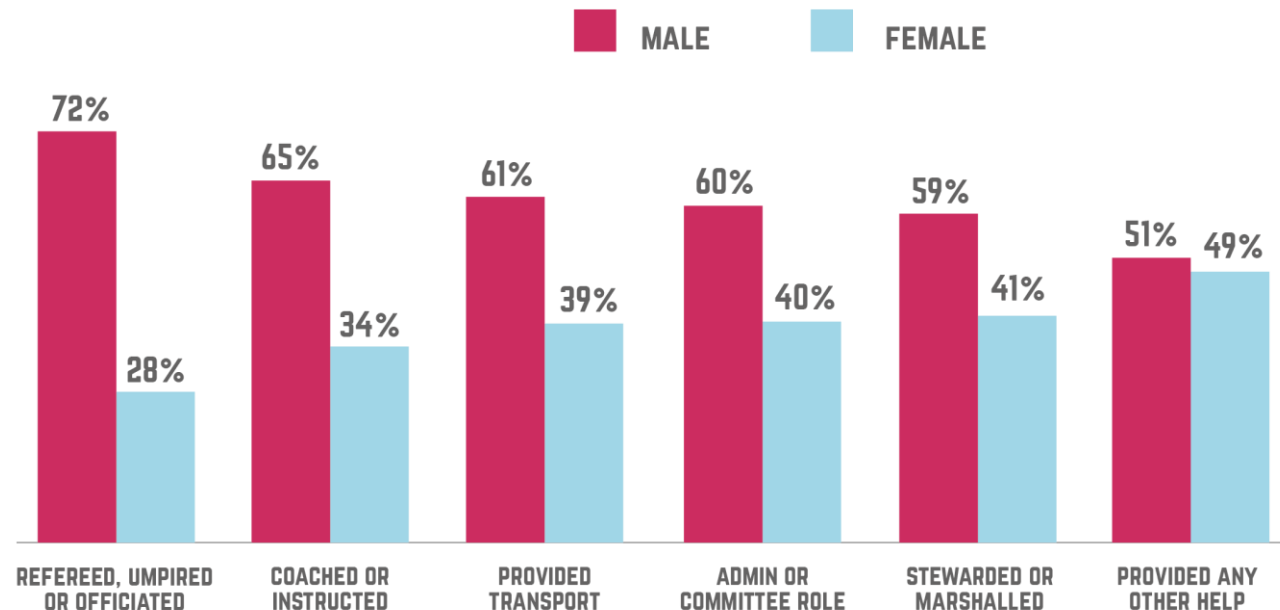
Differences between men and women are particularly pronounced in certain volunteering roles, such as referees, officials, umpires and coaches.

This is unchanged compared to 12 months ago.

ACTIVE LIVES MAY 18/19 ADULT SURVEY

PROFILE OF ADULTS (AGED 16+) WHO VOLUNTEERED AT LEAST TWICE IN THE LAST YEAR (MAY 18/19)

MALE	FEMALE
58%	41%

PROFILE OF ROLES UNDERTAKEN AMONGST ADULTS (AGED 16+) WHO HAVE VOLUNTEERED AT LEAST TWICE IN THE LAST YEAR (MAY 18/19)

Legend: ■ MALE ■ FEMALE

	REFEREED, UMPIRED OR OFFICIATED	COACHED OR INSTRUCTED	PROVIDED TRANSPORT	ADMIN OR COMMITTEE ROLE	STEWARDED OR MARSHALLED	PROVIDED ANY OTHER HELP
MALE	72%	65%	61%	60%	59%	51%
FEMALE	28%	34%	39%	40%	41%	49%

LINK TO DATA TABLES ▶
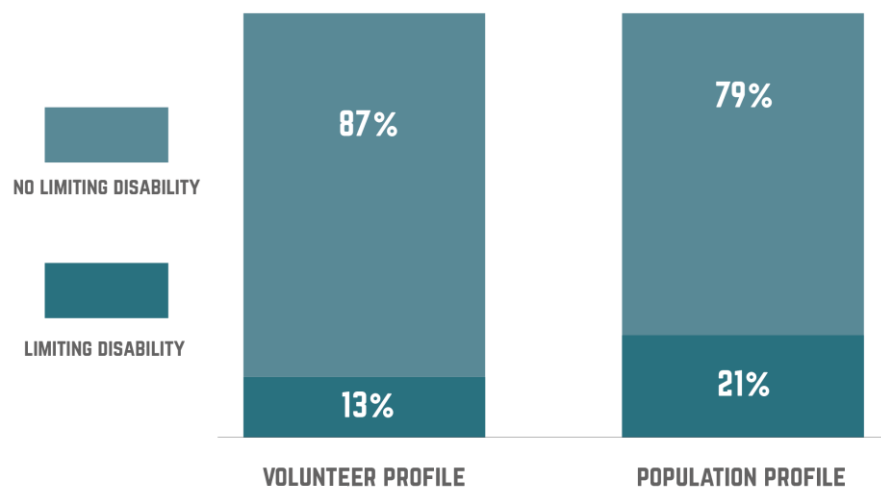
VOLUNTEERING

SPORT ENGLAND

DISABILITY OR LONG TERM HEALTH CONDITIONS PROFILE

People with a disability or health condition* account for 13% of volunteers, despite accounting for 21% of the population as a whole (see graph 1). This is unchanged compared to 12 months ago.

Of these volunteers, 35% have three or more impairments, compared to over half of all people with a disability (see graph 2), so those with multiple impairments are even less likely to be volunteers. This proportion has fallen over the last 12 months (from 41%).

With 11% of volunteer coaches, referees and stewards having a disability, some volunteer roles are even more under-represented by people with a disability (see graph 3).
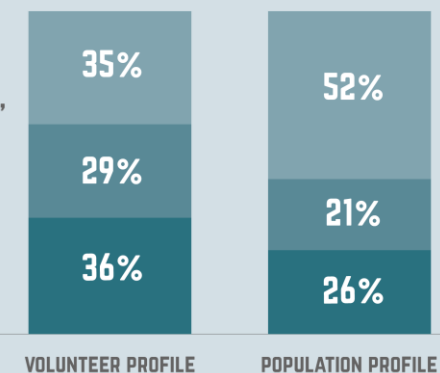
2

BREAKDOWN OF VOLUNTEERS WITH A DISABILITY OR LONG TERM HEALTH CONDITION, BY NUMBER OF IMPAIRMENTS

- 3+ IMPAIRMENTS
- 2 IMPAIRMENTS
- 1 IMPAIRMENT

VOLUNTEER PROFILE: 35%, 29%, 36%
POPULATION PROFILE: 52%, 21%, 26%

1 PROFILE OF ADULTS (AGED 16+) WHO VOLUNTEERED AT LEAST TWICE IN THE LAST YEAR (MAY 18/19)

NO LIMITING DISABILITY

LIMITING DISABILITY

VOLUNTEER PROFILE: 87%, 13%
POPULATION PROFILE: 79%, 21%

3 PROPORTION OF VOLUNTEERS IN EACH ROLE WHO HAVE A DISABILITY OR LONG TERM HEALTH CONDITION

LIMITING DISABILITY

- PROVIDED ANY OTHER HELP: 15%
- ADMIN OR COMMITTEE ROLE: 13%
- PROVIDED TRANSPORT: 12%
- STEWARDED OR MARSHALLED: 11%
- COACHED OR INSTRUCTED: 11%
- REFEREED, UMPIRED OR OFFICIATED: 11%

LINK TO DATA TABLES ▶
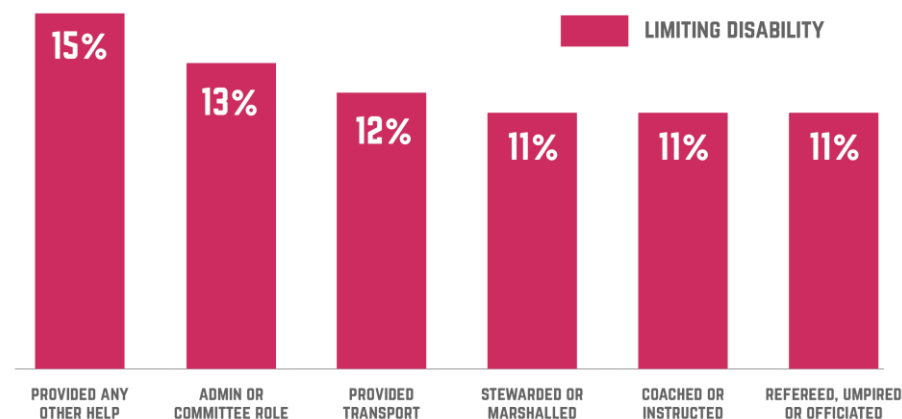
* See our definitions page for the full definition of disability.

VOLUNTEERING

AGE PROFILE

Volunteering is more popular among two key age groups: those aged 16-24 and those in the 45-54 bracket. Combined, these groups account for 39% of all volunteers (but only 30% of the population).

The younger age group is more likely to referee or coach, whereas the 45-54 group are the most likely to provide transport or act as a steward or marshal.

The profile is unchanged compared to 12 months ago.

PROFILE OF ADULTS (AGED 16+) WHO VOLUNTEERED AT LEAST TWICE IN THE LAST YEAR (MAY 18/19)

ACTIVE LIVES
MAY 18/19
ADULT SURVEY

VOLUNTEERING BY AGE

| 16-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | 75-84 | 85+ |

POPULATION PROFILE

| 13% | 17% | 16% | 17% | 14% | 12% | 7% | 3% |

VOLUNTEER PROFILE

| 19% | 13% | 16% | 20% | 12% | 12% | 7% | 1% |

LINK TO DATA TABLES ▶

21
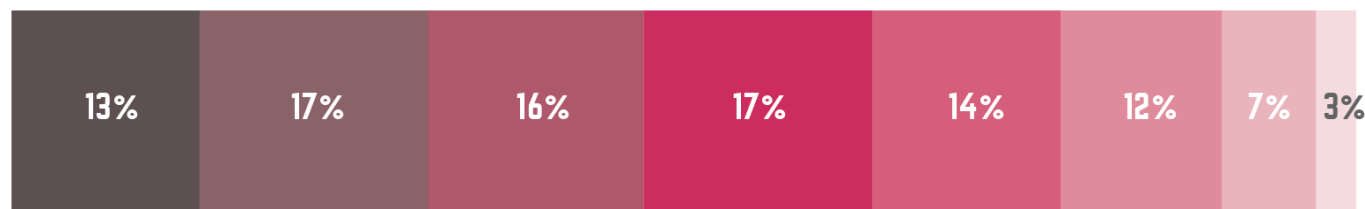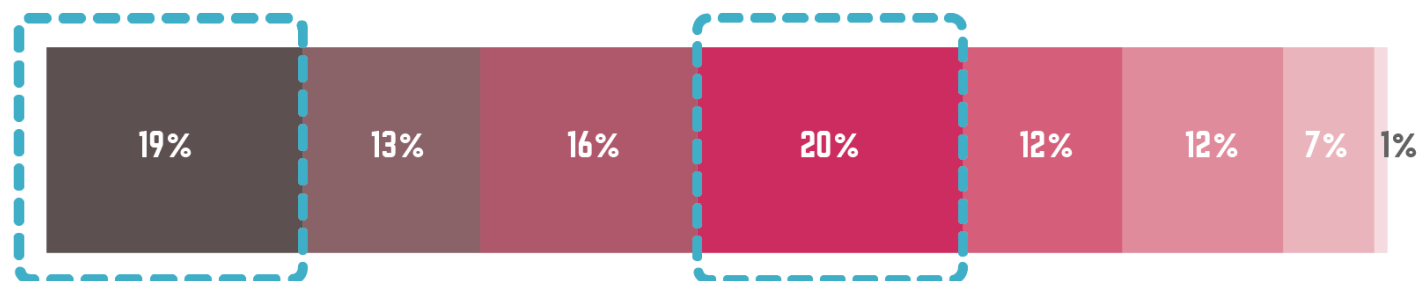
VOLUNTEERING

ETHNICITY PROFILE

The volunteer profile across ethnic groups is generally reflective of the wider population, with only a slight over-representation amongst people from White British backgrounds. This is unchanged compared to 12 months ago.

However, there are inequalities within sub-groups. For instance, females from Asian (excluding Chinese) backgrounds are under-represented, accounting for 6% of the female population but just 4% of female volunteers.

PROFILE OF ADULTS (AGED 16+) WHO VOLUNTEERED AT LEAST TWICE IN THE LAST YEAR (MAY 18/19)

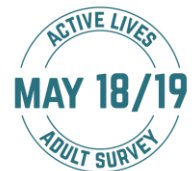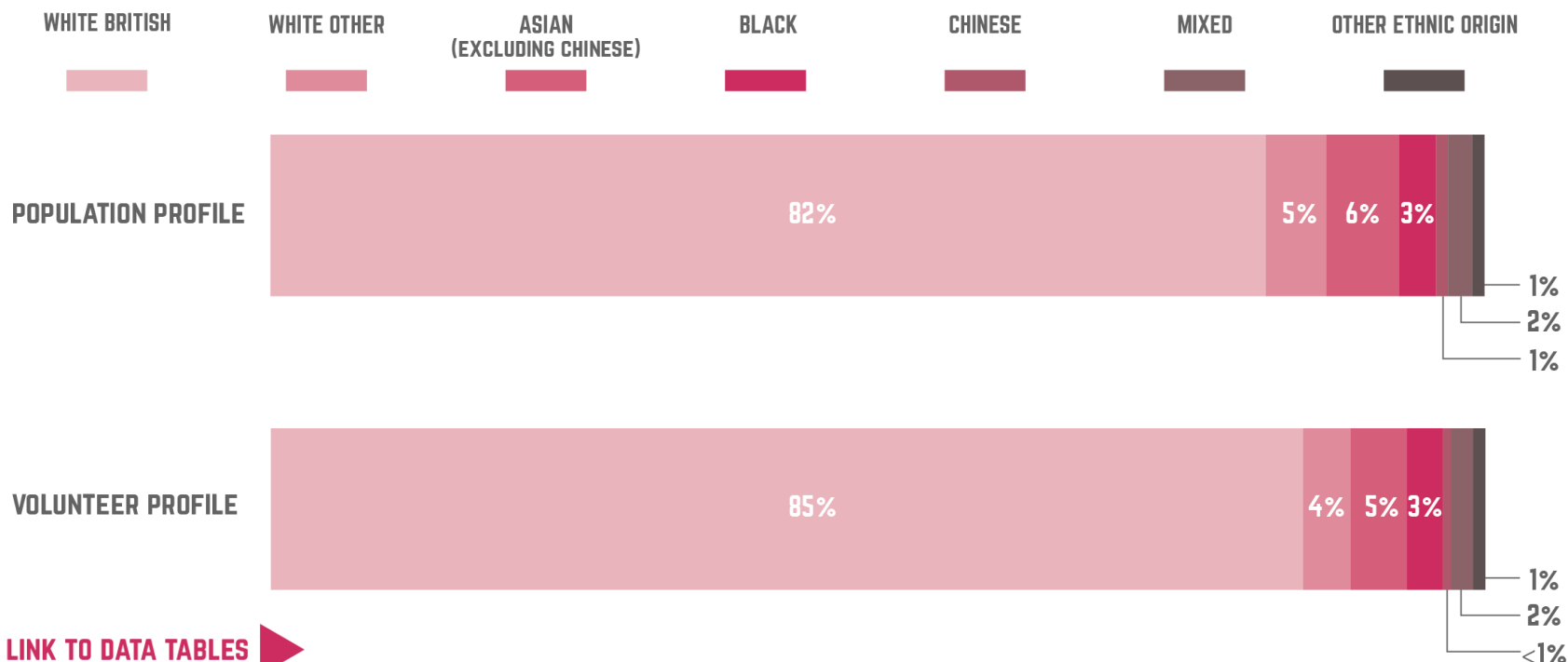| WHITE BRITISH | WHITE OTHER | ASIAN (EXCLUDING CHINESE) | BLACK | CHINESE | MIXED | OTHER ETHNIC ORIGIN |

ACTIVE LIVES
MAY 18/19
ADULT SURVEY

POPULATION PROFILE

82% | 5% | 6% | 3% | 1% | 2% | 1%

VOLUNTEER PROFILE

85% | 4% | 5% | 3% | 1% | 2% | <1%

LINK TO DATA TABLES ▶

22

SPORTING FUTURE OUTCOMES

....

Sport and physical activity – and volunteering to support it – has the power to improve lives.

In addition to capturing the behaviour of adults when it comes to sport and physical activity, Active Lives also captures data designed to better understand impact against four of the five social outcomes identified within the government's sport and physical activity strategy – *Sporting Future*.
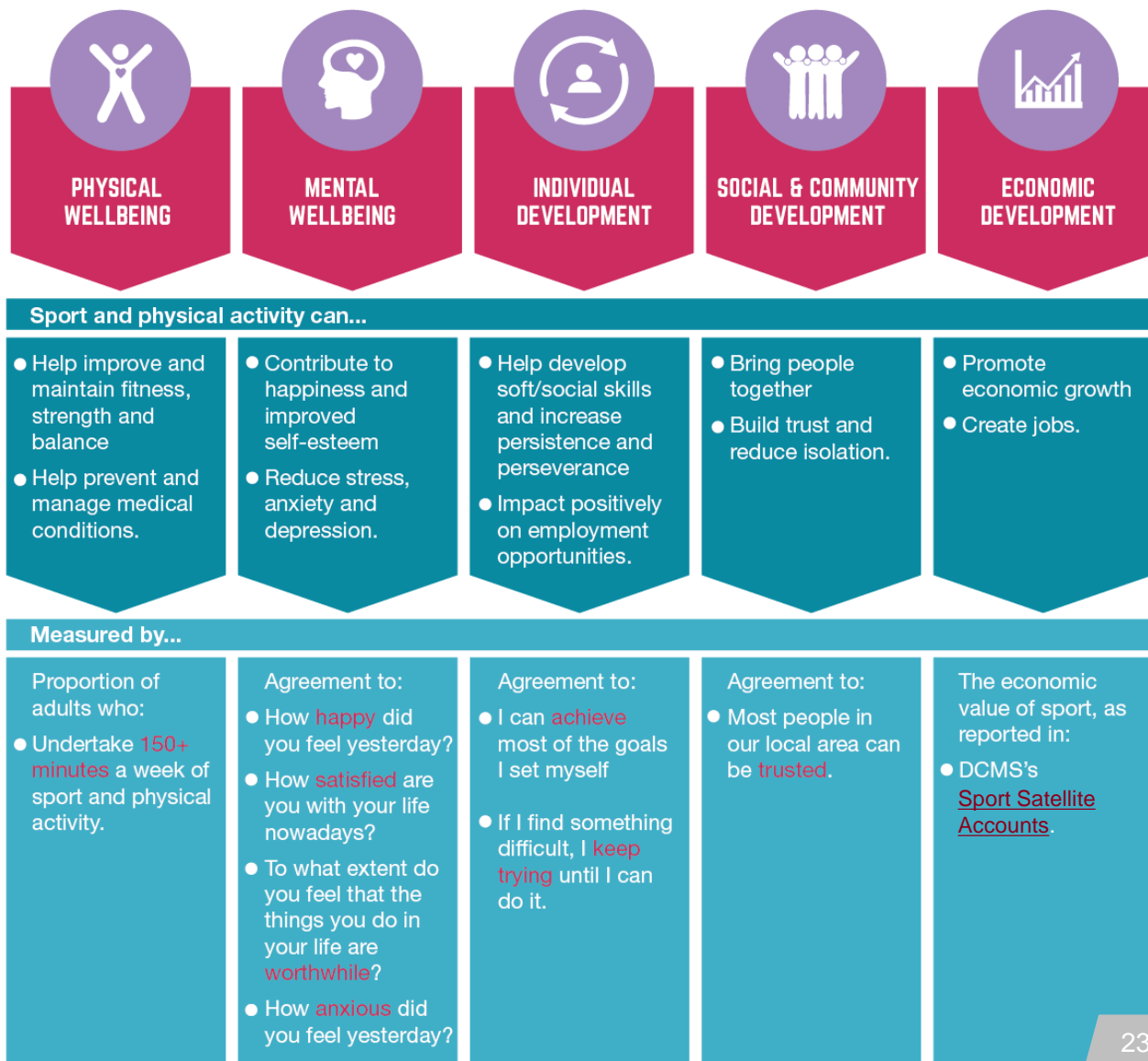
Chapter one of this report covered the first of those outcomes – physical wellbeing. This chapter will focus on mental wellbeing, individual development and social & community development.

For further details on the outcomes, see our evidence review.

LINK TO DATA TABLES ▶

UNDERSTANDING THE OUTCOMES

SPORT ENGLAND

PHYSICAL WELLBEING	MENTAL WELLBEING	INDIVIDUAL DEVELOPMENT	SOCIAL & COMMUNITY DEVELOPMENT	ECONOMIC DEVELOPMENT

Sport and physical activity can...

PHYSICAL WELLBEING	MENTAL WELLBEING	INDIVIDUAL DEVELOPMENT	SOCIAL & COMMUNITY DEVELOPMENT	ECONOMIC DEVELOPMENT
• Help improve and maintain fitness, strength and balance • Help prevent and manage medical conditions.	• Contribute to happiness and improved self-esteem • Reduce stress, anxiety and depression.	• Help develop soft/social skills and increase persistence and perseverance • Impact positively on employment opportunities.	• Bring people together • Build trust and reduce isolation.	• Promote economic growth • Create jobs.

Measured by...

PHYSICAL WELLBEING	MENTAL WELLBEING	INDIVIDUAL DEVELOPMENT	SOCIAL & COMMUNITY DEVELOPMENT	ECONOMIC DEVELOPMENT
Proportion of adults who: • Undertake 150+ minutes a week of sport and physical activity.	Agreement to: • How happy did you feel yesterday? • How satisfied are you with your life nowadays? • To what extent do you feel that the things you do in your life are worthwhile? • How anxious did you feel yesterday?	Agreement to: • I can achieve most of the goals I set myself • If I find something difficult, I keep trying until I can do it.	Agreement to: • Most people in our local area can be trusted.	The economic value of sport, as reported in: • DCMS's Sport Satellite Accounts.

WELLBEING, INDIVIDUAL AND COMMUNITY DEVELOPMENT

SOME ACTIVITY IS GOOD, MORE IS BETTER
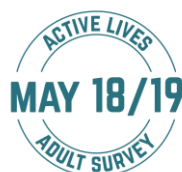
MENTAL WELLBEING

When looking at activity levels amongst adults, we can see that those who are active have a better life satisfaction score than those who are fairly active, who in turn have a better score relative to those who are inactive. This shows a positive link between being more active and mental wellbeing, and holds across all four wellbeing measures.

INDIVIDUAL DEVELOPMENT

Similarly, we see that those who are active are more likely to report they can achieve the goals they set themselves and keep trying when they find things difficult than those who are fairly active, who in turn have better scores than those who are inactive.
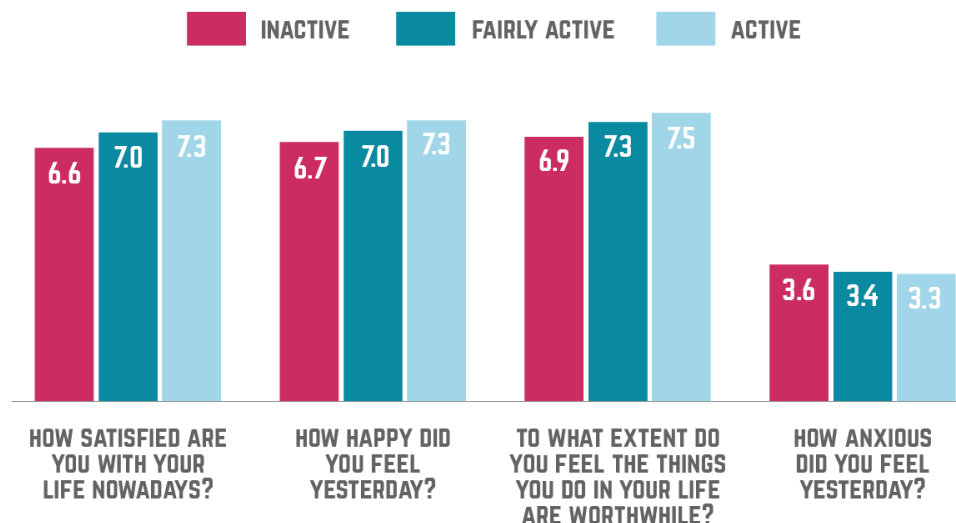
SOCIAL AND COMMUNITY DEVELOPMENT

We see that those who are active report higher levels of social trust than those who are fairly active, who in turn have better scores than those who are inactive.
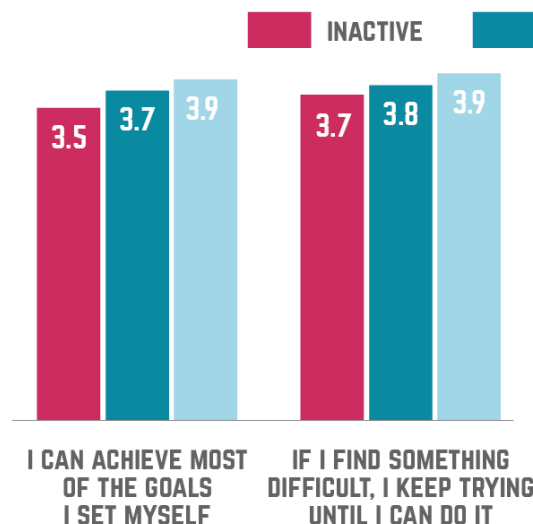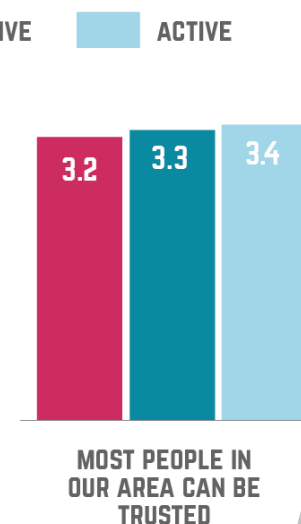
ACTIVE LIVES
MAY 18/19
ADULT SURVEY

LINK TO DATA TABLES ▶

MENTAL WELLBEING

- ■ INACTIVE   ■ FAIRLY ACTIVE   ■ ACTIVE

	INACTIVE	FAIRLY ACTIVE	ACTIVE
HOW SATISFIED ARE YOU WITH YOUR LIFE NOWADAYS?	6.6	7.0	7.3
HOW HAPPY DID YOU FEEL YESTERDAY?	6.7	7.0	7.3
TO WHAT EXTENT DO YOU FEEL THE THINGS YOU DO IN YOUR LIFE ARE WORTHWHILE?	6.9	7.3	7.5
HOW ANXIOUS DID YOU FEEL YESTERDAY?	3.6	3.4	3.3

INDIVIDUAL DEVELOPMENT

SOCIAL AND COMMUNITY DEVELOPMENT

- ■ INACTIVE   ■ FAIRLY ACTIVE   ■ ACTIVE

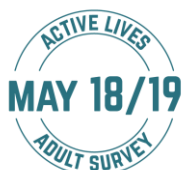|	INACTIVE	FAIRLY ACTIVE	ACTIVE
I CAN ACHIEVE MOST OF THE GOALS I SET MYSELF	3.5	3.7	3.9
IF I FIND SOMETHING DIFFICULT, I KEEP TRYING UNTIL I CAN DO IT	3.7	3.8	3.9
MOST PEOPLE IN OUR AREA CAN BE TRUSTED	3.2	3.3	3.4

SPORT ENGLAND

VOLUNTEERING IS POSITIVELY LINKED WITH MENTAL WELLBEING

Across all four measures of mental wellbeing, those who volunteered at least twice in the last 12 months reported better outcomes than those who did not.

VOLUNTEERING IS POSITIVELY LINKED WITH INDIVIDUAL AND COMMUNITY DEVELOPMENT

People who volunteered reported higher levels (compared to those who did not volunteer) of:

• Feeling able to meet the goals they set themselves

• Continuing to try when they find things difficult

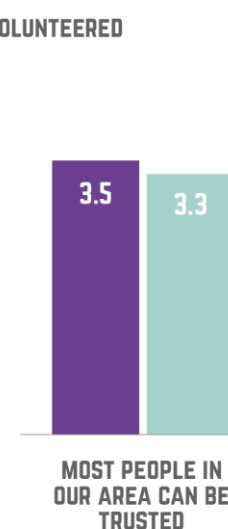• Feeling that people in their local area can be trusted.

ACTIVE LIVES **MAY 18/19** ADULT SURVEY

MENTAL WELLBEING

VOLUNTEERED   **NOT VOLUNTEERED**

7.5 / 7.0	7.4 / 7.1	7.7 / 7.2	3.2 / 3.4

HOW SATISFIED ARE YOU WITH YOUR LIFE NOWADAYS?

HOW HAPPY DID YOU FEEL YESTERDAY?

TO WHAT EXTENT DO YOU FEEL THE THINGS YOU DO IN YOUR LIFE ARE WORTHWHILE?

HOW ANXIOUS DID YOU FEEL YESTERDAY?

INDIVIDUAL DEVELOPMENT   SOCIAL AND COMMUNITY DEVELOPMENT

VOLUNTEERED   **NOT VOLUNTEERED**

3.9 / 3.7   4.0 / 3.8   3.5 / 3.3

I CAN ACHIEVE MOST OF THE GOALS I SET MYSELF

IF I FIND SOMETHING DIFFICULT, I KEEP TRYING UNTIL I CAN DO IT

MOST PEOPLE IN OUR AREA CAN BE TRUSTED

LINK TO DATA TABLES ▶

25

PEOPLE WHO TAKE PART AND VOLUNTEER HAVE EVEN HIGHER SCORES ACROSS ALL OUTCOME MEASURES

MENTAL WELLBEING

The combination of both being active and volunteering is associated with higher scores across the mental wellbeing measures.
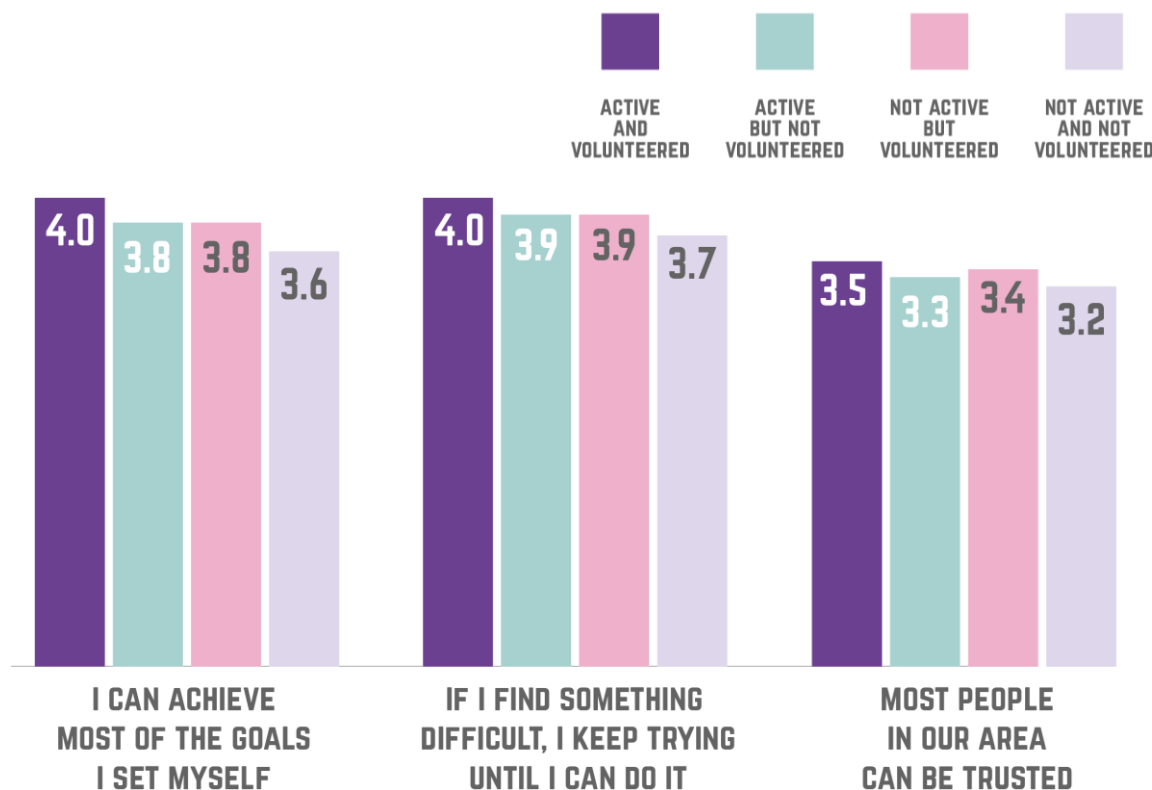
INDIVIDUAL DEVELOPMENT

Those who were active and volunteered reported they were more likely to meet the goals they set themselves and to keep trying when they find things difficult, compared to those who did one and not the other.

SOCIAL AND COMMUNITY DEVELOPMENT

Those who were active and volunteered reported they were more likely to trust people in their local area, compared to those who did one and not the other.

ACTIVE LIVES
MAY 18/19
ADULT SURVEY

AVERAGE LEVELS OF AGREEMENT TO INDIVIDUAL DEVELOPMENT AND SOCIAL TRUST QUESTIONS (OUT OF 5) BY WHETHER THEY ARE ACTIVE AND/OR HAVE VOLUNTEERED

Legend:
- ACTIVE AND VOLUNTEERED
- ACTIVE BUT NOT VOLUNTEERED
- NOT ACTIVE BUT VOLUNTEERED
- NOT ACTIVE AND NOT VOLUNTEERED

I CAN ACHIEVE MOST OF THE GOALS I SET MYSELF
- 4.0
- 3.8
- 3.8
- 3.6

IF I FIND SOMETHING DIFFICULT, I KEEP TRYING UNTIL I CAN DO IT
- 4.0
- 3.9
- 3.9
- 3.7

MOST PEOPLE IN OUR AREA CAN BE TRUSTED
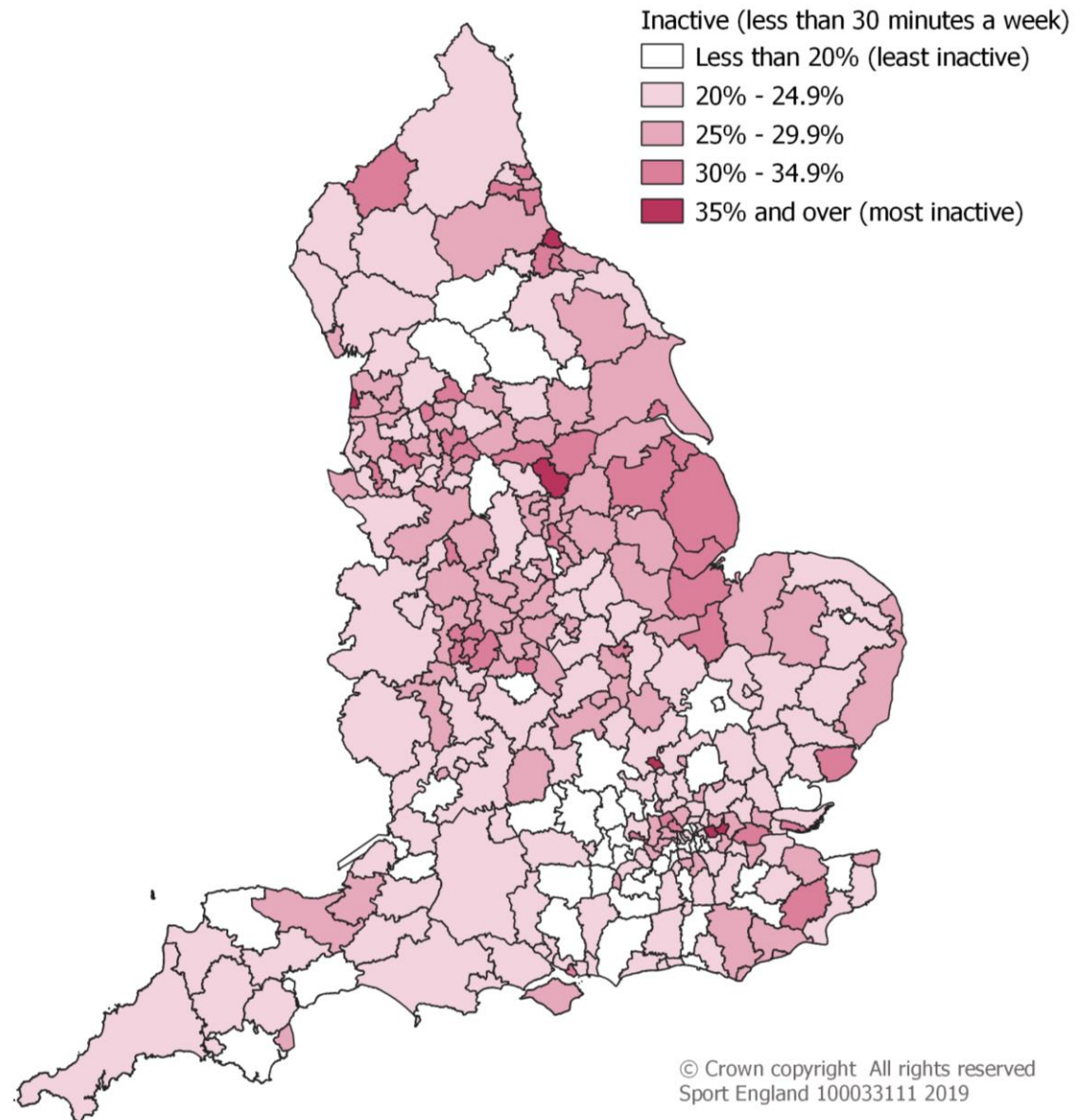- 3.5
- 3.3
- 3.4
- 3.2

LINK TO DATA TABLES ▶

LOCAL LEVEL DATA

Data for local areas, including, nine regions, 44 Active Partnerships, and 343 local authorities are available for the following measures:

- **LEVELS OF ACTIVITY**

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

LINK TO DATA TABLES ▶

INACTIVITY ACROSS ENGLAND

SPORT ENGLAND

Inactive (less than 30 minutes a week)

- ☐ Less than 20% (least inactive)
- ☐ 20% - 24.9%
- ☐ 25% - 29.9%
- ☐ 30% - 34.9%
- ☐ 35% and over (most inactive)

DEFINITIONS

MODERATE ACTIVITY is defined as activity where you raise your heart rate.

VIGOROUS ACTIVITY is where you're out of breath or are sweating (you may not be able to say more than a few words without pausing for breath).

NS-SEC groups are defined as:
Higher (NS-SEC 1-2): Managerial, administrative and professional occupations (e.g. chief executive, doctor, actor, journalist).
Middle (NS-SEC 3-5): Intermediate, lower supervisory and technical occupations; self employed and small employers (e.g. auxiliary nurse, secretary, plumber, gardener, train driver).
Lower (NS-SEC 6-8): Semi-routine and routine occupations; long term unemployed or never worked (e.g. postman, shop assistant, bus driver).
Students and other (NS-SEC 9).

LIMITING DISABILITY AND LONG TERM HEALTH CONDITIONS is defined as an individual reporting they have a physical or mental health condition or illness that has lasted or is expected to last 12 months or more, and that this has a substantial effect on their ability to do normal daily activities.

IMPAIRMENT TYPES cover matters that limit day to day life, including chronic health conditions (e.g. diabetes and cancer), physical disability (e.g. mobility and dexterity), mental health (e.g. depression and anxiety) and sensory impairments (e.g. hearing and vision).

VOLUNTEERING ROLES are all in relation to supporting sport or physical activity and/or a sports organisation or event. They are defined as:
- Provided transport to help people other than family members take part
- Coached or instructed an individual or team(s) other than solely for family members
- Refereed, umpired, or officiated at a match, competition or event
- Administrative or committee role e.g. chairman, treasurer, social secretary, first aider, welfare officer
- Stewarded or marshalled
- Provided any other help e.g. helping with refreshments, sports kit or equipment.

NOTES

THE ACTIVE LIVES ADULT SURVEY IS A PUSH-TO-WEB SURVEY

Carried out by Ipsos MORI, it involves postal mailouts inviting participants to complete the survey online. The survey can be completed on mobile or desktop devices. A paper questionnaire is also sent out to maximise response rates. More information on the survey can be found here.

LINK TO MORE INFORMATION ON MEASURES AND DEMOGRAPHICS ▶

SAMPLE AND WEIGHTING

THE ACHIEVED SAMPLE was 177,876 (16+).

DATA HAVE BEEN WEIGHTED to Office for National Statistics (ONS) population measures for geography and key demographics.

CONFIDENCE INTERVALS can be found in the linked tables. These indicate that if repeated samples were taken and confidence intervals computed for each sample, 95% of the intervals would contain the true value. Only significant differences are reported within the commentary. Where results are reported as being the same for two groups, any differences fall within the margin of error.

SIGNIFICANCE TESTS can be found in the linked tables. The tests indicate that if repeated samples were taken, 95% of the time we would get similar findings, i.e. we can be confident that the differences seen in our sampled respondents are reflective of the population. When sample sizes are smaller, confidence intervals are larger, meaning differences between estimates need to be greater to be considered statistically significant.

POPULATION TOTALS are estimated values and have been calculated using ONS mid-2015, mid-2016, mid-2017 and mid-2018 estimates. Confidence intervals also apply to these. More detail can be found here.

NOTES

DATA CONSIDERATIONS

HOW WE MEASURE CHANGE

Active Lives figures are based on the response of 177,876 adults, which we then scale up to provide an England-wide picture. That means there will naturally be small fluctuations when we compare the figures we have now with 12 months ago.

In accordance with Government Statistical Service good practice guidance, we highlight changes within the report where we are confident that there are genuine differences. If the data is showing only small differences which are within the margin of error, they are noted as "no change".

SUPPRESSED DATA

During the first six months of surveying, a number of respondents were double counting a gym session and the individual activities that they did within the gym. We resolved this problem by rewording the question from May 2016. Due to exercise bike being counted within cycling for leisure and sport, this means we cannot report November 15/16 data for either fitness activities or cycling for leisure and sport.

SPORT SPECTATING

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