

ACTIVE PEOPLE SURVEY¹ HEADLINE RESULTS

ENGLAND

Participation

- 21% of the adult population aged 16 and over (8.5 million people) take part regularly in sport and active recreation.²
- 28.4% of adults (11.5 million) have built some exercise into their lives³.
- 50.6% of adults (20.6 million) have not taken part in any moderate intensity sport and active recreation of 30 minutes duration in the last 4 weeks. Many of these will be switched off from sport but many more are likely to want to participate but face barriers that make it difficult for them to be active.
- Regular participation (this is defined as taking part on at least 3 days a week in moderate intensity sport and active recreation for at least 30 minutes continuously in any one session) in sport and active recreation varies across different socio-demographic groups:
 - Males 23.7% (4.7 million); Females 18.3% (3.8 million)
 - 32.7% 16 to 24 years; 24.7% 35 to 44; 16.0% 55 to 64; and 6.0% 75 to 84 years
 - People with a limiting longstanding illness or disability⁴ 8.8%; those without 23.3%
 - Black and other ethnic minority groups 18.6%; Adults of white origin - 21.2%.
 - 17.5% of Black Caribbean's regularly participate and 17% of Asians.
 - Lowest socio-economic groups⁵ 16.3%
 - highest socio-economic group 25.1%
- Regular participation ranged from a high of 22.6% in the South East region to a low of 19.3% in the West Midlands. The most active Local Authority area is Richmond upon Thames⁶, and Boston in Lincolnshire is the least active.
- Walking is the most popular recreational activity, followed by swimming and going to the gym. Cycling, football, running and jogging, golf, badminton, tennis and aerobics make up the top 10. (*More detailed sport by sport information is available*).

Club membership⁷, receiving tuition⁸, taken part in organised competition⁹

- 25.1% of the adult population (10.2 million) are members of a club where they take part in sport - an increase from 17% in 2002¹⁰.
- 18% of adults (7.3 million) have received tuition from an instructor or coach over the last 12 months – an increase from 11% in 1996 and 16% in 2002.

- 15% of adults (6 million) have taken part in organised competitive sport in the last 12 months – an increase from 12% in 2002.

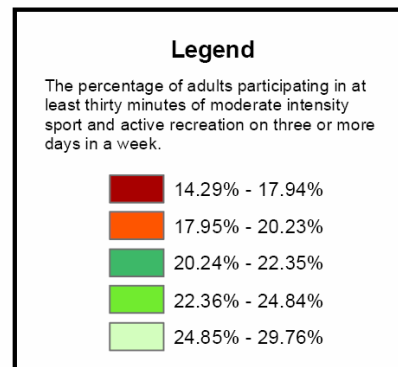
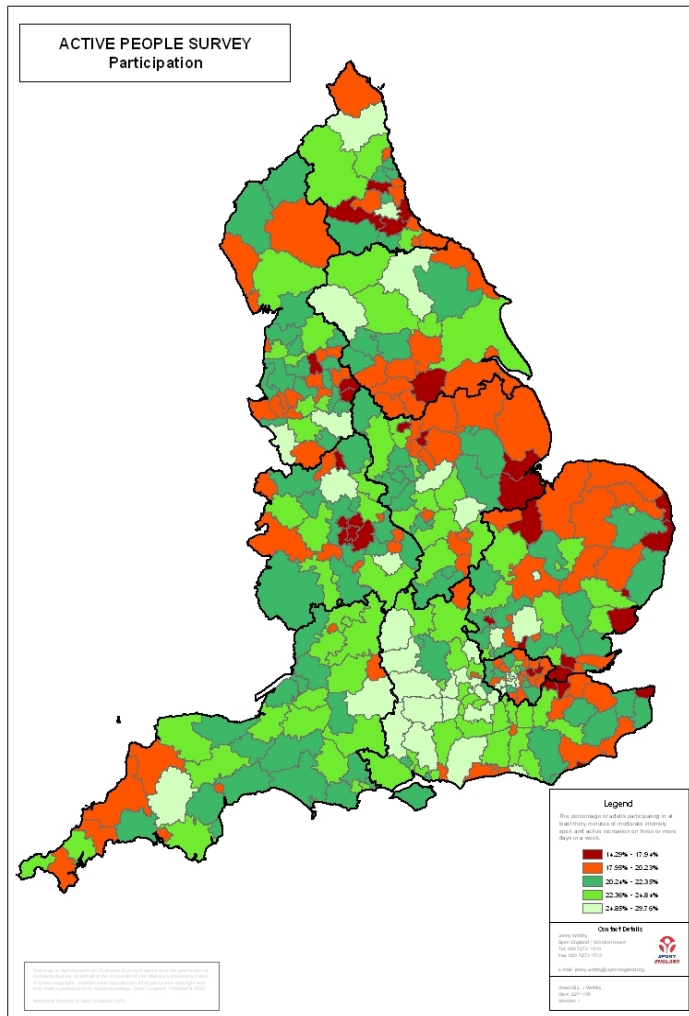
Satisfaction with sports provision in the local area

- 69.5% of adults are fairly or very satisfied with sports provision in their local area¹¹.

Volunteering

- 4.7% of the adult population (1.9 million) contribute at least one hour a week volunteering to sport. This equates to over 54,000 full time equivalent jobs.
- Over 2.7 million people put some voluntary time into sport.
- Volunteering levels ranged from 5.4% in the South East to 3.5% in the London region

England: Levels of regular participation in moderate intensity sport and active recreation



¹ The Active People Survey was carried out by Ipsos MORI on behalf of Sport England. It is the largest sport and recreation survey ever undertaken. In total 363,724 people were interviewed (a minimum of 1,000 in each local authority area) by telephone across England between the period mid October 2005 to mid October 2006. The results are representative of the total adult population in England, the English regions and local authorities in England.

² Regular participation in sport and recreation is defined as taking part on at least 3 days a week in moderate intensity sport and active recreation (at least 12 days in the last 4 weeks) for at least 30 minutes continuously in any one session. Participation includes recreational walking and cycling. 239 different sports and recreational activities were counted in the survey. Moderate intensity is defined by having walked at a brisk or fast pace and for sports having raised the breathing rate. Some sports automatically classed as at least moderate

³ Those described as building some exercise into their lives did at least 30 minutes of moderate intensity sport and active recreation on between one and eleven (inclusive) days in the previous 28 days.

⁴ Disability is defined in terms of: 'do you have a longstanding illness, disability or infirmity? By longstanding I mean anything that has troubled you over a long period of time or that is likely to affect you over a period of time.'

⁵ NS-SEC is the National Statistics Socio-economic Classification. It is derived by combining information on occupation and employment status. Employment status is created by combining data on whether an individual is an employer, self-employed or an employee, size of organisation (where collected) and supervisory status.

⁶ The Isles of Scilly had higher measured rates of participation but these are less reliable due to the small sample sizes achieved

⁷ Club membership is defined in terms of 'being a member of a club particularly so that you can participate in sport or recreational activity in the last 4 weeks'

⁸ Receiving tuition is defined as: 'having received tuition from an instructor or coach to improve your performance in any sport or recreational activity in the last 12 months'

⁹ Taken part in organised competition is defined as: having taken part in any organised competition in any sport or recreational activity in the last 12 months'

¹⁰ 1996 and 2002 figures are taken from the General Household Survey carried out by the Office of National Statistics. The questions were the same in all surveys – but care must be taken in comparing statistics from two different surveys.

¹¹ Those described as satisfied said they were either very or fairly satisfied with sports provision in their area