SPORT ENGLAND

Active Lives Adult Survey November 2022-23 Report

Published April 2024

sportengland.org

Contents

Interpreting this report

We only highlight increases/decreases within this report where we're confident there are genuine differences. If the data is showing small differences which are within the margin of error, they're noted as 'no change'.

Key information

This report presents data from the Active Lives Adult Survey for the period mid-November 2022 to mid-November 2023. Data is presented for adults aged 16+ in England.

Release dates

This release: 25 April 2024
Next release: 24 April 2025

Find out more

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

Lead statistician

Helen Price - activelives@sportengland.org

Welcome

Covering the period from mid-November 2022 to mid-November 2023, this report provides an update on the sport and physical activity behaviours of adults (aged 16+) in England.

When we look at the population as a whole, the picture looks positive. Activity levels for adults in England are as high as they have been since the survey started nearly a decade ago. Despite a global pandemic and cost-of-living increases, the nation as a whole is an active one with nearly two-thirds of adults achieving the recommended levels of activity.

Since the survey started in 2015-16, the number of active adults has increased by two million. This is an increase that everyone delivering, enabling and supporting sport and physical activity should be rightly proud of. However, we cannot be complacent; every day, every week and every month we start again from zero and our collective job is to ensure that everyone in the country finds it easy and enjoyable to be active.

Equally, we are not satisfied with these overall levels of activity. A quarter of the population remain inactive and activity levels are significantly lower if you are less affluent, if you live in a more deprived place or come from certain demographic groups. This is what our strategy, Uniting the Movement, our investments and our partnerships are designed to address.

Interestingly, the survey also shows ongoing shifts in the types of activity people are doing, with increases in active travel and fitness, the continued recovery of swimming and team sports that were so disrupted by Covid-19, but also the continued decline in cycling from its peaks during the pandemic.

This report provides the headlines. You can use the more detailed data tables to dig deeper into the results.

Alternatively, check out Active Lives Online, which is updated shortly after each release, where you can explore trends over time, audiences not covered in this report and more specific activities and places.

Nick Pontefract
Chief Strategy Officer

SPORT ENGLAND

This chapter presents information on three levels of activity:

- **Active**
  (at least 150 minutes a week)

- **Fairly active**
  (an average of 30-149 minutes a week)

- **Inactive**
  (fewer than 30 minutes a week).

All measures refer to 'over the last 28 days' at point of survey completion.

What do we mean by physical activity?

Activities

Cycling for sport and leisure or travel
Fitness activities
Walking for leisure or travel
Sporting activities
Dance

At least moderate intensity *

Bouts of **10 minutes** 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, the Office for Health Improvement and Disparities (OHID) does include gardening in its local level physical activity data.
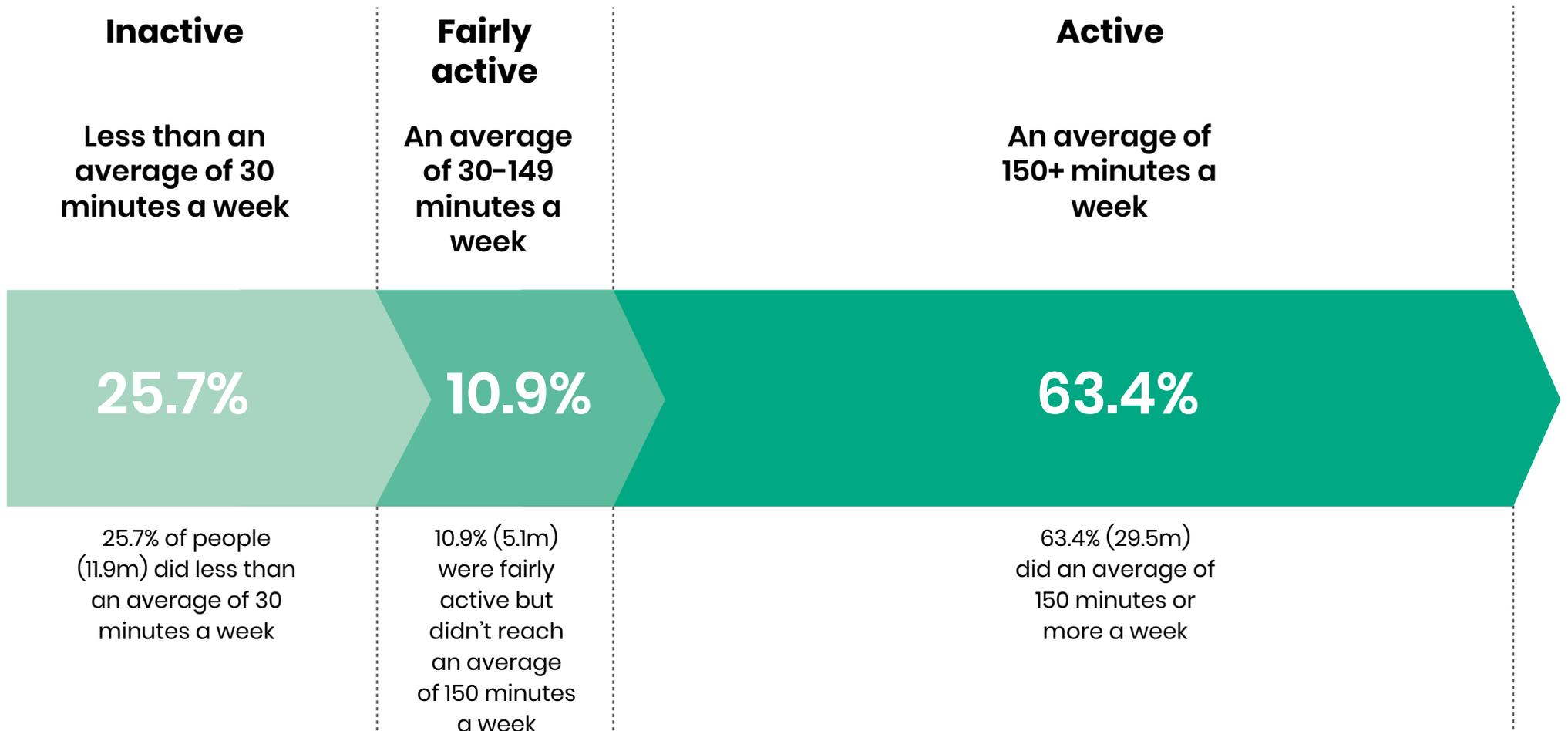
You can view the OHID data here.

Levels of activity

SPORT ENGLAND

Headlines

Our data shows that, between mid-November 2022 and mid-November 2023, just over six in 10 adults (29.5 million) achieved 150+ minutes of activity a week.

Inactive	Fairly active	Active
Less than an average of 30 minutes a week	An average of 30–149 minutes a week	An average of 150+ minutes a week
25.7%	**10.9%**	**63.4%**
25.7% of people (11.9m) did less than an average of 30 minutes a week	10.9% (5.1m) were fairly active but didn't reach an average of 150 minutes a week	63.4% (29.5m) did an average of 150 minutes or more a week

Link to data tables ▶
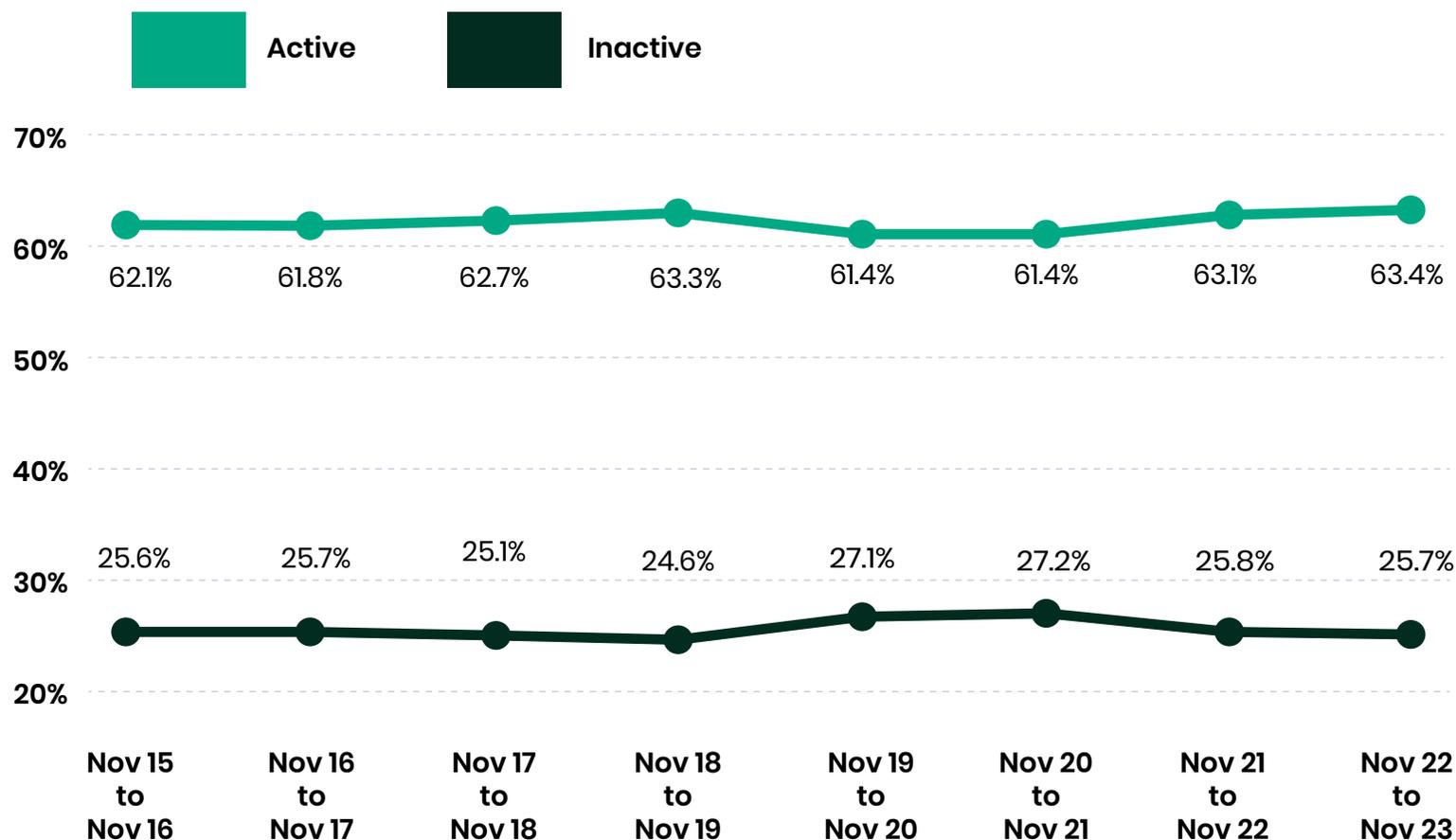
Levels of activity

SPORT ENGLAND

Summary of change

Overall, activity levels have remained stable over the last 12 months. The lower activity levels across 2019–20 and 2020–21 coincide with restrictions imposed during the coronavirus pandemic.

There remains growth over the longer term, compared to November 2015–16, with the number of adults who are active having increased by 2.0m (+1.3%).

There is no reportable change in the number who are inactive over the same period but there's been a decrease of 404,000 (–1.4%) in the number who are fairly active.

% Arrows show change from 12 months ago. No arrows indicates no statistically reportable change

All adults (aged 16+)

■ Active   ■ Inactive

	Nov 15 to Nov 16	Nov 16 to Nov 17	Nov 17 to Nov 18	Nov 18 to Nov 19	Nov 19 to Nov 20	Nov 20 to Nov 21	Nov 21 to Nov 22	Nov 22 to Nov 23
Active	62.1%	61.8%	62.7%	63.3%	61.4%	61.4%	63.1%	63.4%
Inactive	25.6%	25.7%	25.1%	24.6%	27.1%	27.2%	25.8%	25.7%

Link to data tables ▶

For details on how we measure change, see the <u>notes</u> pages.
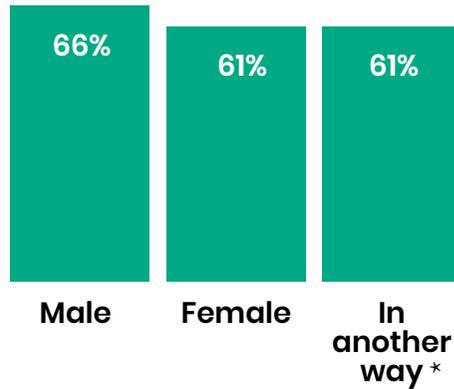
Levels of activity

Active

SPORT ENGLAND

Summary of demographic differences
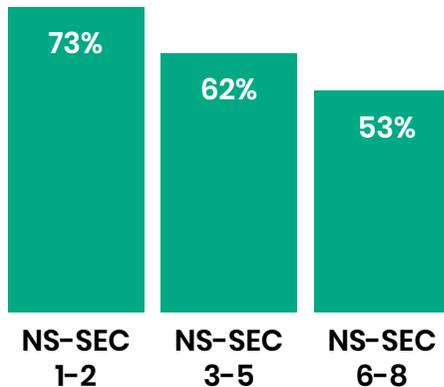
Our data shows there are significant inequalities:

1 Gender

Men (66% or 14.9m) are more likely to be active than women (61% or 14.4m) and those who describe themselves in another way* (61% or 0.2m).

- Male: 66%
- Female: 61%
- In another way *: 61%

2 Socio-economic groups

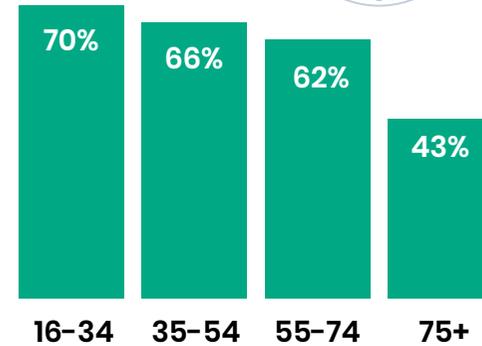Those from lower social groups (NS-SEC 6-8*) are less likely to be active (53%).

- NS-SEC 1-2: 73%
- NS-SEC 3-5: 62%
- NS-SEC 6-8: 53%

3 Age

Activity levels generally decrease with age, with the sharpest decrease coming at age 75+ (to 43%).

- 16-34: 70%
- 35-54: 66%
- 55-74: 62%
- 75+: 43%
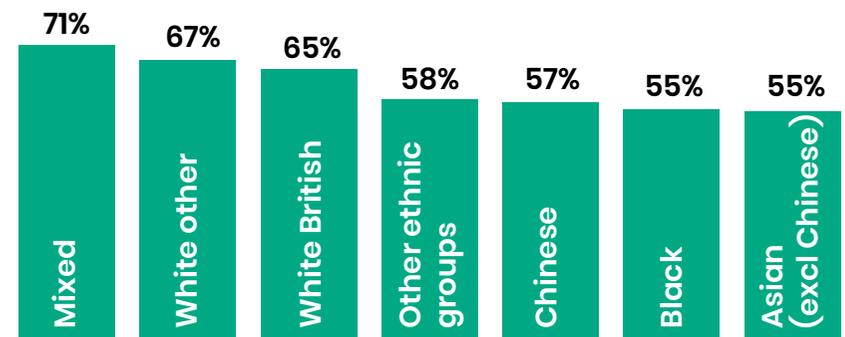
4 Sexual orientation

Gay men, lesbian women and bisexual adults are all more likely to be active than heterosexual adults.

- Heterosexual: 64%
- Gay men: 71%
- Lesbian women: 73%
- Bisexual: 70%
- Other: 60%
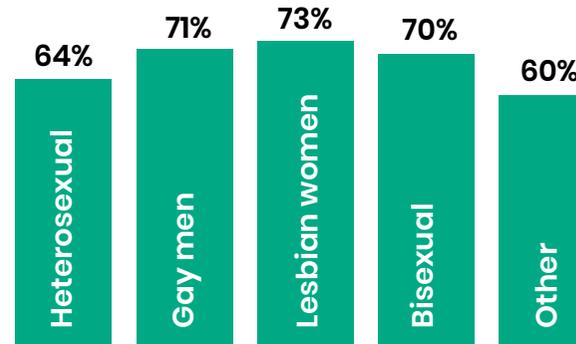
5 Ethnicity

There are differences in activity levels based on ethnic background.

- Mixed: 71%
- White other: 67%
- White British: 65%
- Other ethnic groups: 58%
- Chinese: 57%
- Black: 55%
- Asian (excl Chinese): 55%

6 Disability and long-term health conditions

Activity is less common for adults with a disability or long-term health condition* (48%) than those without (69%).

- No: 69%
- Yes: 48%

Link to data tables ▶

*See our definitions page for the full definition of each demographic group.
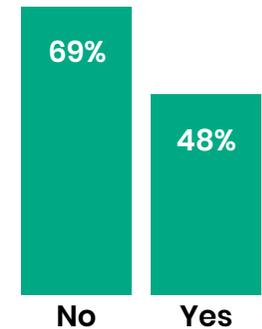
Additional demographic breakdowns for transgender, faith, working status and education stage can be found in the data tables.

Levels of activity

Gender

SPORT ENGLAND

Both men and women have seen activity levels increase over the last seven years
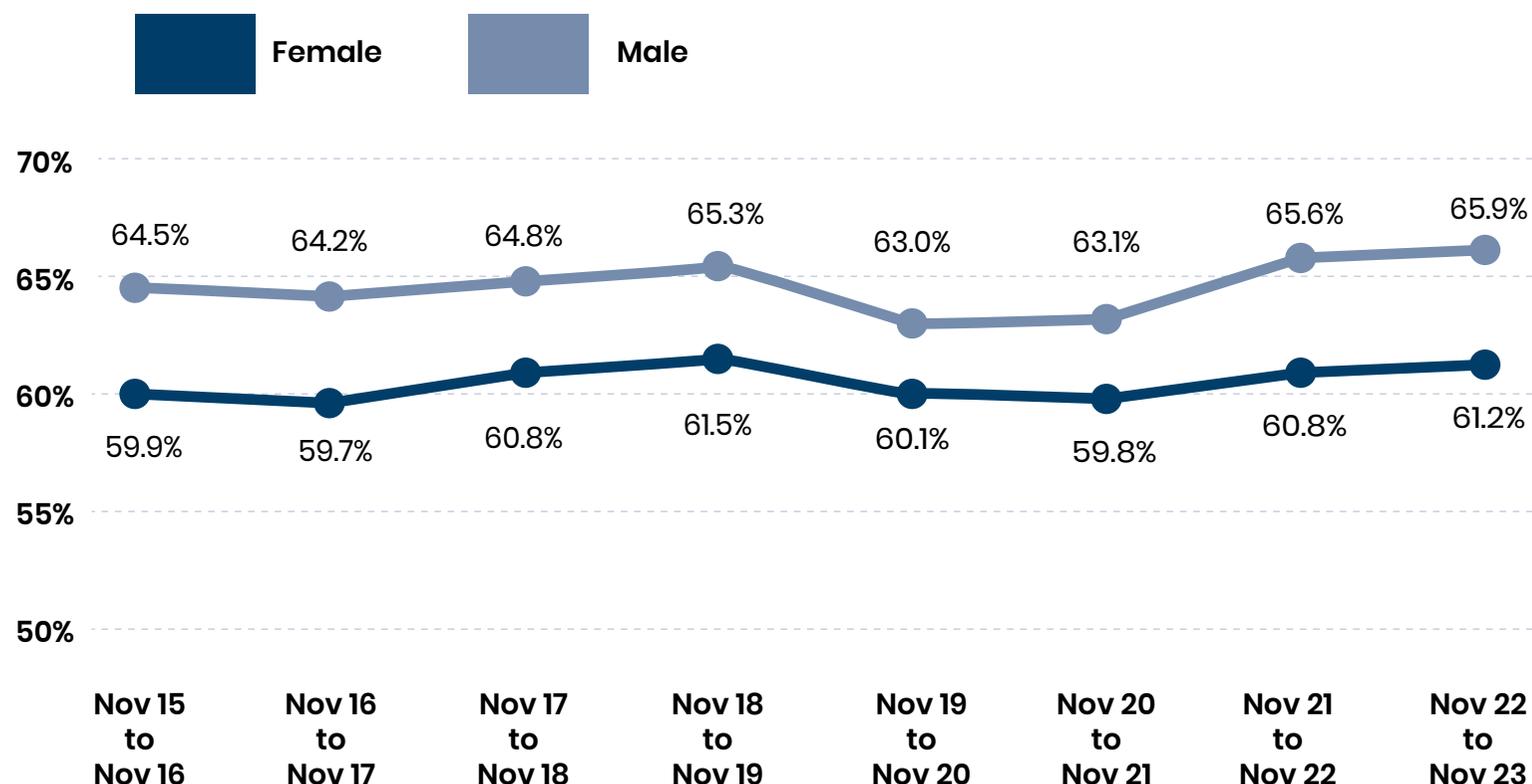
Over the longer term, growth has been similar for both men and women, with 914,000 (1.4%) more active men and 831,000 (1.3%) more active women compared to November 2015-16.

Despite this, neither men nor women have seen activity levels change compared to 12 months ago.

Note: Data on gender identification was collected on male, female, non-binary and prefer to self-describe. Results for the latter categories are combined into 'in another way' for reporting (due to small sample sizes) and can be found in the data tables.

% Arrows show change from 12 months ago. No arrows indicates no statistically reportable change

Active: 150+ minutes a week

Legend: ■ Female ■ Male

Male: 64.5%, 64.2%, 64.8%, 65.3%, 63.0%, 63.1%, 65.6%, 65.9%

Female: 59.9%, 59.7%, 60.8%, 61.5%, 60.1%, 59.8%, 60.8%, 61.2%

X-axis: Nov 15 to Nov 16, Nov 16 to Nov 17, Nov 17 to Nov 18, Nov 18 to Nov 19, Nov 19 to Nov 20, Nov 20 to Nov 21, Nov 21 to Nov 22, Nov 22 to Nov 23
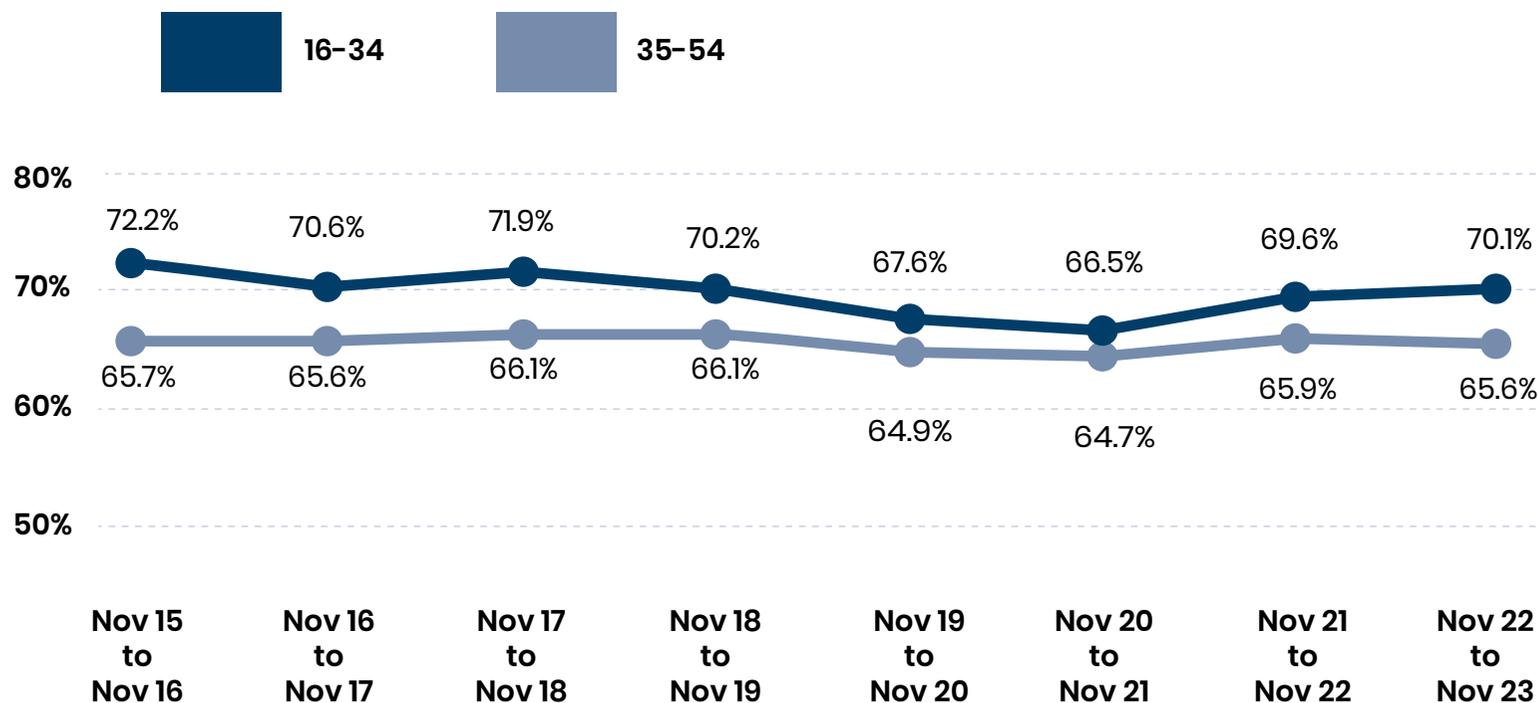
Link to data tables ▶

Activity levels may be stabilising among younger adults

Among young people aged 16-34, activity levels are unchanged compared to 12 months ago. This indicates we might be seeing a stabilisation at pre-pandemic (Nov 18-19) levels following long-term decreases. The proportion who are active remains 2.2%, or 316,000 young adults, down compared to seven years ago (Nov 15-16).

Among the 35-54 age group, there's an underlying flat trend in activity levels disrupted only by drops during the pandemic period.

% Arrows show change from 12 months ago. No arrows indicates no statistically reportable change

Active: 150+ minutes a week

■ 16-34   ■ 35-54

	Nov 15 to Nov 16	Nov 16 to Nov 17	Nov 17 to Nov 18	Nov 18 to Nov 19	Nov 19 to Nov 20	Nov 20 to Nov 21	Nov 21 to Nov 22	Nov 22 to Nov 23
16-34	72.2%	70.6%	71.9%	70.2%	67.6%	66.5%	69.6%	70.1%
35-54	65.7%	65.6%	66.1%	66.1%	64.9%	64.7%	65.9%	65.6%

Link to data tables ▶
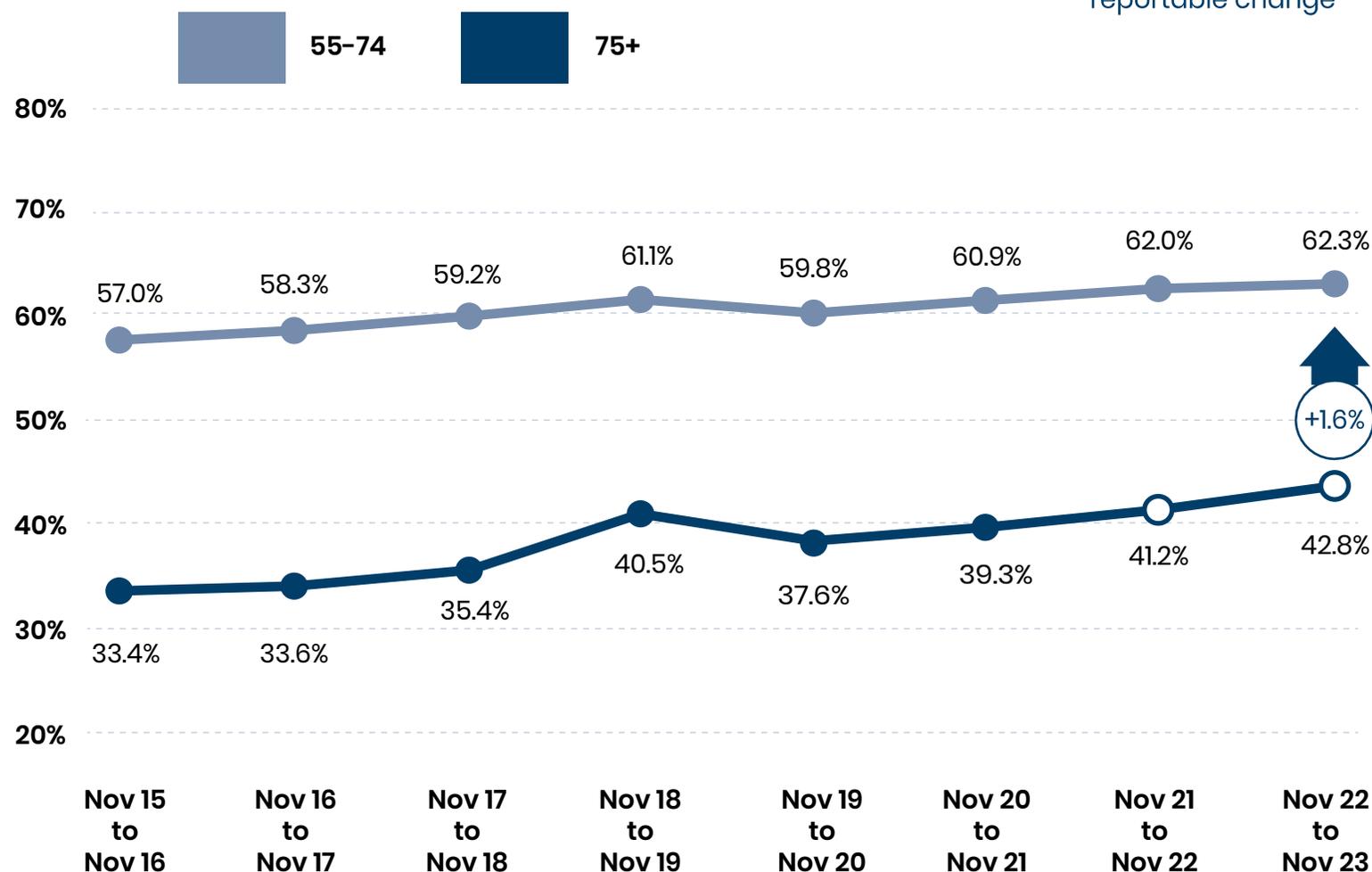
Levels of activity

Ages 55+

SPORT ENGLAND

Activity levels continue to grow among older adults

Adults aged 75+ continue to drive the growth in activity levels. The increase of just over 100,000 (1.6%) adults aged 75+ who are active, compared to 12 months ago, is part of a long-term increase of just under 700,000 (9.4%) compared to seven years ago (Nov 15–16).

Those aged 55-74 also have a long-term upward trend in the proportion active.

For both age groups the latest result represents the highest result recorded over the last seven years.

% Arrows show change from 12 months ago. No arrows indicates no statistically reportable change

Active: 150+ minutes a week

55–74   75+

	Nov 15 to Nov 16	Nov 16 to Nov 17	Nov 17 to Nov 18	Nov 18 to Nov 19	Nov 19 to Nov 20	Nov 20 to Nov 21	Nov 21 to Nov 22	Nov 22 to Nov 23
55–74	57.0%	58.3%	59.2%	61.1%	59.8%	60.9%	62.0%	62.3%
75+	33.4%	33.6%	35.4%	40.5%	37.6%	39.3%	41.2%	42.8%

+1.6%

Link to data tables

10

Nov 22–23

SPORT ENGLAND

Activity levels remain stable both for those with and without a disability or long-term health condition

Activity levels remain unchanged compared to 12 months ago for those with a disability or long-term health condition.

Before the pandemic, activity levels were increasing and we continue to see 4.2% more active adults with a disability or long-term health condition compared to seven years ago (Nov 15-16).

This long-term growth is greater than for those without a disability or long-term health condition, where the proportion active is up by 1.9% over the same period.
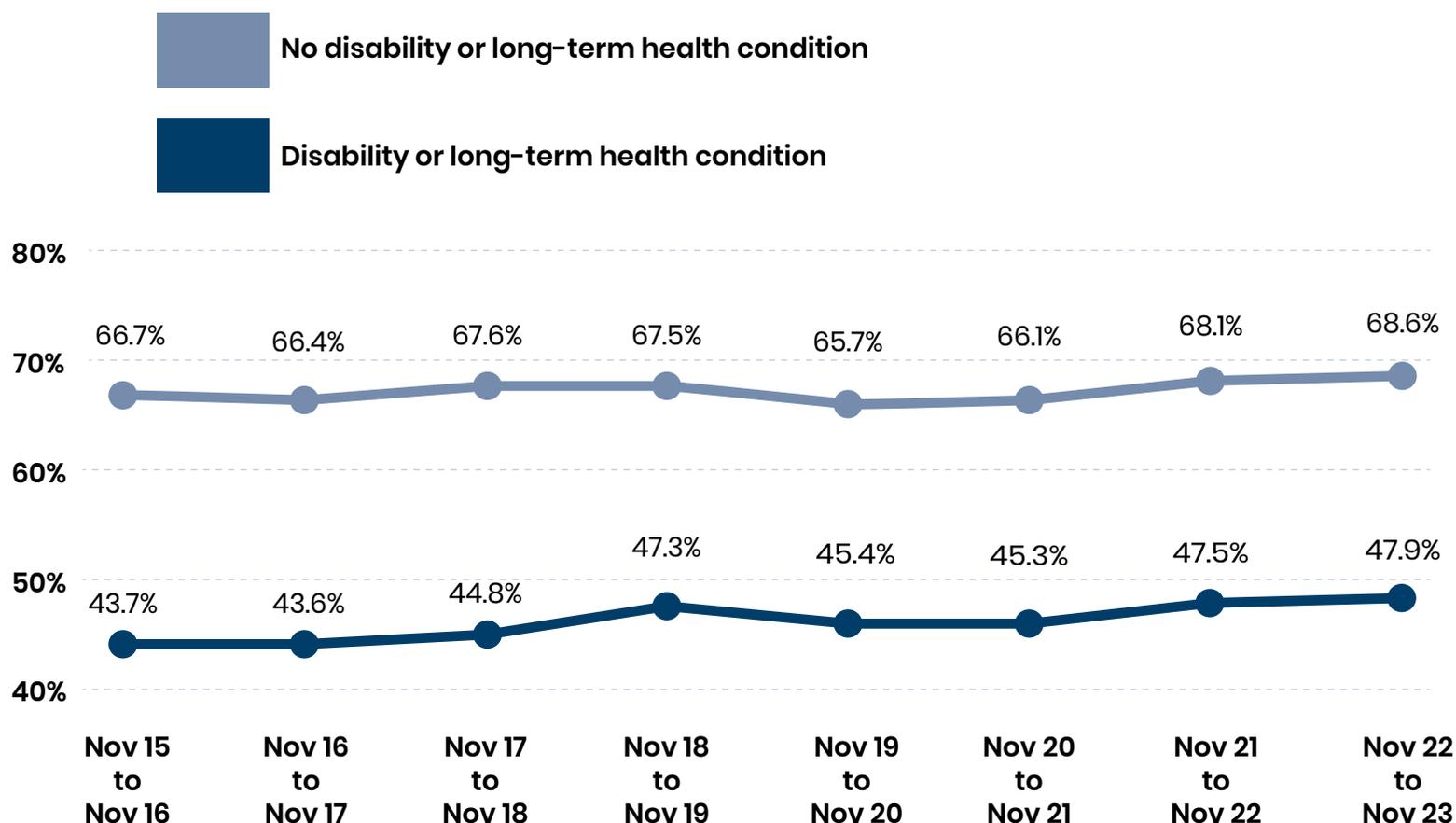
% Arrows show change from 12 months ago. No arrows indicates no statistically reportable change

Active: 150+ minutes a week

■ No disability or long-term health condition

■ Disability or long-term health condition

No disability or long-term health condition:
- Nov 15 to Nov 16: 66.7%
- Nov 16 to Nov 17: 66.4%
- Nov 17 to Nov 18: 67.6%
- Nov 18 to Nov 19: 67.5%
- Nov 19 to Nov 20: 65.7%
- Nov 20 to Nov 21: 66.1%
- Nov 21 to Nov 22: 68.1%
- Nov 22 to Nov 23: 68.6%

Disability or long-term health condition:
- Nov 15 to Nov 16: 43.7%
- Nov 16 to Nov 17: 43.6%
- Nov 17 to Nov 18: 44.8%
- Nov 18 to Nov 19: 47.3%
- Nov 19 to Nov 20: 45.4%
- Nov 20 to Nov 21: 45.3%
- Nov 21 to Nov 22: 47.5%
- Nov 22 to Nov 23: 47.9%

Link to data tables ▶

The full definition for disability and long-term health condition can be found in our definitions page.

% Arrows show change to November 15-16 (seven years ago). No arrows indicates no statistically reportable change
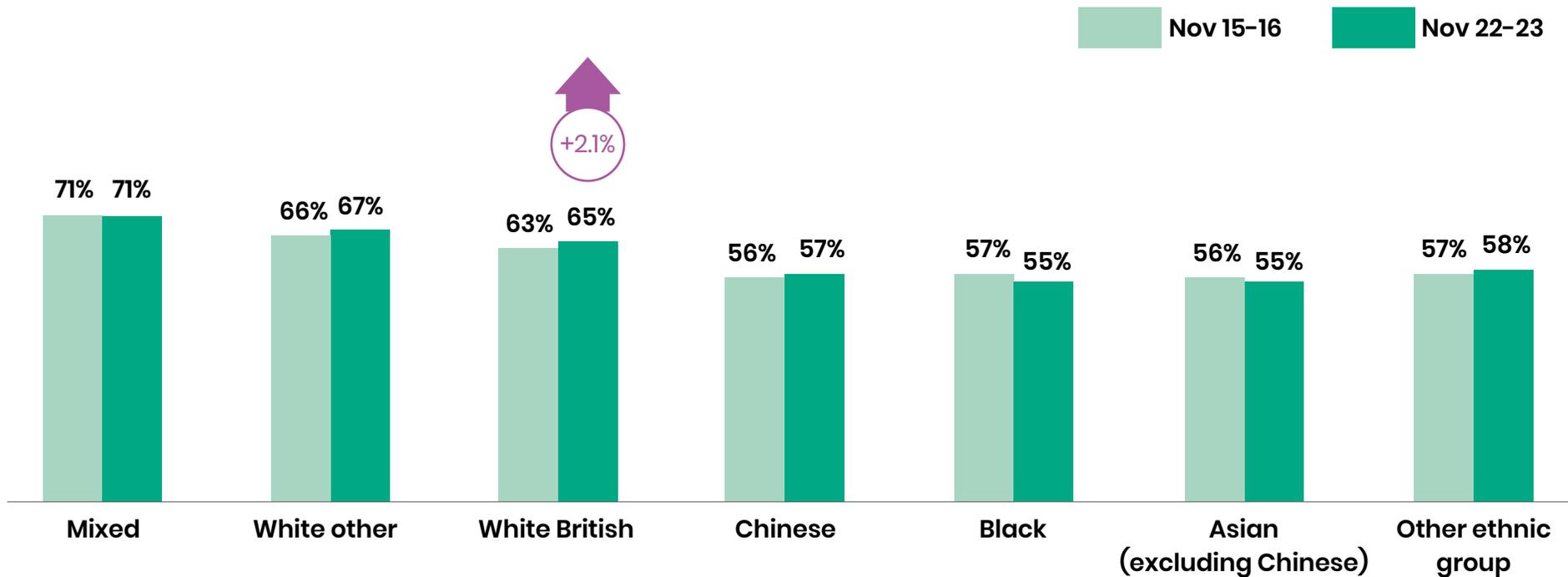
Significant inequalities continue to exist

No Black, Asian or minority ethnic group is showing a reportable difference in the proportion who are active compared to November 2015-16. As a result, inequalities continue to widen as White British adults have seen activity levels increase over the same period (up 2.1%).

Active: 150+ minutes a week

Nov 15–16   Nov 22–23

+2.1%

Ethnicity	Nov 15–16	Nov 22–23
Mixed	71%	71%
White other	66%	67%
White British	63%	65%
Chinese	56%	57%
Black	57%	55%
Asian (excluding Chinese)	56%	55%
Other ethnic group	57%	58%

Link to data tables ▶
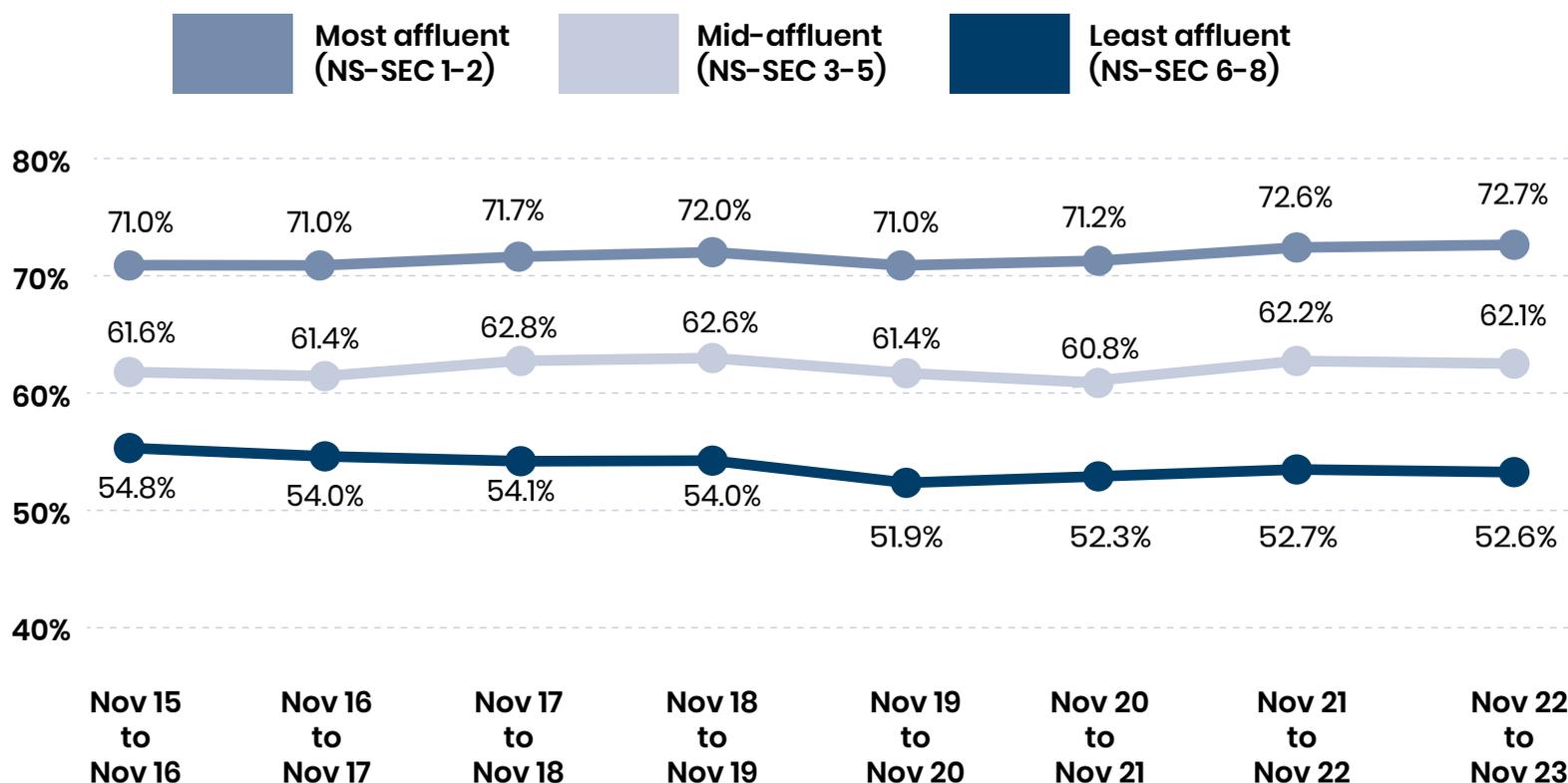
Socio-economic groups

SPORT ENGLAND

Inequalities in activity levels are increasing between affluence groups

% Arrows show change from 12 months ago. No arrows indicates no statistically reportable change

There have been no reportable changes in activity levels by social grade compared to 12 months ago. Given this stability, we expect no further pandemic recovery for the least affluent (NS SEC 6-8) and the longer-term trend of an increased gap in activity levels between the most and least affluent to continue.

The most affluent (NS-SEC 1-2) have seen long-term growth, with those who are active increasing by 1.6% compared to seven years ago (Nov 15-16). In contrast, the least affluent (NS-SEC 6-8) have seen the proportion active drop by 2.2% over the same period.

Active: 150+ minutes a week

Legend:
- Most affluent (NS-SEC 1-2)
- Mid-affluent (NS-SEC 3-5)
- Least affluent (NS-SEC 6-8)

	Nov 15 to Nov 16	Nov 16 to Nov 17	Nov 17 to Nov 18	Nov 18 to Nov 19	Nov 19 to Nov 20	Nov 20 to Nov 21	Nov 21 to Nov 22	Nov 22 to Nov 23
Most affluent (NS-SEC 1-2)	71.0%	71.0%	71.7%	72.0%	71.0%	71.2%	72.6%	72.7%
Mid-affluent (NS-SEC 3-5)	61.6%	61.4%	62.8%	62.6%	61.4%	60.8%	62.2%	62.1%
Least affluent (NS-SEC 6-8)	54.8%	54.0%	54.1%	54.0%	51.9%	52.3%	52.7%	52.6%

Link to data tables ▶

Note: NS-SEC classifications refer to ages 16-74 only. Full details of what the NS-SEC categories mean can be found on the definitions page.

Levels of activity

Deprivation of place

ACTIVE LIVES
Nov 22–23
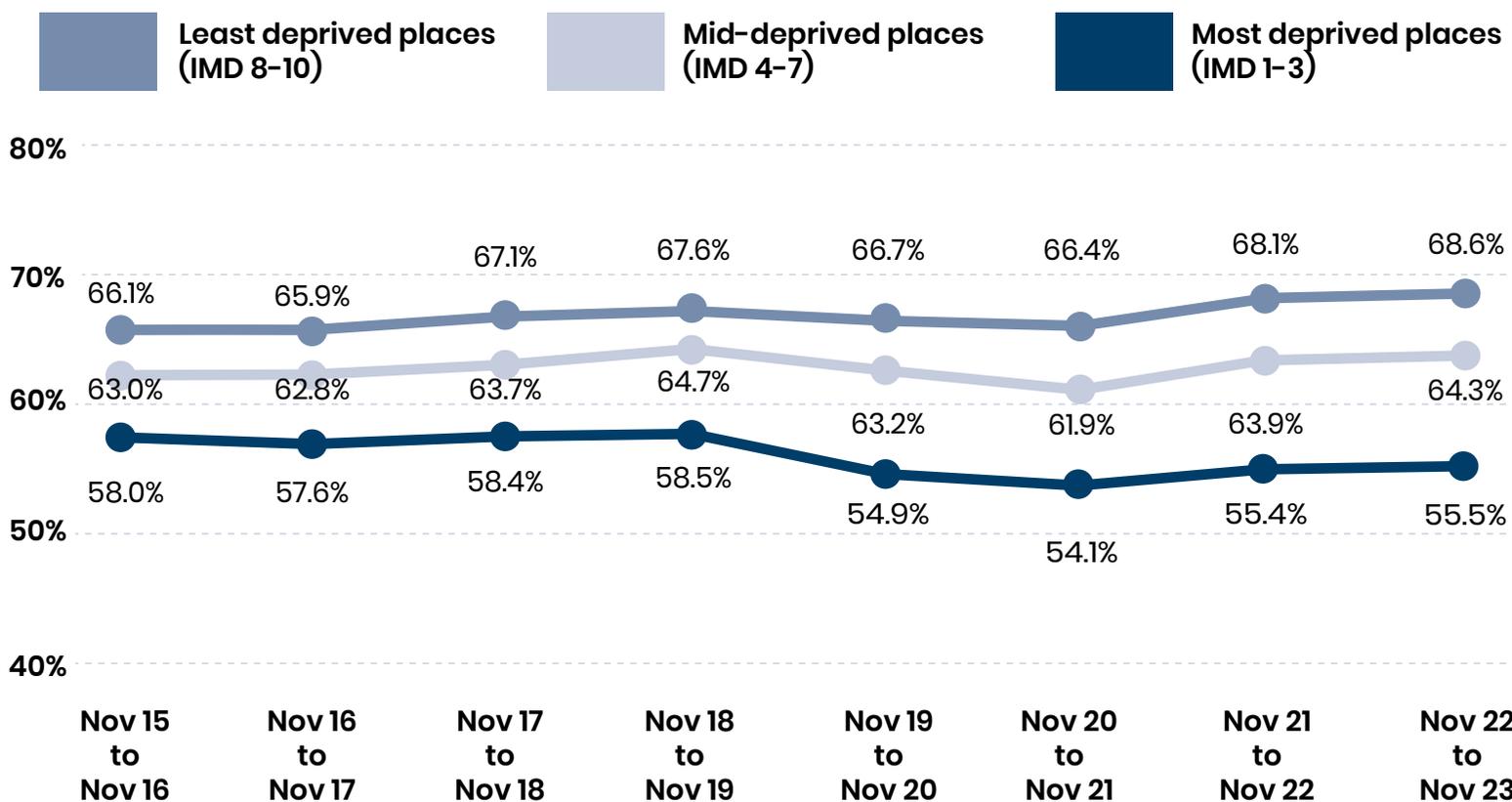ADULT SURVEY

SPORT ENGLAND

There's a growing divide in activity levels based on where someone lives

% Arrows show change from 12 months ago. No arrows indicates no statistically reportable change

Activity levels remain unchanged compared to 12 months ago for those living in the most deprived places (IMD 1–3). This indicates we'll see no further pandemic recovery.

Over the longer term, we're seeing increased inequalities based on where someone lives. The least (IMD 8–10, +2.5%) and mid– (IMD 4–7, +1.3%) deprived places are seeing more active adults compared to seven years ago (Nov 15–16), whereas the most deprived places (IMD 1–3) have seen this proportion fall by 2.5% over the same period.

Active: 150+ minutes a week

Legend:
- Least deprived places (IMD 8–10)
- Mid-deprived places (IMD 4–7)
- Most deprived places (IMD 1–3)

Least deprived places (IMD 8–10):
Nov 15 to Nov 16	Nov 16 to Nov 17	Nov 17 to Nov 18	Nov 18 to Nov 19	Nov 19 to Nov 20	Nov 20 to Nov 21	Nov 21 to Nov 22	Nov 22 to Nov 23
66.1%	65.9%	67.1%	67.6%	66.7%	66.4%	68.1%	68.6%

Mid-deprived places (IMD 4–7):
| 63.0% | 62.8% | 63.7% | 64.7% | 63.2% | 61.9% | 63.9% | 64.3% |

Most deprived places (IMD 1–3):
| 58.0% | 57.6% | 58.4% | 58.5% | 54.9% | 54.1% | 55.4% | 55.5% |

Link to data tables ▶

Note: Deprivation of place is taken from the Office for National Statistics' Indices of Multiple Deprivation (IMD). The numbers referenced refer to deciles.

There's a growing divide in activity levels based on where someone lives

The regional divide in activity levels is increasing, with more long-term growth coming from areas that generally already have higher activity levels.

% Arrows show change to November 15-16 (seven years ago). No arrows indicates no statistically reportable change

Nov 15–16   Nov 22–23

Active: 150+ minutes a week

Region	Nov 15–16	Nov 22–23	Change
West Midlands	59%	60%	
North East	60%	60%	
Yorkshire and the Humber	61%	62%	
North West	61%	62%	+1.4%
East Midlands	61%	62%	
East	61%	63%	+2.0%
London	63%	64%	
South East	64%	66%	+1.8%
South West	65%	68%	+2.3%

Link to data tables ▶

Levels of activity

Local picture

ACTIVE LIVES
Nov 22–23
ADULT SURVEY

SPORT ENGLAND

There's a growing divide in activity levels based on where someone lives

Activity levels by local authority area vary greatly across the country, from a high of 79% active in Brighton and Hove (South East region) to a low of just 49% active in Barking and Dagenham (London region).

The largest increases over the longer term (compared to Nov 15-16) have been seen in Babergh, Bedford, Braintree (East region), Barnet (London region), Eastleigh, Runnymede and Tandridge (South East region).

The only decreases over the same period have been seen in Castle Point, Southend-on-Sea (East region), Derby, East Lindsey (East Midlands region), Oldham (North West region) and Gosport (South East region).

Please refer to the data tables for these figures.

Link to data tables ▶

Active
(an average of at least 150 mins per week)

- 57.9% or lower (least active)
- 58.0% - 61.9%
- 62.0% - 64.9%
- 65.0%% - 68.9%
- Greater than 69.0% (most active)

SPORT ENGLAND
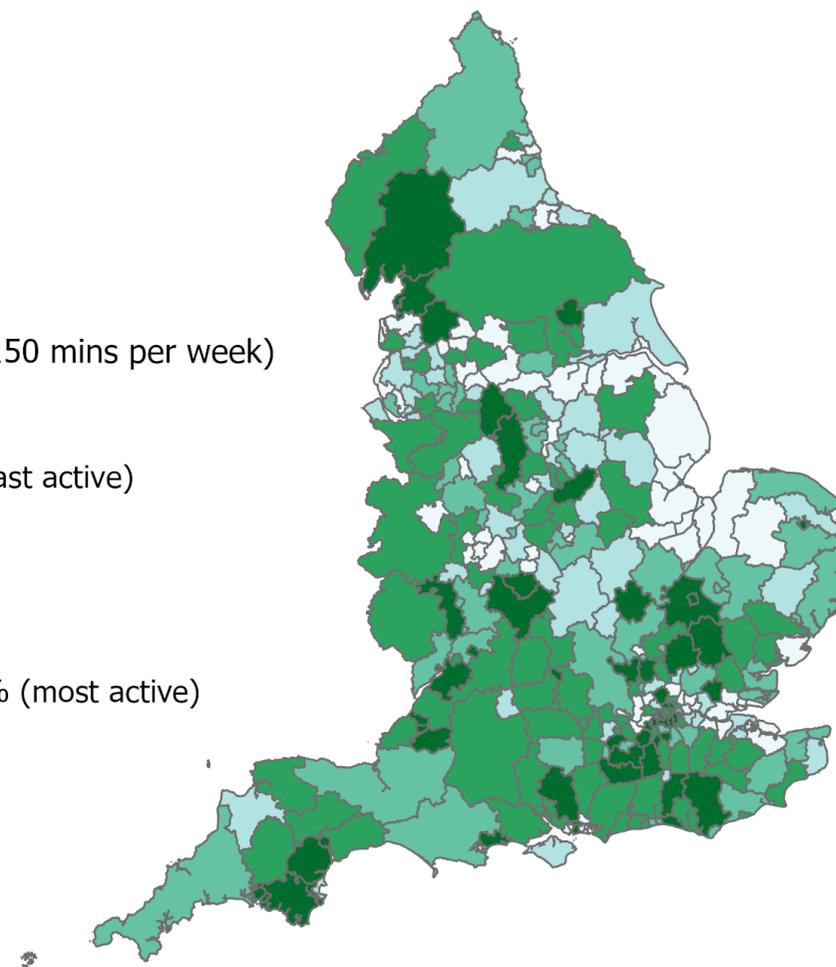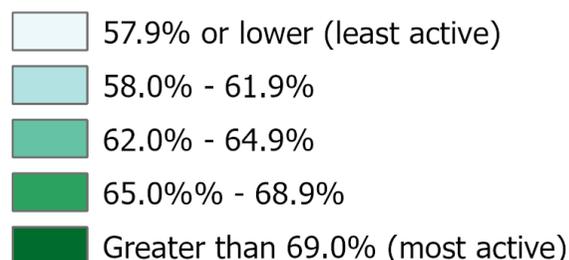
Alongside doing at least 150 minutes of physical activity a week, the Chief Medical Officers also recommend adults should do muscle strengthening activities on at least two days a week.

Data has been collected to measure muscle strength since November 2019.

Data is also captured through the Health Survey for England (HSE). The HSE includes housework, manual gardening and DIY within their estimates but doesn't include walking. As such, the estimates across the two surveys aren't comparable. HSE data can be viewed here.

What do we mean by muscle strengthening exercises?

Cycling for sport and leisure or travel

Dance

Fitness activities

Activities

Sporting activities

Walking for leisure or travel

Muscles feel some tension, shake or feel warm

At least two sessions a week

Muscle strength

SPORT ENGLAND

Muscle strengthening activity is unchanged overall

Those doing two or more sessions of muscle strengthening activity a week remains unchanged compared to November 19-20. In total, 20.1m (44%) met the guideline across November 22-23. We do, however, note the following differences by demographic group:

- Men have seen a small increase of 1.1% in those meeting the guideline.

- Those aged 55-74 have seen a small increase in those meeting the guideline, while those aged 35-54 have seen a small drop. Despite this, it remains that the proportion of those meeting the guideline declines with age, with a sharp drop at age 75 or over (to 30%).

- There remains a large gap between those with a disability or long-term health condition and those without in meeting the guideline (32% vs. 48%).

- The least affluent groups (NS-SEC 6-8) remain less likely to meet the guideline (32% vs. 52% most affluent).

- Despite increases for Asian (excluding Chinese) (+2.8%) adults, those from Black (39%), Asian (excluding Chinese) (38%) and Chinese (40%) ethnic groups continue to be the least likely to meet the guideline.

% Arrows show change from three years ago. No arrows indicates no statistically reportable change

Two+ sessions a week of muscle strengthening physical activity

Nov 19-20 Nov 22-23

	16-34	35-54	55-74	75+
Nov 19-20	48%	47%	42%	29%
Nov 22-23	49%	46%	43%	30%

35-54: −1.2%
55-74: +1.6%

Link to data tables ▶

SPORT ENGLAND
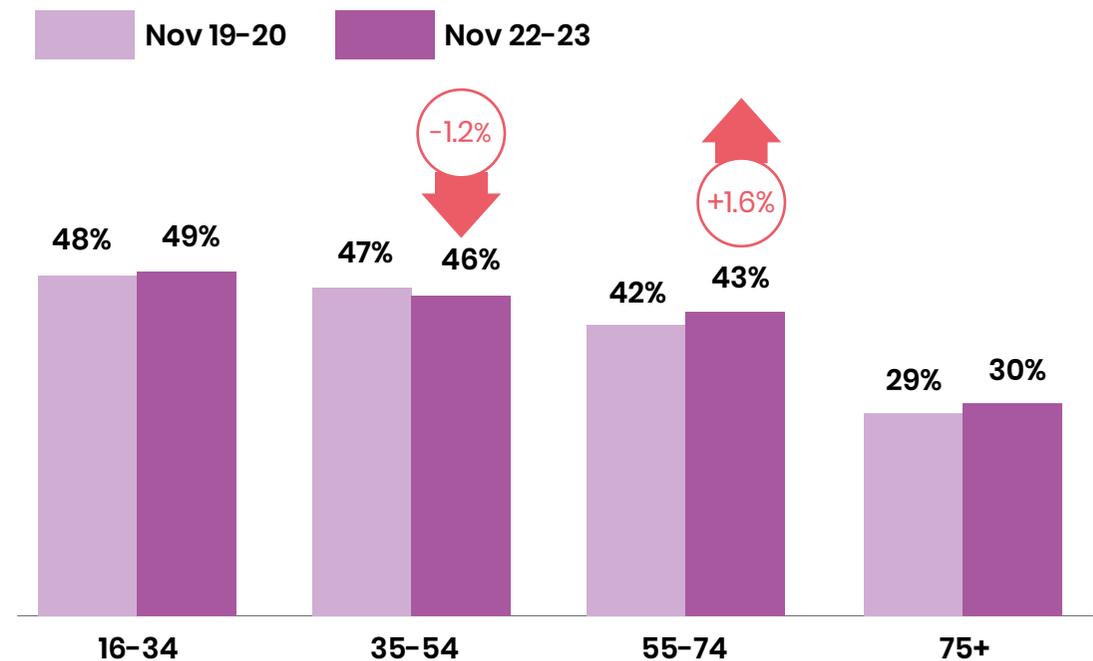
This chapter presents data broken down by different types of activity and looks at those who've participated at least twice in the last 28 days.

Looking at participation at least twice in the last 28 days provides:

- 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 count sport and physical activity if it's done...

at least twice in the last 28 days

At least moderate intensity

Link to data tables ▶

Types of activity

Arrows show change from 12 months ago. No arrows indicates no statistically reportable change

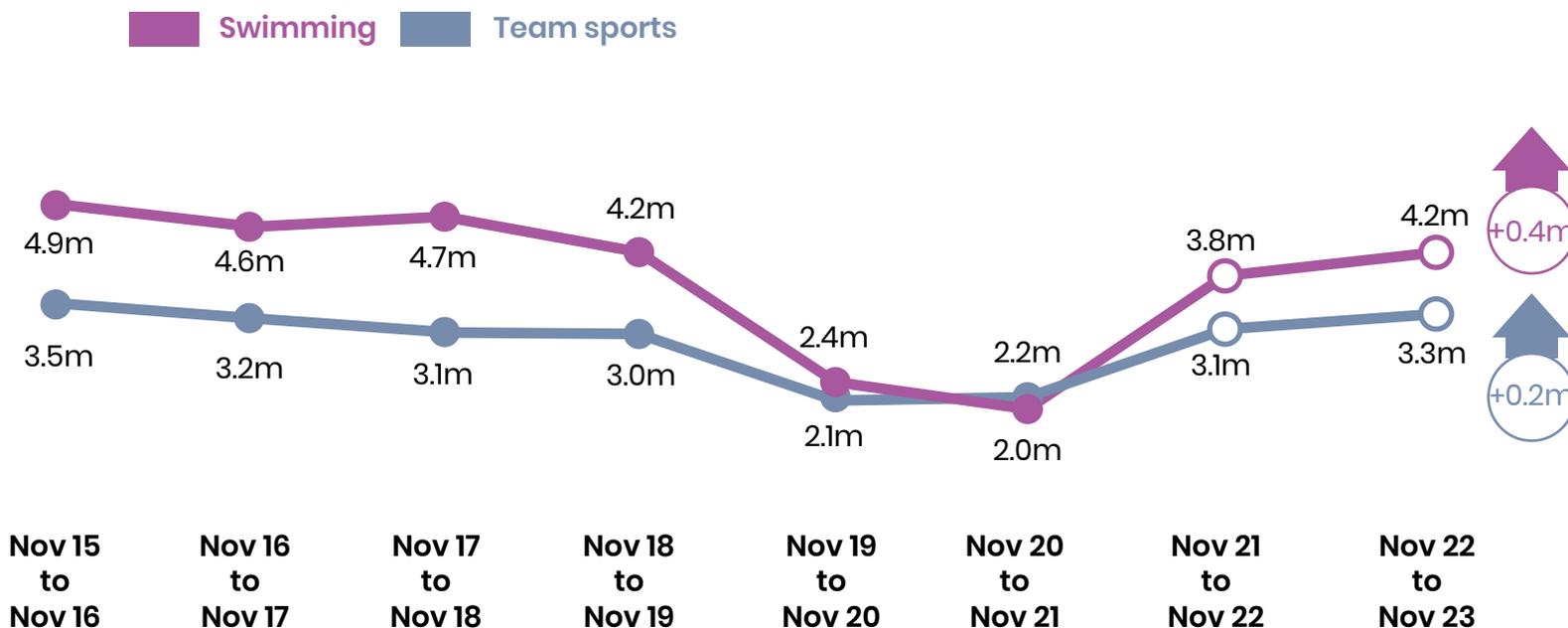**SPORT ENGLAND**

Fitness and active travel continue to recover

Walking for leisure numbers are levelling off, with just a small drop of 143,000 adults (–0.8%) compared to 12 months ago as levels re-adjust following the pandemic. We continue, however, to see an underlying upward trend, with 4.5m (+7.7%) more walkers compared to seven years ago (Nov 15-16).

Both active travel and fitness numbers continue to recover. Over a million more adults (+2.1%) have walked or cycled for travel and 802,000 (+1.5%) more have taken part in fitness activities compared to 12 months ago.

Note: Fitness data is not available before Nov 16-17, please see the notes page for more details.

Taken part at least twice in the last 28 days (age 16+), for selected activity groups
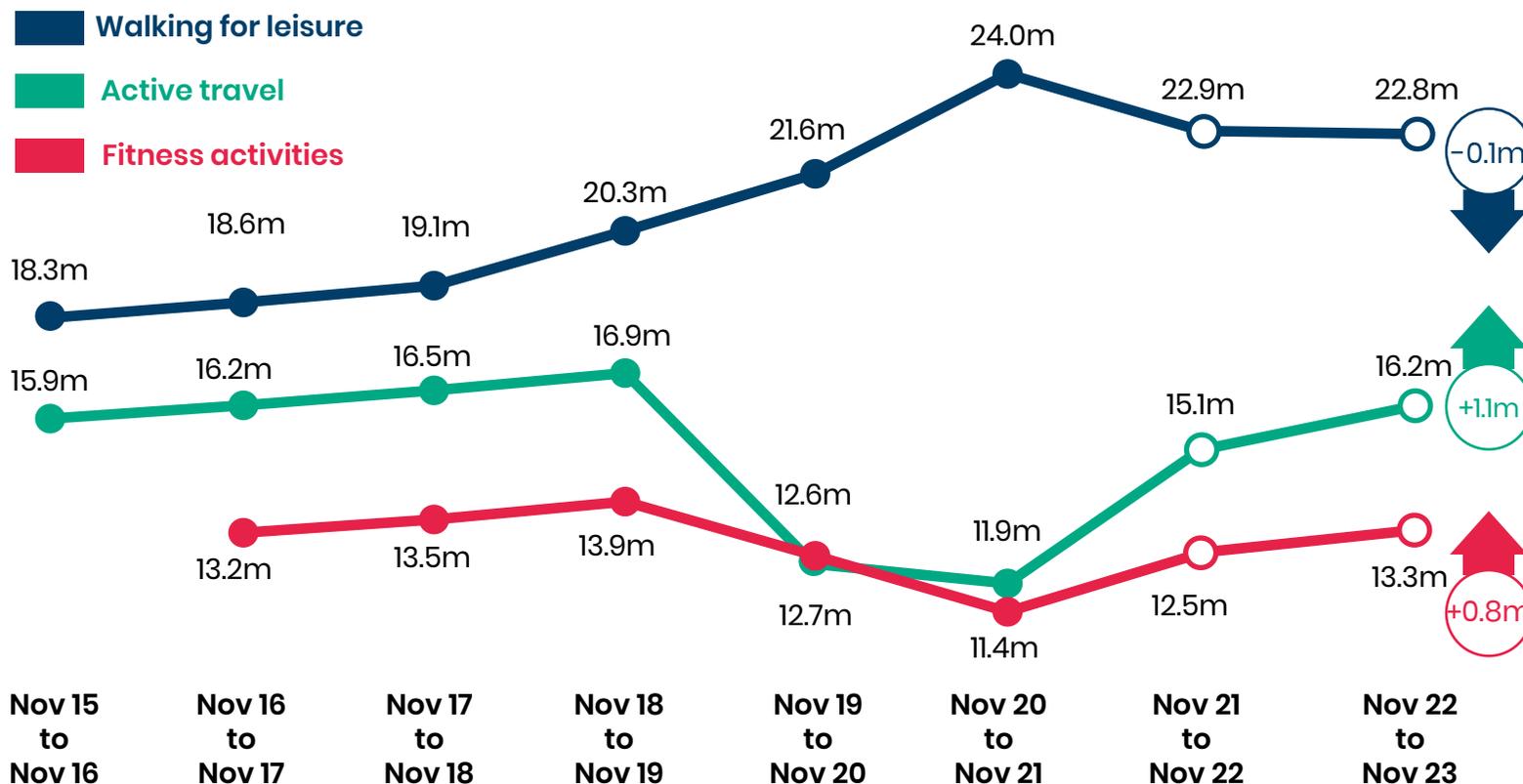
Walking for leisure
Active travel
Fitness activities

Walking for leisure: 18.3m, 18.6m, 19.1m, 20.3m, 21.6m, 24.0m, 22.9m, 22.8m (–0.1m)

Active travel: 15.9m, 16.2m, 16.5m, 16.9m, 12.6m, 11.9m, 15.1m, 16.2m (+1.1m)

Fitness activities: 13.2m, 13.5m, 13.9m, 12.7m, 11.4m, 12.5m, 13.3m (+0.8m)

| Nov 15 to Nov 16 | Nov 16 to Nov 17 | Nov 17 to Nov 18 | Nov 18 to Nov 19 | Nov 19 to Nov 20 | Nov 20 to Nov 21 | Nov 21 to Nov 22 | Nov 22 to Nov 23 |

Link to data tables ▶

20

Types of activity

SPORT ENGLAND

Arrows show change from 12 months ago. No arrows indicates no statistically reportable change

Cycling and running remain down over the longer term

Cycling numbers continue to fall back, with all the gains during the pandemic now lost - this suggests we might be seeing a return to the downward trend observed before the pandemic. There are 246,000 (-1.1%) fewer cyclists now than six years ago (Nov 16-17).

Running numbers had previously been indicating a return to their pre-pandemic downward trend; however the latest result suggests we might be seeing some stabilisation. There remain 656,000 (-2.1%) fewer runners compared to seven years ago (Nov 15-16).

Taken part at least twice in the last 28 days (age 16+), for selected activity groups

■ **Cycling for leisure and sport**   ■ **Running**
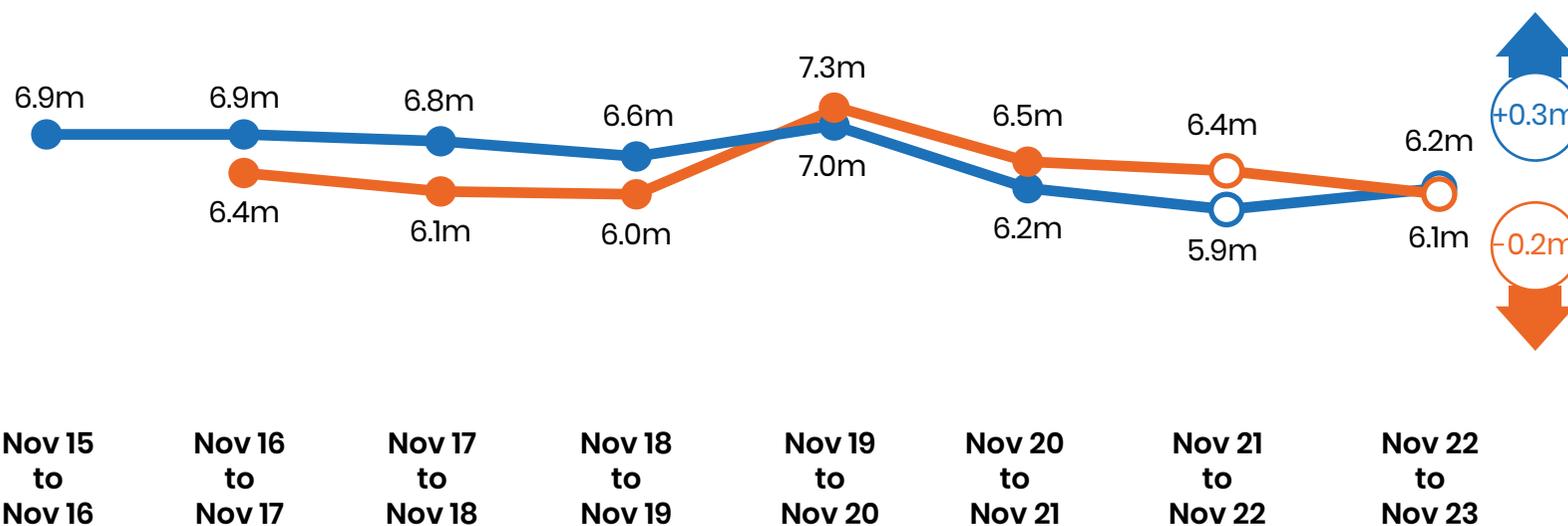
Note: Cycling data is not available before Nov 16-17, please see the notes page for more details.

	Nov 15 to Nov 16	Nov 16 to Nov 17	Nov 17 to Nov 18	Nov 18 to Nov 19	Nov 19 to Nov 20	Nov 20 to Nov 21	Nov 21 to Nov 22	Nov 22 to Nov 23
Running	6.9m	6.9m	6.8m	6.6m	7.0m	6.2m	5.9m	6.2m (+0.3m)
Cycling for leisure and sport		6.4m	6.1m	6.0m	7.3m	6.5m	6.4m	6.1m (-0.2m)

Link to data tables ▶

Types of activity

Arrows show change from 12 months ago. No arrows indicates no statistically reportable change

SPORT ENGLAND

Swimming and team sports continue to recover

Swimming numbers are back in line with pre-pandemic (Nov 18-19) levels following an increase of 400,000 (0.8%) compared to 12 months ago. Despite this we're still seeing a long-term decline, with 666,000 (-1.9%) fewer adults swimming compared to seven years ago (Nov 15-16).

Team sports numbers continue to increase and are now at the highest level seen for six years. It's unclear at this stage whether levels will settle here or continue to recover to (or beyond) the highs of November 15-16. There remain 188,000 (-0.8%) fewer team sports players compared to seven years ago (Nov 15-16).

Taken part at least twice in the last 28 days (age 16+), for selected activity groups

Swimming   **Team sports**

	Nov 15 to Nov 16	Nov 16 to Nov 17	Nov 17 to Nov 18	Nov 18 to Nov 19	Nov 19 to Nov 20	Nov 20 to Nov 21	Nov 21 to Nov 22	Nov 22 to Nov 23
Swimming	4.9m	4.6m	4.7m	4.2m	2.4m	2.2m	3.8m	4.2m (+0.4m)
Team sports	3.5m	3.2m	3.1m	3.0m	2.1m	2.0m	3.1m	3.3m (+0.2m)

Link to data tables ▶

Volunteering

Definition

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

A person counts as having volunteered if:

They've taken part in a volunteering role to support sport/physical activity in the past 12 months.

(A full list of roles can be found in our definitions at the end of this report, on page 43).

Volunteering is captured across four levels of frequency (in the past 12 months):

- Volunteered once/one-off in the past year
- Volunteered a few times in the past year
- Volunteered at least once a month, but not once a week, throughout the year
- Volunteered at least once a week throughout the year.
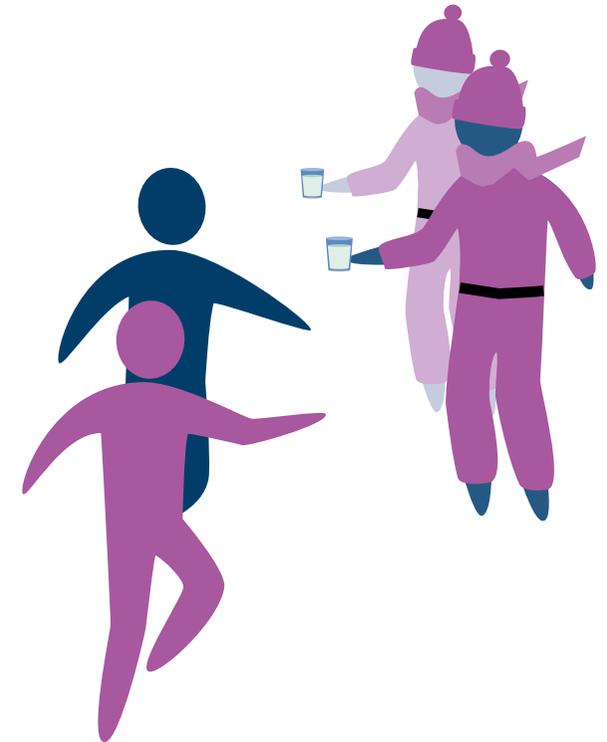
Volunteering

% Arrows show change from 12 months ago. No arrows indicates no statistically reportable change

SPORT ENGLAND

ACTIVE LIVES
ADULT SURVEY
Nov 22–23

Volunteer levels continue to recover but an underlying long-term downward trend continues

Roughly 10m adults (21.5%) gave up their time, across the 12-month period from mid-November 2022 to mid-November 2023, to support sport and physical activity. This is 1.2m (2.3%) more compared to the previous 12 months.

However, volunteering levels have been falling over the long term, accelerated by the pandemic and, while this increase is promising, we're yet to see volunteering return to previous levels. There remain 2.1m (5.6%) fewer volunteers compared to six years ago (Nov 16-17).

Volunteered to support sport and physical activity in the last 12 months

+2.3%

Nov 16 to Nov 17	Nov 17 to Nov 18	Nov 18 to Nov 19	Nov 19 to Nov 20	Nov 20 to Nov 21	Nov 21 to Nov 22	Nov 22 to Nov 23
27.1%	25.5%	25.2%	21.3%	14.4%	19.2%	21.5%
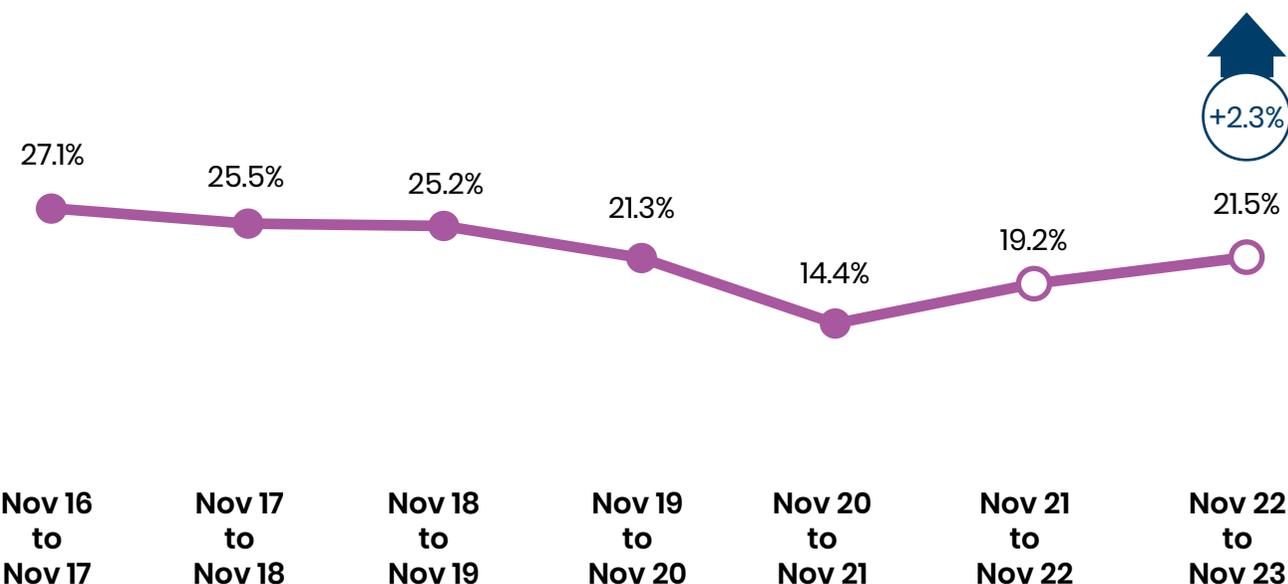
Link to data tables ▶

% Arrows show change to November 16–17 (six years ago). No arrows indicates no statistically reportable change

SPORT ENGLAND

ACTIVE LIVES
Nov 22–23
ADULT SURVEY

Fewer adults are organising fundraising for sport

Fewer adults have done each role when compared with six years ago (Nov 16-17), with drops generally around 1-2%. We have, however, seen larger drops in those organising fundraising for a sports club, organisation or event, with 5.5% or 2.3m fewer adults undertaking this role. Despite this it remains the most common role, with 8.9% of adults or 4.1m having done so. Providing transport to help people other than family members take part is the second most common role and has seen the second greatest drop, with 2.4% or 975,000 fewer adults doing so.

Roles undertaken to support sport and physical activity in the past 12 months
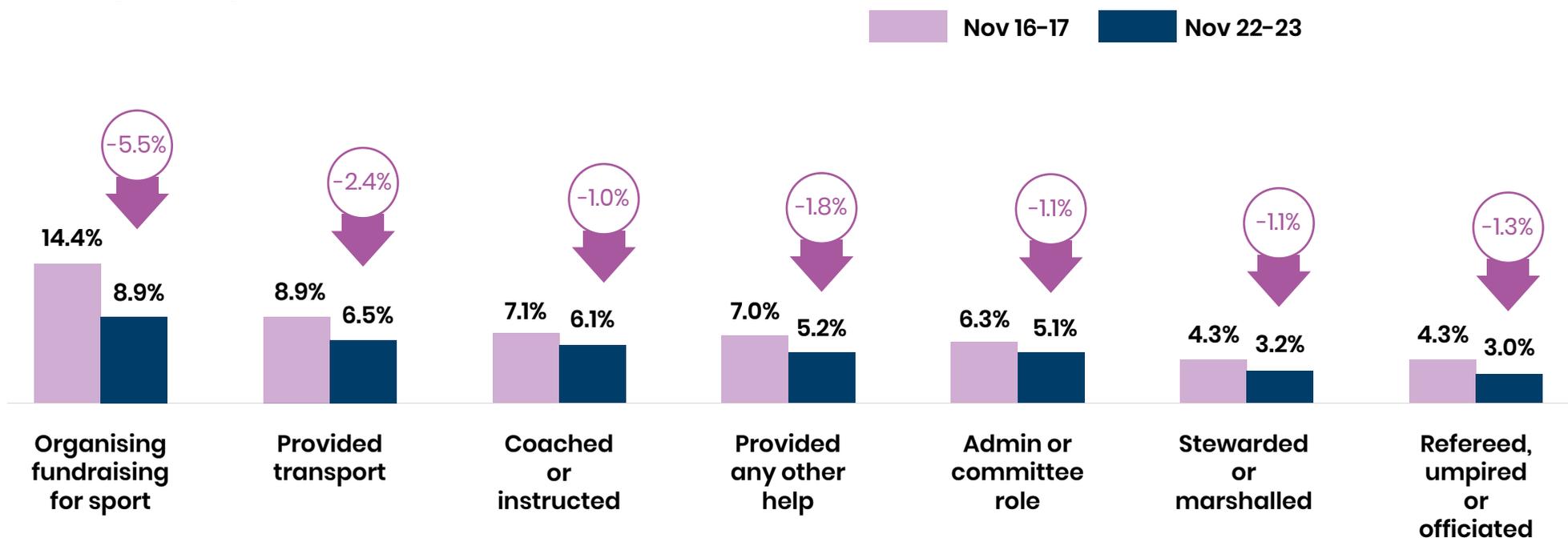
Nov 16–17 Nov 22–23

Role	Nov 16–17	Nov 22–23	Change
Organising fundraising for sport	14.4%	8.9%	-5.5%
Provided transport	8.9%	6.5%	-2.4%
Coached or instructed	7.1%	6.1%	-1.0%
Provided any other help	7.0%	5.2%	-1.8%
Admin or committee role	6.3%	5.1%	-1.1%
Stewarded or marshalled	4.3%	3.2%	-1.1%
Refereed, umpired or officiated	4.3%	3.0%	-1.3%

Link to data tables ▶

Frequency

% Arrows show change from 12 months ago. No arrows indicates no statistically reportable change

SPORT ENGLAND

More people than three years ago are volunteering regularly

The proportion doing any volunteering in the last 12 months is back in line with Nov 19-20 levels and this is reflected in both the numbers volunteering as a one-off and a few times during the year. It is, however, among the higher frequencies that we've seen the most change.

Despite a small increase compared to 12 months ago, we've seen a drop of 1.5%, or 649,000, in those volunteering at least once a month (but not weekly) throughout the year, compared to November 19-20. In contrast, those volunteering weekly throughout the year have seen an increase of 1.6%, or 800,000, over the same period. Overall, volunteers are taking part more frequently than three years ago.

ACTIVE LIVES
Nov 22-23
ADULT SURVEY

Volunteered to support sport and physical activity in the last 12 months

Nov 19-20   Nov 20-21   Nov 21-22   Nov 22-23

Once/one-off: 4.6% | 3.0% | 4.1% | 4.4% (+0.3%)

A few times: 5.2% | 3.0% | 4.5% | 5.5% (+1.1%)

Once a month: 5.5% | 3.3% | 3.6% | 4.0% (+0.4%)

Once a week: 4.9% | 4.2% | 6.1% | 6.5% (+0.4%)
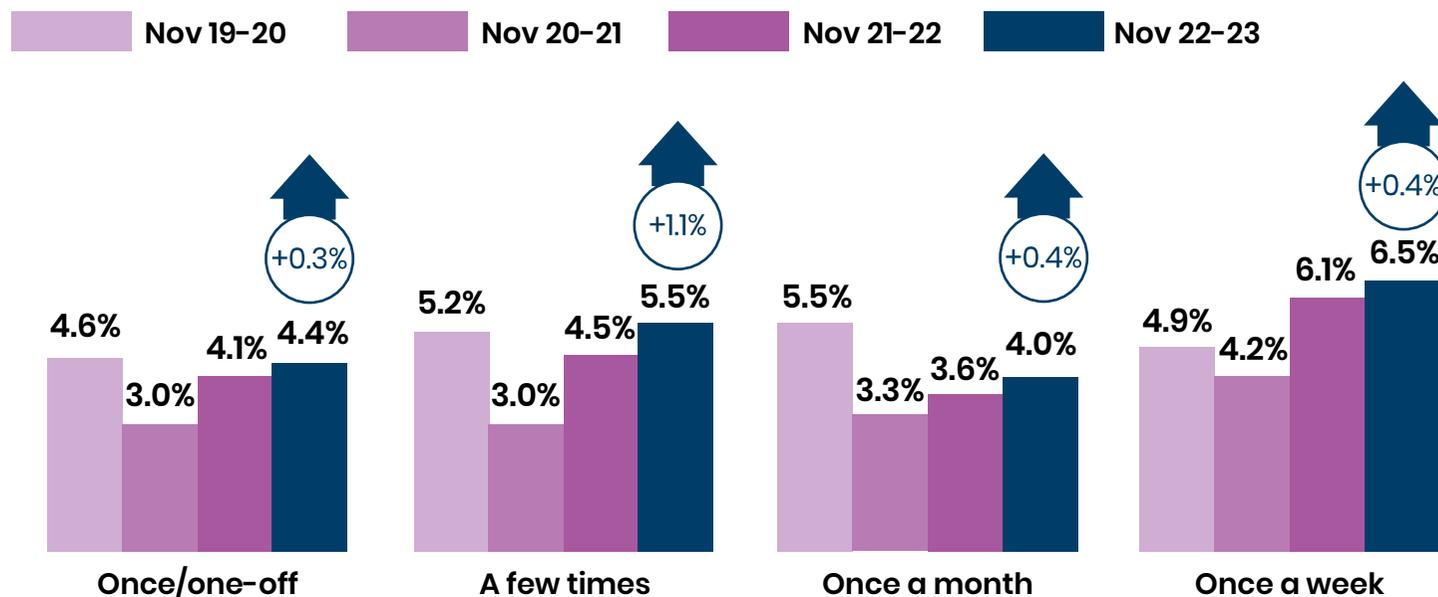
Note: Data is only available since November 2019-20 for this metric.

Link to data tables ▶

Volunteering

SPORT ENGLAND

Legend: Volunteered at least once a week throughout the year | Population

Summary of demographic profile

Our data shows there are significant inequalities:

1 Gender

Men are more likely to regularly volunteer to support sport and physical activity than women, comprising 63% of all weekly volunteers.

- Male: 63%
- Female: 37%
- In another way *: 1%
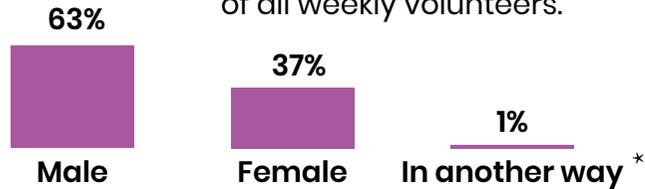
2 Socio-economic groups

Adults from lower socio-economic backgrounds (NS-SEC 6-8)* are under-represented in volunteering, comprising just 10% of all weekly volunteers but 30% of the population (aged 16-74).

- Volunteers: 10%
- Population: 30%

NS-SEC 6-8
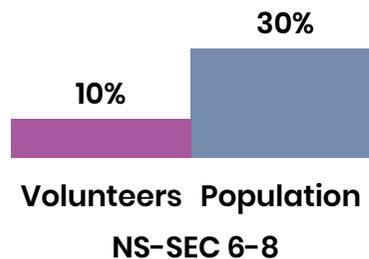
3 Age

The greatest shares of regular volunteers come from the 16-24, 35-44 and 45-54 age groups.

Age group	Volunteered	Population
16-24	18%	13%
25-34	12%	17%
35-44	16%	16%
45-54	19%	16%
55-64	12%	16%
65-74	14%	12%
75+	11%	11%
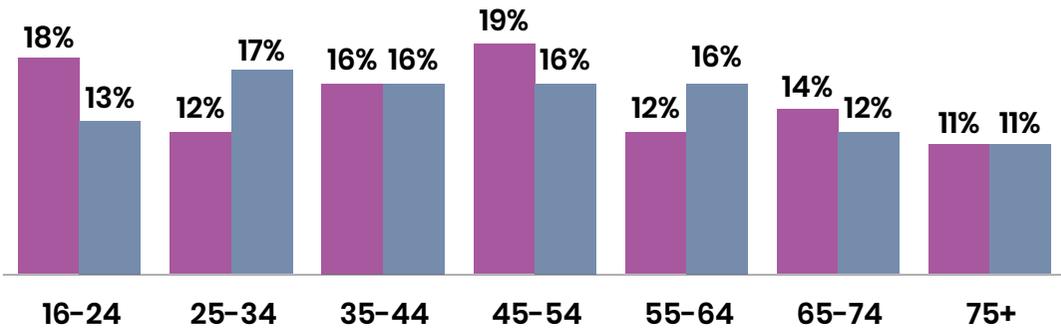
4 Sexual orientation

Bisexual adults are slightly over-represented among regular volunteers.

	Volunteered	Population
Gay or lesbian	1.8%	1.7%
Bisexual	3.1%	1.4%
Other	0.9%	0.4%
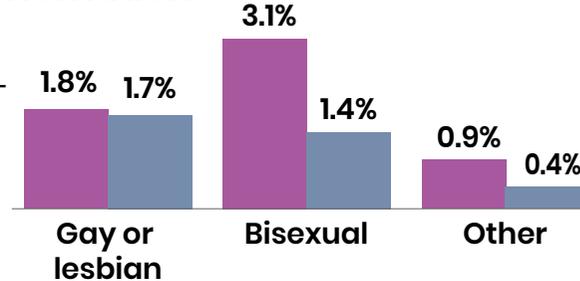
5 Ethnicity

Adults from Black and White other ethnic minority groups are under-represented among regular volunteers.

	Volunteered	Population
Asian (excl Chinese)	7.8%	8.2%
White other	4.6%	7.9%
Black	1.9%	3.9%
Mixed	2.6%	2.0%
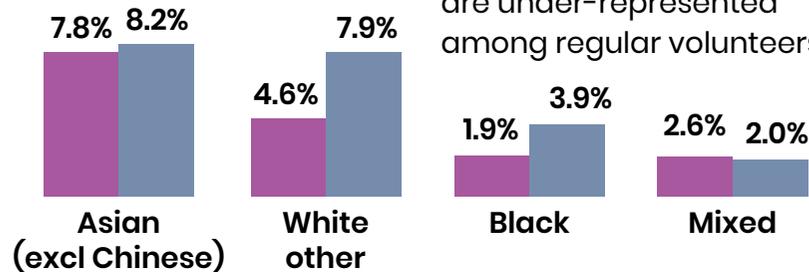
6 Disability and long-term health conditions

People with a disability or long-term health condition* account for 18% of regular volunteers, despite comprising 20% of the population as a whole.
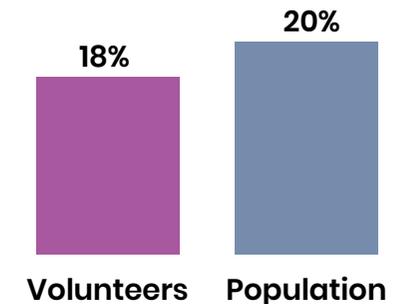
- Volunteers: 18%
- Population: 20%

Link to data tables ▶

*See our definitions page for the full definition of each demographic group.

Gender and age

% Arrows show change from 12 months ago. No arrows indicates no statistically reportable change

SPORT ENGLAND

ACTIVE LIVES
Nov 22–23
ADULT SURVEY

Gender

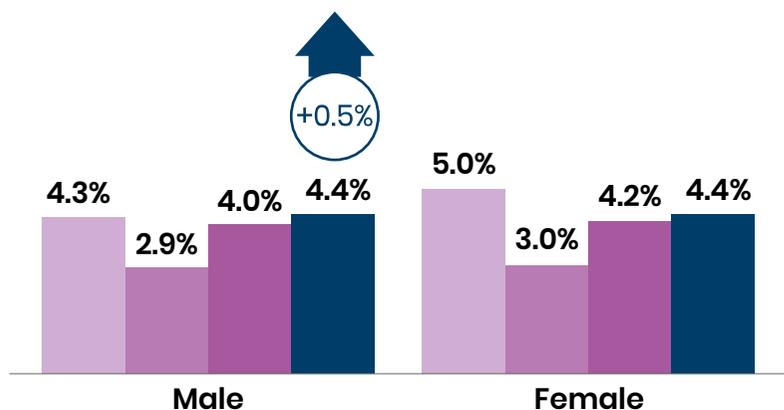Both men and women are following the same overall patterns in volunteering, both overall and by the different frequencies. The only difference is a small drop in one-off volunteering for women (-0.6%) compared to three years ago (Nov 19-20), that's not seen for men.

Women continue to comprise a smaller share of volunteers as the regularity of volunteering increases.

Age

All age groups are following the same overall pattern in volunteering, both overall and by the different frequencies. The only difference is a small increase in volunteering a few times, for those aged 16-34 (+0.6%), compared to three years ago (Nov 19-20), that's not seen for other age groups.

The 16-24 age has driven the drop in those who have coached or instructed (down 4.5%), whereas the 75-84 age group has seen a small increase (+0.6%) compared to six years ago (Nov 16-17).

Note: Data is only available since November 2019-20 for these metrics.

Legend: Nov 19–20 | Nov 20–21 | Nov 21–22 | Nov 22–23

Volunteered as a one-off in the last year

Male: 4.3%, 2.9%, 4.0%, 4.4% (+0.5%)
Female: 5.0%, 3.0%, 4.2%, 4.4%

Volunteered a few times throughout the year
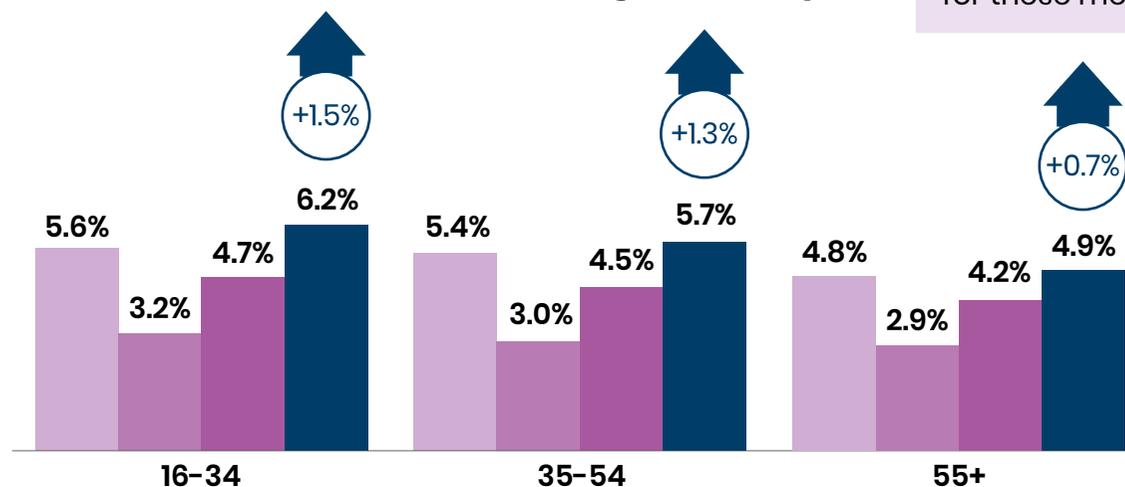
16-34: 5.6%, 3.2%, 4.7%, 6.2% (+1.5%)
35-54: 5.4%, 3.0%, 4.5%, 5.7% (+1.3%)
55+: 4.8%, 2.9%, 4.2%, 4.9% (+0.7%)

Link to data tables ▶

Note: Data on gender identification was collected on male, female, non-binary and prefer to self-describe. Results for the latter categories are combined into 'in another way' for reporting (due to small sample sizes) and can be found in the data tables.

Volunteering

% Arrows show change from 12 months ago. No arrows indicates no statistically reportable change

SPORT ENGLAND

ACTIVE LIVES ADULT SURVEY
Nov 22–23

Socio-economic group

All social groups are following the same overall patterns in volunteering, both overall and by the different frequencies. The only difference is that, for those from the lower social groups (NS SEC 6-8), we've seen no reportable increase in volunteering once a week throughout the year, compared to three years ago (Nov 19-20).

The most affluent (NS-SEC 1-2) remain more likely to volunteer at all frequencies, when compared to the least affluent (NS-SEC 6-8).

Disability and long-term health conditions

Both those with and without a disability or long-term health condition are following the same overall patterns in volunteering, both overall and by the different frequencies.

Adults with a disability or long-term health condition remain less likely to volunteer at all frequencies, when compared to those without.

Nov 19-20   Nov 20-21   Nov 21-22   Nov 22-23

Volunteered at least once a week throughout the year
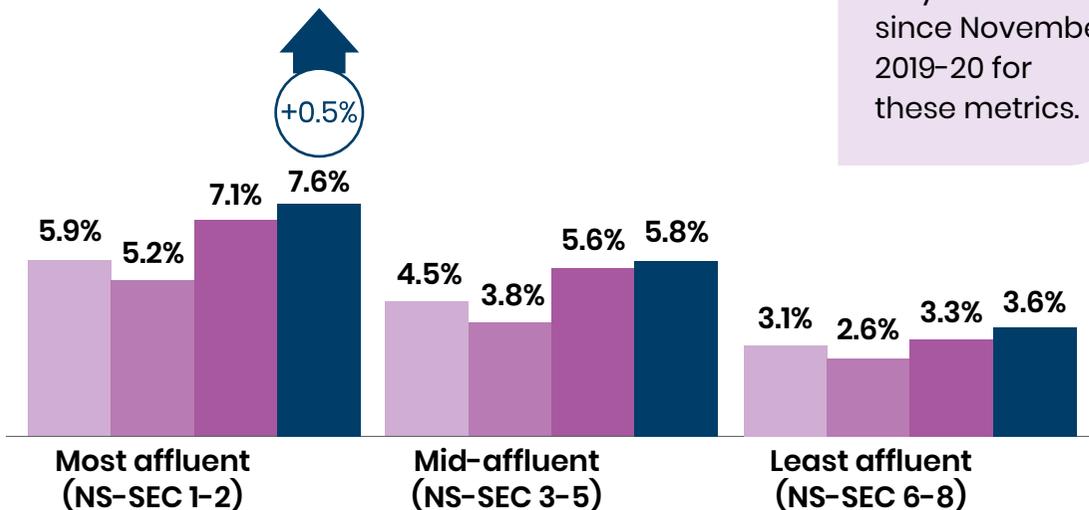
Note: Data is only available since November 2019-20 for these metrics.

Most affluent (NS-SEC 1-2): 5.9%, 5.2%, 7.1%, 7.6% (+0.5%)

Mid-affluent (NS-SEC 3-5): 4.5%, 3.8%, 5.6%, 5.8%

Least affluent (NS-SEC 6-8): 3.1%, 2.6%, 3.3%, 3.6%

Volunteered at least once a week throughout the year

Disability or long-term health condition: 3.7%, 3.4%, 4.7%, 5.5% (+0.8%)

No disability or long-term health condition: 5.2%, 4.5%, 6.6%, 6.9% (+0.4%)

Link to data tables ▶

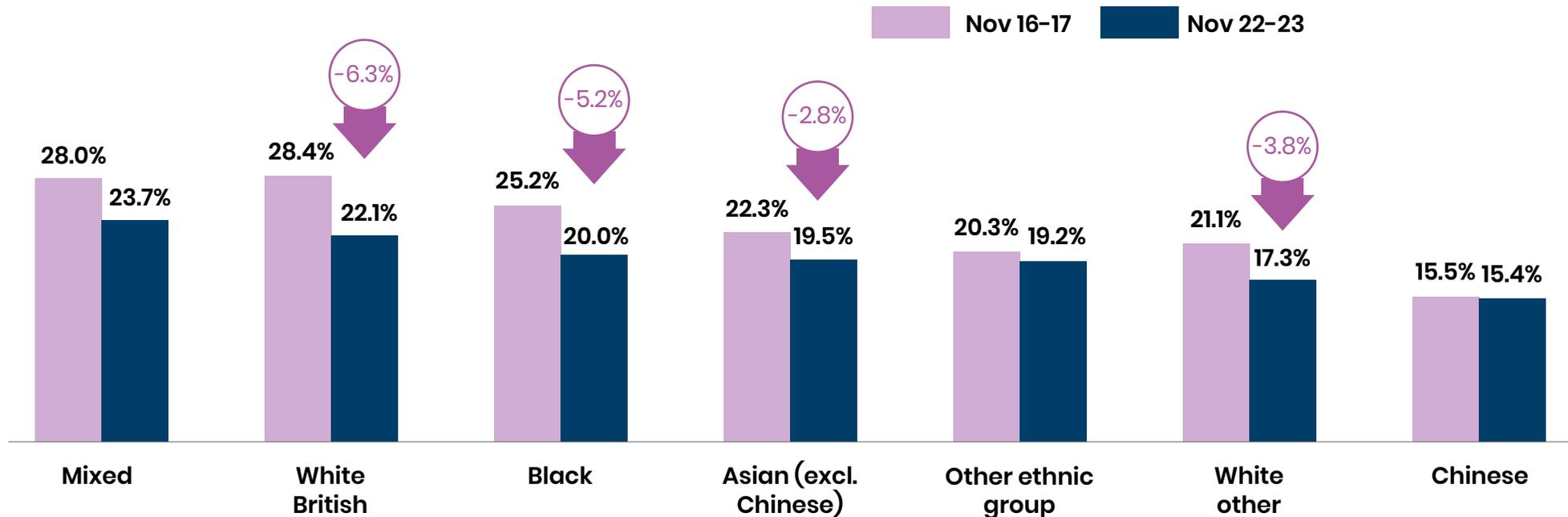**SPORT ENGLAND**

ACTIVE LIVES ADULT SURVEY Nov 22-23
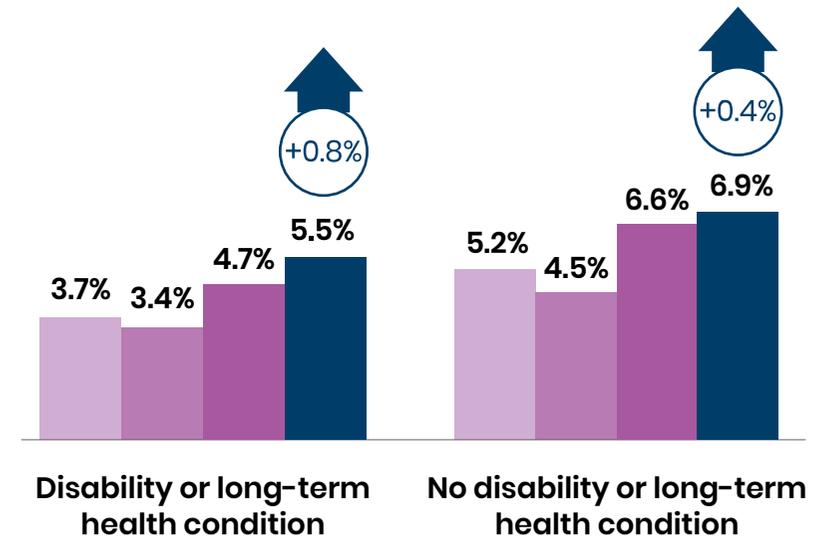
Volunteer levels remain down for most Asian, Black and minority ethnic groups

Looking at any volunteering in the last 12 months, drops in volunteering levels have been seen across most groups compared to six years ago (Nov 16-17), with White British and Black adults recording the largest drops.

Adults from Chinese and White other ethnic groups are the least likely to volunteer to support sport and physical activity.

Any volunteering in the last 12 months

Legend: ▇ Nov 16-17 ▇ Nov 22-23

Ethnic group	Nov 16-17	Nov 22-23	Change
Mixed	28.0%	23.7%	
White British	28.4%	22.1%	-6.3%
Black	25.2%	20.0%	-5.2%
Asian (excl. Chinese)	22.3%	19.5%	-2.8%
Other ethnic group	20.3%	19.2%	
White other	21.1%	17.3%	-3.8%
Chinese	15.5%	15.4%	

Link to data tables ▶

Outcomes

Definition

SPORT ENGLAND

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 – Get Active.

Chapters one and two of this report covered the first of those outcomes – physical wellbeing. This chapter will focus on mental wellbeing, individual development and social and community development.

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

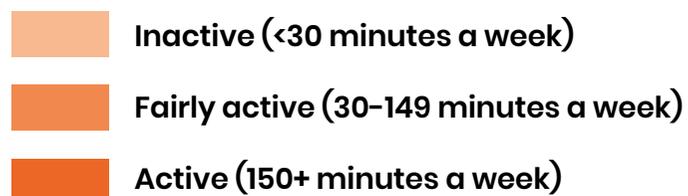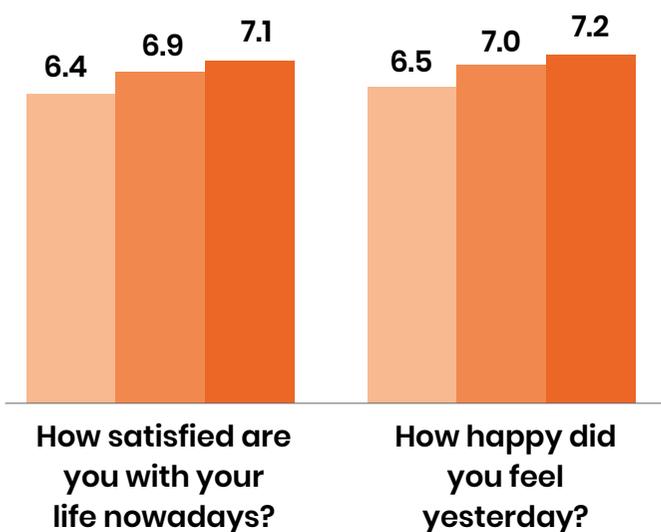|	Physical wellbeing	Mental wellbeing	Individual development	Social & community development	Economic development
Sport and physical activity can...	• Help improve and maintain fitness, strength and balance. • Help prevent and manage medical conditions.	• Contribute to happiness and improved self-esteem. • 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...	Proportion of adults who: • Undertake an average of **150+ minutes** a day of sport and physical activity. • Undertake two or more sessions of **muscle strengthening** activity a week.	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**. • My local area is a place where people from **different backgrounds** get on well together.	The economic value of sport, as reported in: • DCMS's Sports Satellite Accounts • Our report on the social and economic value of community sport and physical activity in England.

Mental wellbeing

There's a positive association between activity levels and mental wellbeing – some activity is good, more is better

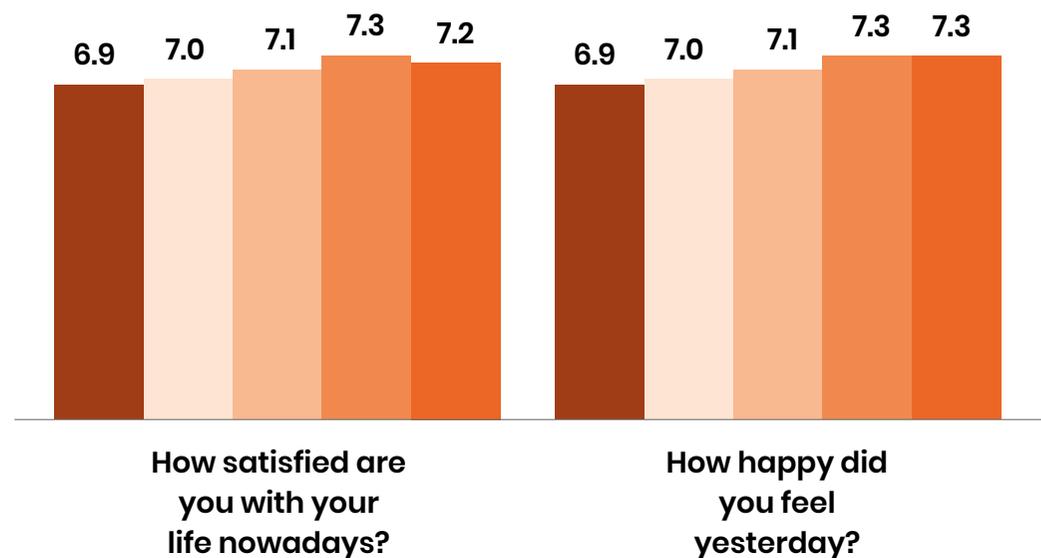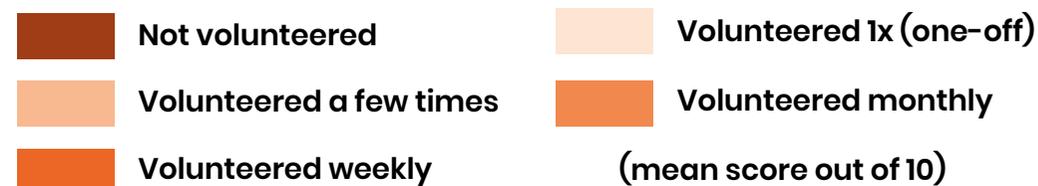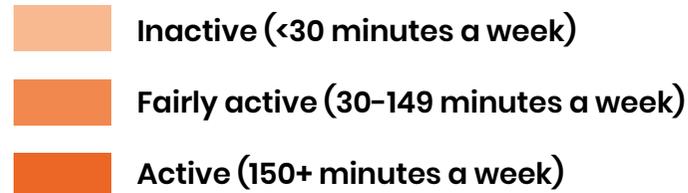This relationship also holds across feeling your life is worthwhile and feelings of anxiety.

- Inactive (<30 minutes a week)
- Fairly active (30-149 minutes a week)
- Active (150+ minutes a week)

(mean score out of 10)

How satisfied are you with your life nowadays?
6.4 6.9 7.1

How happy did you feel yesterday?
6.5 7.0 7.2

There's a positive association between frequency of volunteering and mental wellbeing

Regular volunteers generally have higher wellbeing scores than those who volunteer as a one-off or not at all.

- Not volunteered
- Volunteered a few times
- Volunteered weekly
- Volunteered 1x (one-off)
- Volunteered monthly

(mean score out of 10)

How satisfied are you with your life nowadays?
6.9 7.0 7.1 7.3 7.2

How happy did you feel yesterday?
6.9 7.0 7.1 7.3 7.3

Link to data tables ▶

32

Individual development

SPORT ENGLAND

There's a positive association between activity levels and individual development

Those who are active have higher scores than those who are fairly active who, in turn, have higher scores than those who are inactive.

- Inactive (<30 minutes a week)
- Fairly active (30-149 minutes a week)
- Active (150+ minutes a week)

(mean score out of 5, where 5 is strongly agree and 1 is strongly disagree)

I can achieve most of the goals I set myself
- 3.4
- 3.6
- 3.8

If I find something difficult, I keep trying until I can do it
- 3.6
- 3.7
- 3.8
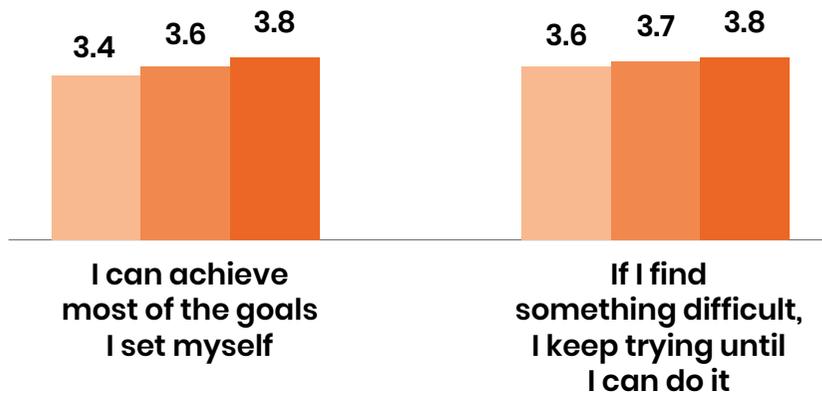
There's a positive association between frequency of volunteering and individual development

Those who volunteer regularly generally have higher scores than those who don't volunteer.

- Not volunteered
- Volunteered 1x (one-off)
- Volunteered a few times
- Volunteered monthly
- Volunteered weekly

(mean score out of 5, where 5 is strongly agree and 1 is strongly disagree)

I can achieve most of the goals I set myself
- 3.6
- 3.8
- 3.8
- 3.8
- 3.9

If I find something difficult, I keep trying until I can do it
- 3.8
- 3.9
- 3.9
- 3.9
- 4.0

Link to data tables ▶
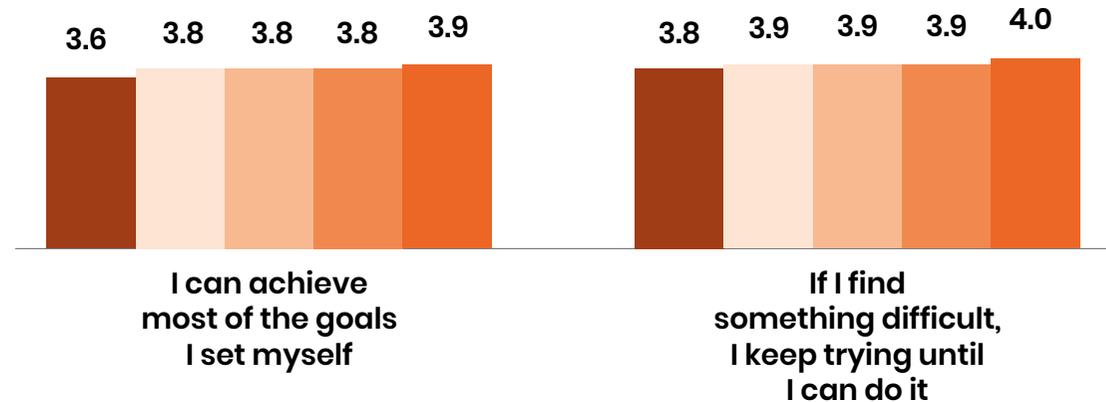
There's a weak but positive association between activity levels and social and community development

Those who are active have slightly higher social trust and community integration scores than those who are inactive.
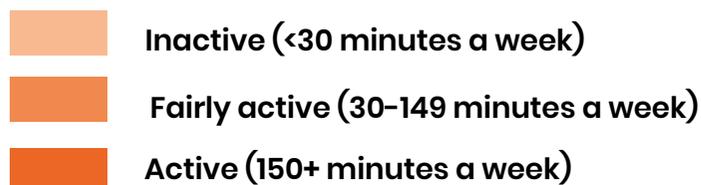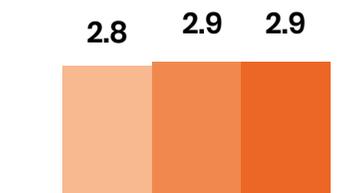
- Inactive (<30 minutes a week)
- Fairly active (30–149 minutes a week)
- Active (150+ minutes a week)

(mean score out of 5, where 5 is strongly agree and 1 is strongly disagree)
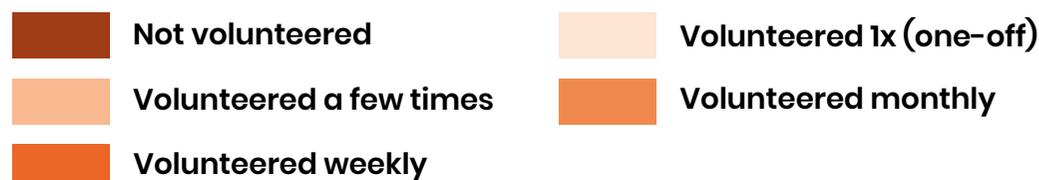
3.2 3.3 3.4

Most people in our area can be trusted

(mean score out of 4, where 4 is strongly agree and 1 is strongly disagree)

2.8 2.9 2.9
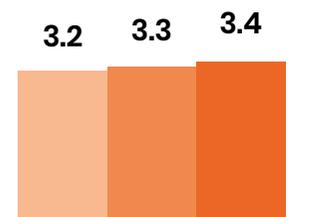
My local area is a place where people from different backgrounds get on well together

There's a weak but positive association between volunteering and social and community development

Social trust and community integration scores vary very little by volunteering, with just a small difference for those doing so a few times or more and those doing so only once or not at all.
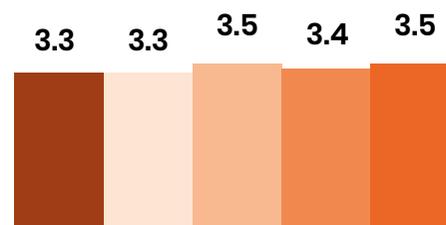
- Not volunteered
- Volunteered a few times
- Volunteered weekly
- Volunteered 1x (one-off)
- Volunteered monthly

(mean score out of 5, where 5 is strongly agree and 1 is strongly disagree)

3.3 3.3 3.5 3.4 3.5

Most people in our area can be trusted

(mean score out of 4, where 4 is strongly agree and 1 is strongly disagree)

2.9 2.9 2.9 2.9 3.0

My local area is a place where people from different backgrounds get on well together

Link to data tables ▶

Attitudes

Definition

SPORT ENGLAND
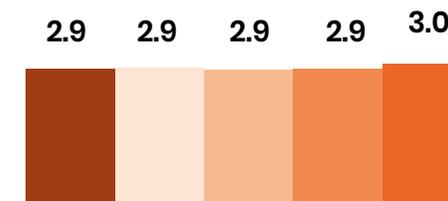
We ask the following attitude questions:

Capability
- I feel I have the ability to be physically active. Ability includes physical ability and confidence.

Opportunity
- I feel I have the opportunity to be physically active. Opportunity includes things such as having somewhere to do it, being able to afford it, having the right kit, support from family, someone to take part with etc.

Motivation
- I find sport enjoyable and satisfying. Four questions covering motivation are included within the survey; however just enjoyment is included in this report.

Results are presented for those saying 'strongly agree' to each question.

Someone's **C**apability, **O**pportunity and **M**otivation to be active combine to drive their **B**ehaviour (the COM-B model*). The absence of just one of these can lead to someone becoming inactive. Data on these attitudes helps us to better understand people's activity levels.
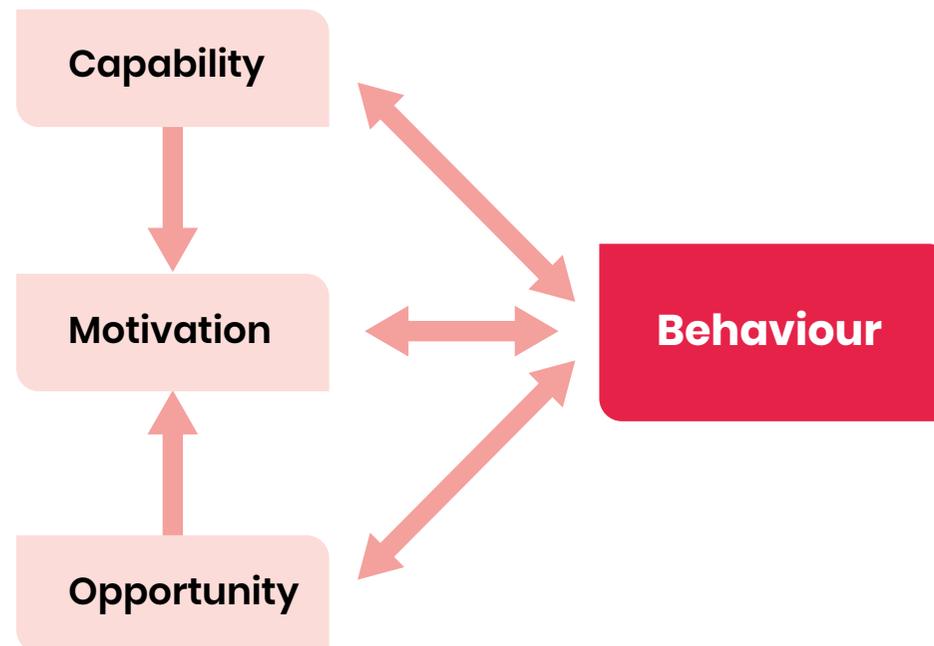

*Susan Muchie, Maartje van Straken, Robert West (2011)

Attitudes

SPORT ENGLAND

Attitudes towards sport and physical activity are back in line with four years ago

The proportion strongly agreeing to each of the three attitude statements is broadly unchanged over time. The small increases compared to 12 months ago indicate recovery following the coronavirus pandemic.

A similar picture is seen across all categories of the agreement scale.
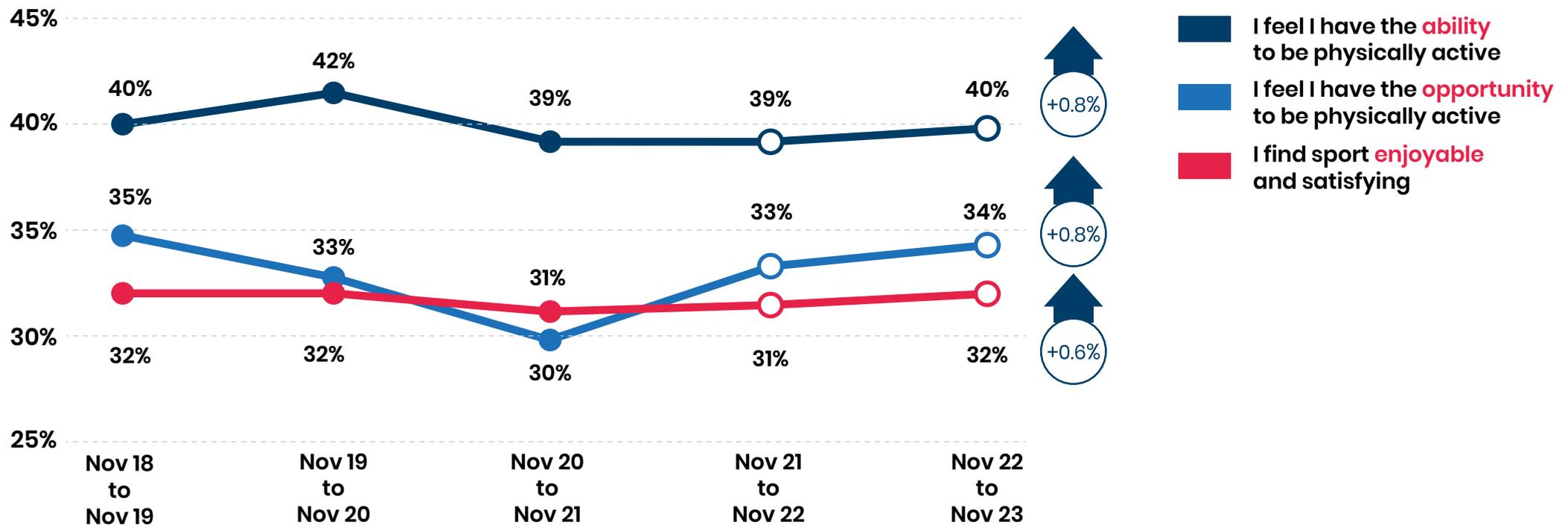
% Arrows show change from 12 months ago. No arrows indicates no statistically reportable change

I feel I have the ability to be physically active

I feel I have the opportunity to be physically active

I find sport enjoyable and satisfying

Ability line: 40%, 42%, 39%, 39%, 40% — change +0.8%

Opportunity line: 35%, 33%, 30%, 33%, 34% — change +0.8%

Enjoyable line: 32%, 32%, 31%, 31%, 32% — change +0.6%

X-axis: Nov 18 to Nov 19 | Nov 19 to Nov 20 | Nov 20 to Nov 21 | Nov 21 to Nov 22 | Nov 22 to Nov 23

Link to data tables

36

Attitudes

Gender and age

SPORT ENGLAND

ACTIVE LIVES
Nov 22–23
ADULT SURVEY

Gender

Men are more likely to have positive attitudes towards sport and physical activity compared to women, across all three measures.

Over the four-year period (compared to Nov 18-19), there's been a slight widening of the gender gap in perceived opportunity. Women saw a small decrease (-1.2%) while men saw no change in the proportion strongly agreeing they feel they have the opportunity to be physically active.

I feel I have the opportunity to be physically active (proportion that strongly agree)
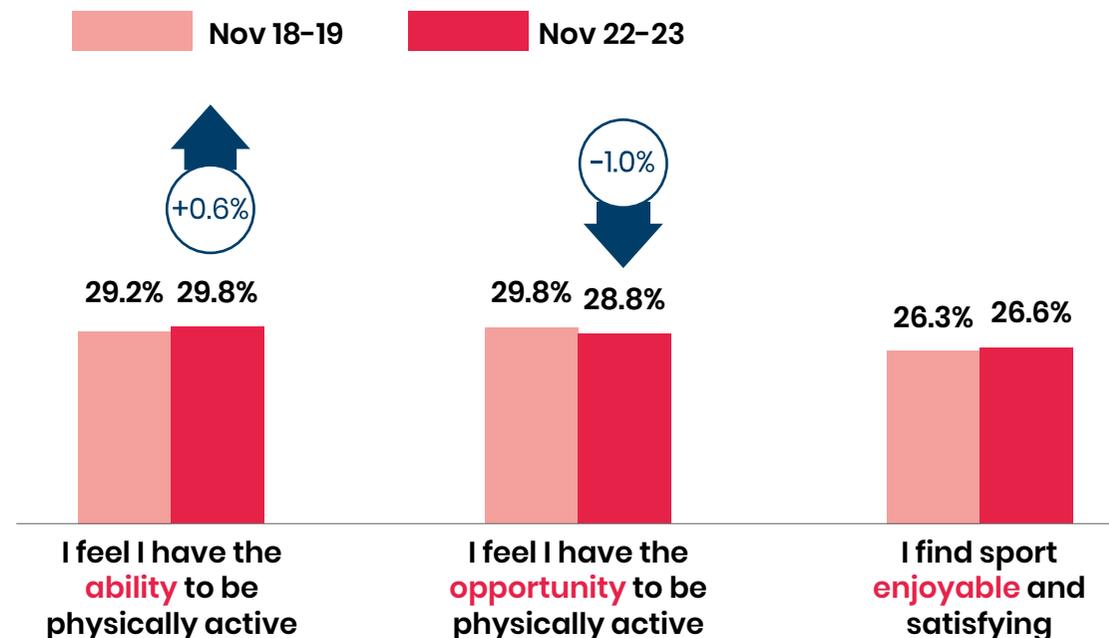
- Male: 38.4% → 38.5%
- Female: 31.1% → 29.9% (-1.2%)
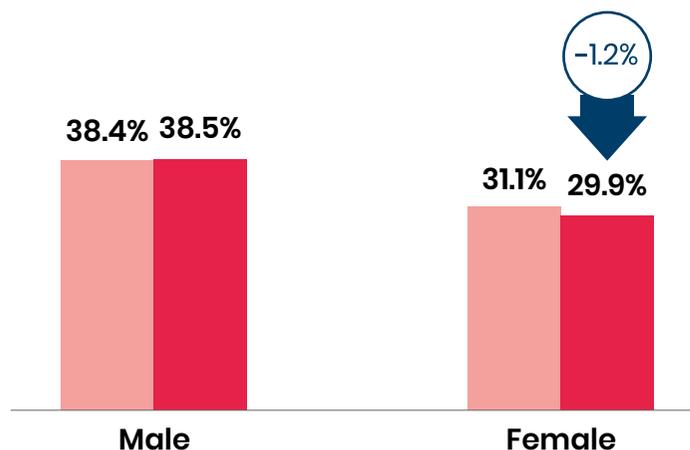
Age

The proportion strongly agreeing to each of the attitude statements decreases with age.

Those aged 55+ have seen a small increase in perceived capability, coupled with a small decrease in perceived opportunity to be active compared to four years ago (Nov 18-19). There have been no changes among those aged 16-54, for any of the attitudes.

Age 55+ (proportion that strongly agree)

- Nov 18-19
- Nov 22-23

I feel I have the **ability** to be physically active: 29.2% → 29.8% (+0.6%)

I feel I have the **opportunity** to be physically active: 29.8% → 28.8% (-1.0%)

I find sport **enjoyable** and satisfying: 26.3% → 26.6%

Link to data tables ▶

Note: Data on gender identification was collected on male, female, non-binary and prefer to self-describe. Results for the latter categories are combined into 'in another way' for reporting (due to small sample sizes) and can be found in the data tables.

% Arrows show change from four years ago. No arrows indicates no statistically reportable change

SPORT ENGLAND

ACTIVE LIVES
Nov 22–23
ADULT SURVEY

Disability and long-term health conditions

Adults with a disability or long-term health condition are notably less likely to have positive attitudes compared to those without.

While perceived capability and enjoyment are both unchanged compared to four years ago, perceived opportunity has fallen. In contrast, perceived opportunity has increased among those without a disability or long-term health condition – widening the gap between them.

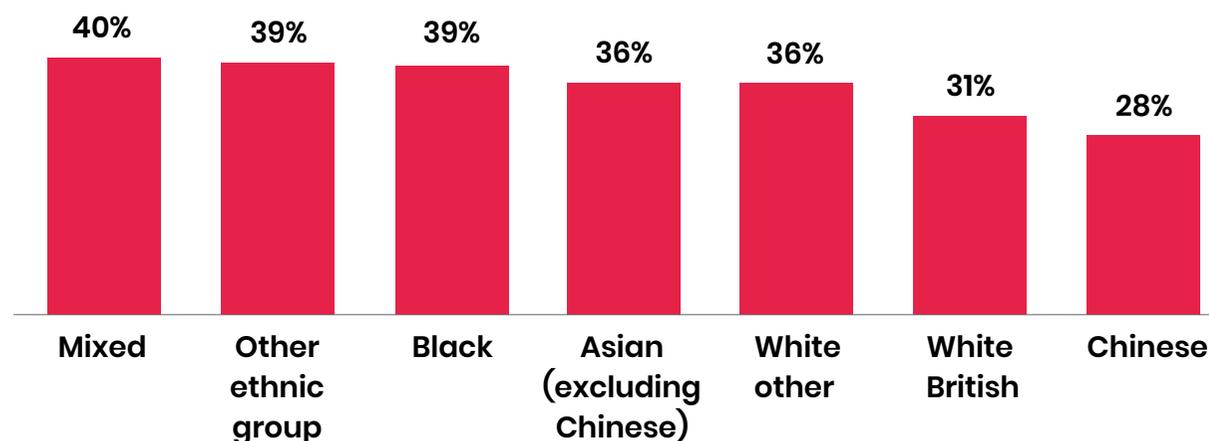### I feel I have the opportunity to be physically active (proportion that strongly agree)

Nov 18–19
Nov 22–23

+0.6%

−1.0%

38.8%   39.3%

18.1%   17.2%

Disability or long-term health condition

No disability or long-term health condition
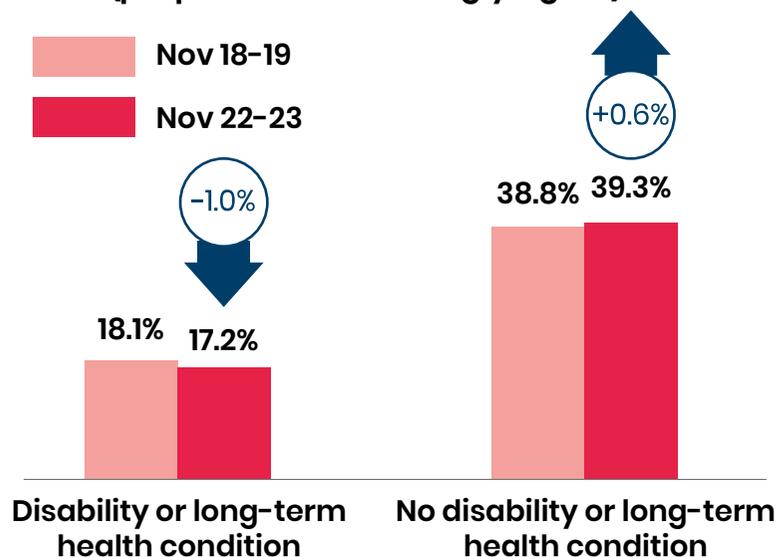
Link to data tables ▶

Ethnicity

Compared to White British adults, only Asian and Chinese adults are less likely to strongly agree they have the ability and opportunity to be active. Only Chinese adults are less likely than White British to strongly agree they enjoy being active.

I find sport enjoyable and satisfying (proportion that strongly agree)

Mixed	Other ethnic group	Black	Asian (excluding Chinese)	White other	White British	Chinese
40%	39%	39%	36%	36%	31%	28%

Affluence

% Arrows show change from four years ago. No arrows indicates no statistically reportable change

SPORT ENGLAND

Socio-economic group

The least affluent (NS-SEC 6-8) are the least likely to feel they have the ability to be active, perceive they have the opportunity to be active, or find sports enjoyable and satisfying.

The only changes seen over the longer term, compared to November 2018-19, are among the middle social groups (NS-SEC 5-7) where perceived capability and opportunity have both fallen slightly.
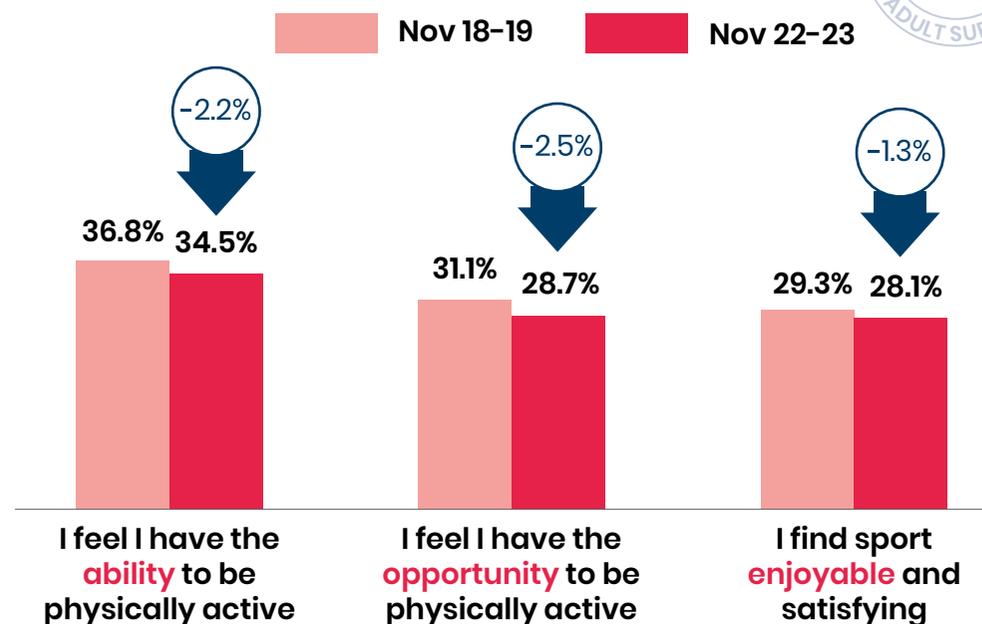
- Higher social groups (NS-SEC 1-2)
- Middle social groups (NS-SEC 5-7)
- Lower social groups (NS-SEC 6-8)

-1.1%
47% 38% 31%

-1.2%
39% 33% 27%

37% 28% 25%

I feel I have the **ability** to be physically active

I feel I have the **opportunity** to be physically active

I find sport **enjoyable** and satisfying

(proportion that strongly agree)
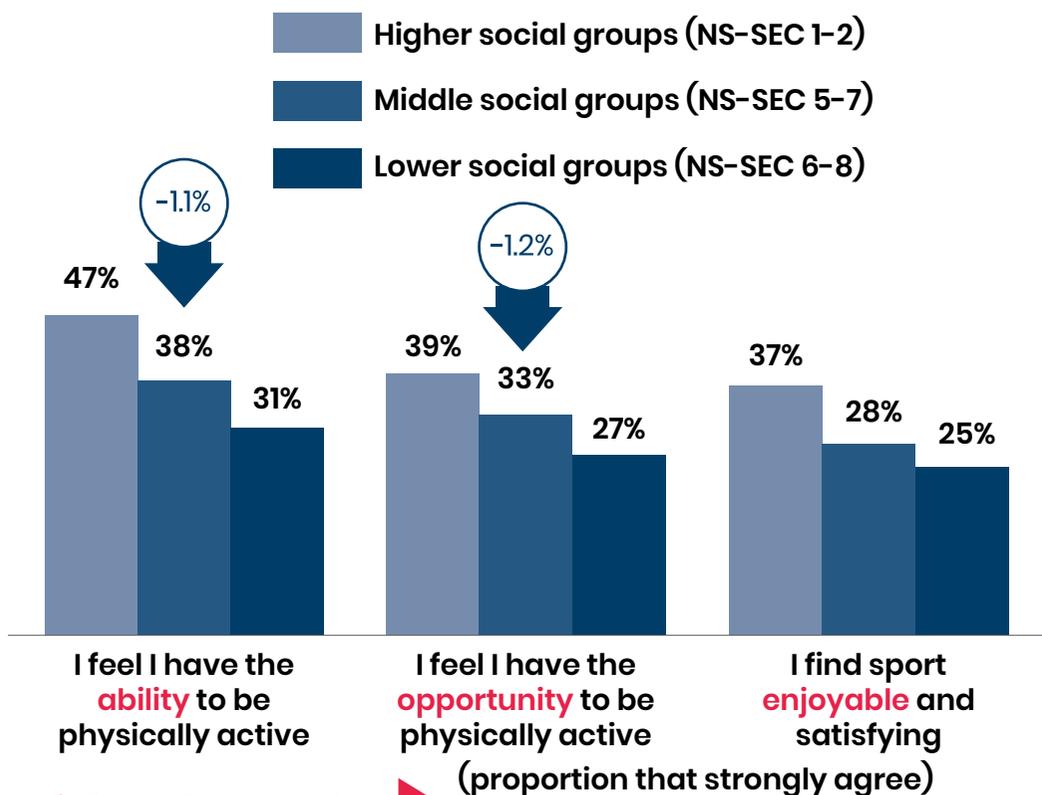
Link to data tables ▶

Deprivation of place

Adults living in the most deprived places (IMD 1-3) are the least likely to feel they have the ability to be active, perceive they have the opportunity to be active, or find sports enjoyable and satisfying.

All attitudes remain down compared to four years ago (Nov 18-19) for those living in the most deprived places (IMD 1-3), whereas they're unchanged for both other groups – indicating a further divergence in positive attitudes.

Living in the most deprived places (IMD 1-3) (proportion that strongly agree)

- Nov 18-19
- Nov 22-23

ACTIVE LIVES
Nov 22-23
ADULT SURVEY

-2.2%
36.8% 34.5%

-2.5%
31.1% 28.7%

-1.3%
29.3% 28.1%

I feel I have the **ability** to be physically active

I feel I have the **opportunity** to be physically active

I find sport **enjoyable** and satisfying

This matters because...

There's a positive association between positive attitudes and activity levels

Those who strongly agree they feel they have the ability to be active, the opportunity to be active and enjoy being active are more likely to be active than those who don't strongly agree to these statements.

This reinforces the importance of the COM-B model in understanding factors influencing activity levels.
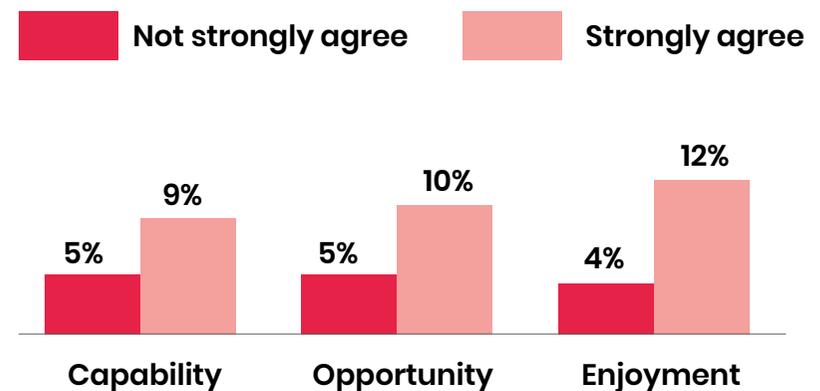
Active: 150+ minutes a week

■ Not strongly agree   ■ Strongly agree

	Capability	Opportunity	Enjoyment
Not strongly agree	55%	57%	57%
Strongly agree	80%	81%	82%
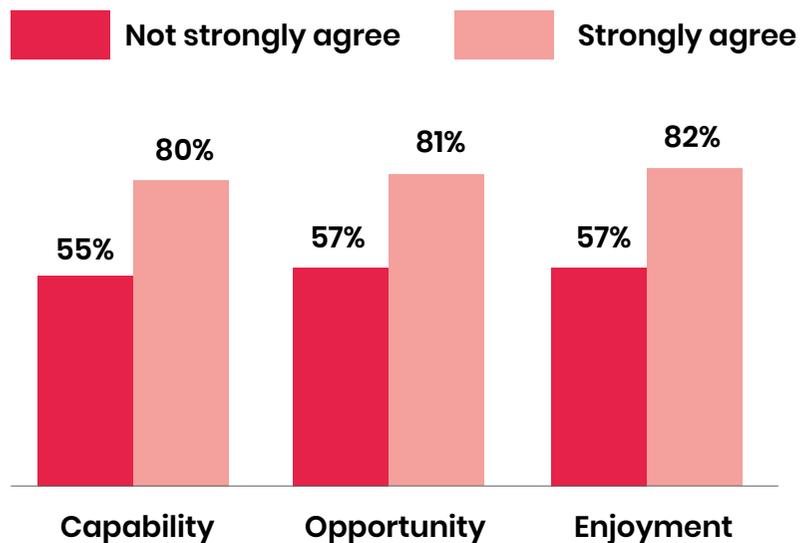
There's a positive association between positive attitudes and volunteering

Those who strongly agree they feel they have the ability to be active, the opportunity to be active and enjoy being active are more likely to regularly volunteer to support sport and physical activity than those who don't strongly agree to these statements.

This illustrates that not only is the COM-B model relevant to activity levels but it also applies to volunteering behaviours.
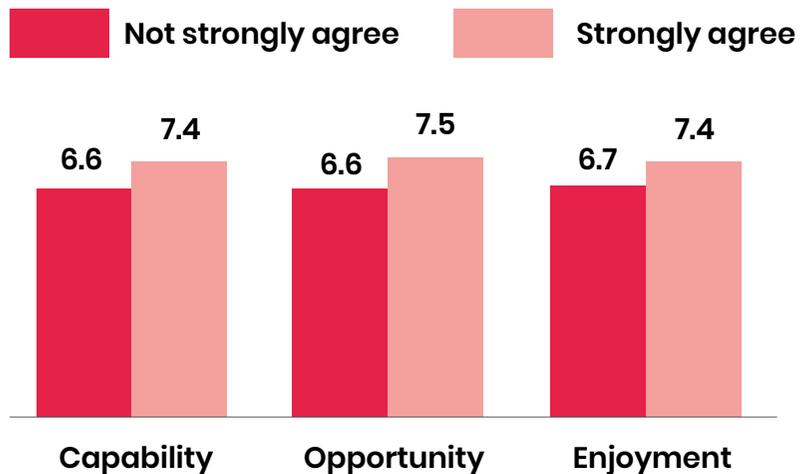
Volunteered at least once a week throughout the year

■ Not strongly agree   ■ Strongly agree

	Capability	Opportunity	Enjoyment
Not strongly agree	5%	5%	4%
Strongly agree	9%	10%	12%

Link to data tables ▶

40

Nov 22–23

ACTIVE LIVES ADULT SURVEY

SPORT ENGLAND

This matters because...

There's a positive association between positive attitudes and wellbeing

Those who strongly agree to each of the attitude statements are more likely to have higher mental wellbeing scores than those who don't strongly agree to these statements.

Positive experiences have benefits for wider wellbeing.

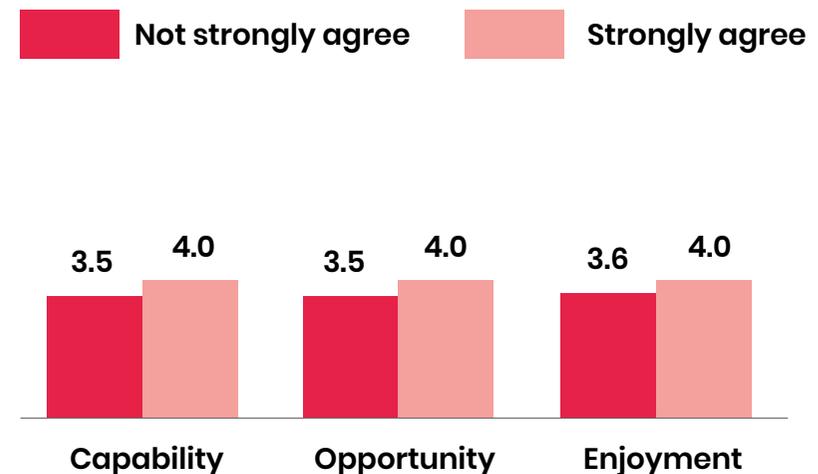### How satisfied are you with your life nowadays? (mean score out of 10)

Not strongly agree   **Strongly agree**

	Not strongly agree	Strongly agree
Capability	6.6	7.4
Opportunity	6.6	7.5
Enjoyment	6.7	7.4

There's a positive association between positive attitudes and individual and community development

Those who strongly agree to each of the attitude statements are more likely to have higher individual development and community development scores than those who don't strongly agree to these statements.

Positive experiences have benefits for wider outcomes.

I can achieve most of the goals I set myself (mean score out of 5)

Not strongly agree   **Strongly agree**

	Not strongly agree	Strongly agree
Capability	3.5	4.0
Opportunity	3.5	4.0
Enjoyment	3.6	4.0

Link to data tables ▶

Further breakdowns

Exploring the data

Please use the Active Lives Online Tool to run your own analysis of the data – this will be updated with the latest data shortly after its publication.

Local level data

Data for local areas are available for the following measures:

- Levels of activity (regions, Active Partnerships and local authorities)
- Volunteering (regions and Active Partnerships)

Additional demographic groups

Data for additional demographic groups are available in the accompanying data tables, covering:

- transgender
- faith
- working status
- stage of education
- pregnant or with a child under the age of one.

Sport spectating

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

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).

Muscle tension is where the effort of the activity was usually enough to make your muscles feel some tension, shake or feel warm.

More information on measures and demographics ▶

NS-SEC groups are defined as:

- Most affluent (NS-SEC 1-2): managerial, administrative and professional occupations (e.g. chief executive, doctor, actor, journalist).

- Mid-affluent (NS-SEC 3-5): intermediate, lower supervisory and technical occupations; self-employed and small employers (e.g. auxiliary nurse, secretary, plumber, gardener, train driver).

- Least affluent (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 condition
is defined as an individual reporting they have a physical or mental health condition or illness that's 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).

The White British group within **ethnicity** includes those who say they are White Irish.

Data on **gender** identification was collected on male, female, non-binary and prefer to self-describe. Results for the latter categories are combined into 'in another way' for reporting (due to small sample sizes) and can be found in the data tables.

Volunteering roles are all in relation to supporting sport or physical activity and/or a sports organisation or event. They're defined as:

- Organising fundraising for a sports club, organisation or event. (Doesn't include general fundraising through taking part in a sports event or activity.)

- 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

The Active Lives Adult Survey is a push-to-web survey.

Carried out by Ipsos, 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.

More information on measures and demographics ▶

- 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.

Sample and weighting

The achieved sample was 172,968 (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'd get similar findings, i.e. we can be confident 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-year estimates from 2015–2022. Confidence intervals also apply to these.
More detail can be found here.

Notes

SPORT ENGLAND

Where we comment on change, this refers to a percentage point (absolute) change.

More information on measures and demographics ▶

Link to data tables ▶

Data considerations

How we measure change

Active Lives figures are based on the response of 172,968 adults, which we then scale up to provide an England-wide picture. That means there'll 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're confident there are genuine differences. If the data is showing only small differences which are within the margin of error, they're 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 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 can't report November 15/16 data for either fitness activities or cycling for leisure and sport.

Associations

Where associations between wellbeing, individual and community development and engagement in sport and physical activity are referenced, this doesn't tell us about causality. We don't know the direction of the association or whether we're seeing a direct or indirect link.