



ACTIVITY LEVELS & AFFLUENCE

IN ENGLAND & WALES
2022



ENGLAND

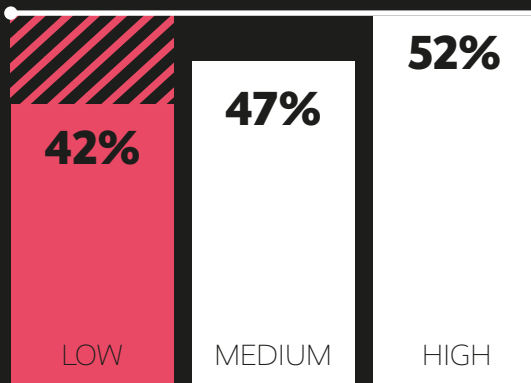
YOUNG PEOPLE SCHOOL YEAR 1 TO 11

The Chief Medical Officer recommends that children and young people do an average of 60-plus minutes of at least moderate activity a day across the week. This effectively means they need to do 420 moderate minutes or more a week to meet the guidelines.

Data from the recently published Sport England 'Active Lives Children and Young People Survey' 2021/22 shows there is a clear gap in activity levels, with children and young people from the most affluent families being more active than those from the mid-affluent families, who in turn are more active than those from the least affluent families in England.

ACTIVE

(an average of 60+ minutes a day)



FAMILY AFFLUENCE

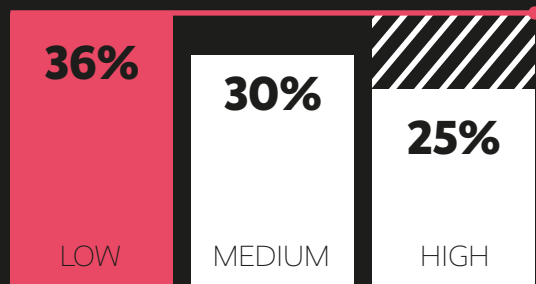
The proportion of young people who are active from low affluence families is

10% BELOW

The proportion of young people who are active from high affluence families

LESS ACTIVE

(less than an average of 30 minutes a day)



FAMILY AFFLUENCE

The proportion of young people who are less active from low affluence families is

11% ABOVE

The proportion of young people who are less active from high affluence families

ADULTS

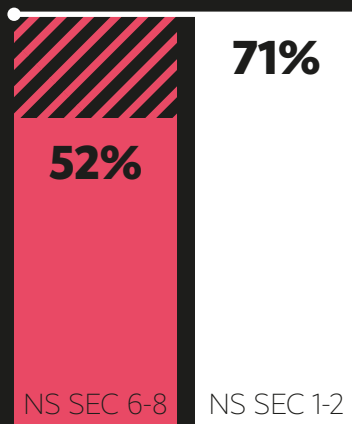
AGE 16+

The Chief Medical Officers Guidelines state that Adults (19-64 years) should aim to be active daily. Over a week, activity should add up to at least 150 minutes (2½ hours) of moderate intensity activity in bouts of 10 minutes or more.

The Gap between activity levels based on affluence seen above in young people is carried into adult life. Data from Sport England's 'Active Lives Adult Survey May 2020/21 Report' shows that people in lower socio-economic groups (NS-SEC 6-8) are the most likely to be inactive and least likely to be active.

ACTIVE

(at least 150 minutes a week)



AFFLUENCE

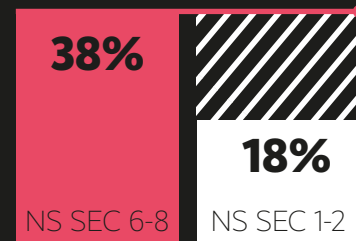
The proportion of adults who are active from lower socio-economic groups (NS SEC 6-8) is

19% BELOW

The proportion of adults who are active from higher socio-economic groups (NS SEC 1-2)

INACTIVE

(less than 30 minutes a week)



AFFLUENCE

The proportion of adults who are inactive from lower socio-economic groups (NS SEC 6-8) is

20% ABOVE

The proportion of adults who are inactive from higher socio-economic groups (NS SEC 1-2)

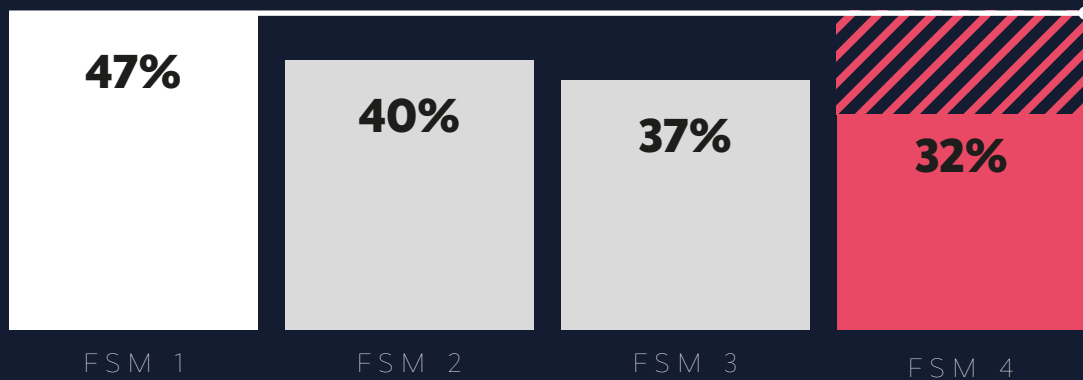


YOUNG PEOPLE SCHOOL YEAR 3 TO 11

The School Sport Survey is a national survey of pupils from years 3 to 11 in Wales, looking into attitudes, behaviours and opportunities for young people in sport.

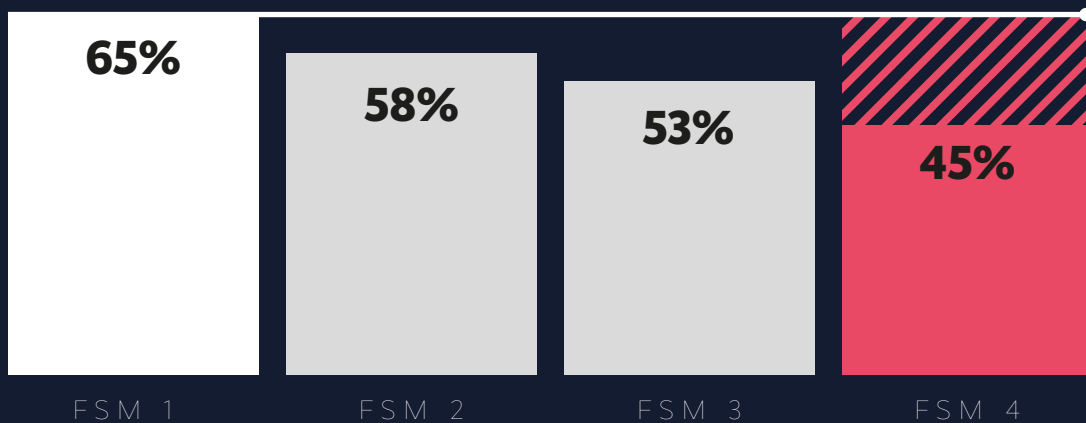
Within the School Sport Survey, Free School Meal (FSM) is used as a measure of socioeconomic deprivation, with FSM1 being the least and FSM4 accounting for the most deprived.

**PARTICIPATION IN ORGANISED SPORT OUTSIDE THE CURRICULUM ,
THREE OR MORE TIMES A WEEK, BY FREE SCHOOL MEAL QUARTILES.**



A **15-percentage point difference** exists between the least deprived (FSM1) and most deprived (FSM4) when considering participation in organised sport outside of the curriculum three or more times a week. This disparity has increased since 2018 where a 13-percentage-point difference was observed between the least and most deprived.

**PARTICIPATION IN A COMMUNITY CLUB SETTING AT LEAST ONCE A WEEK,
BY FREE SCHOOL MEAL QUARTILES.**



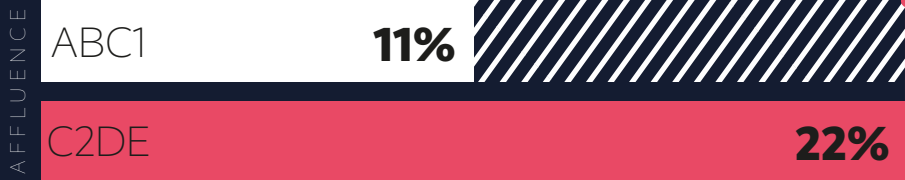
The disparity between the least and most deprived is even more stark when considering community club participation at least once a week, with a **20-percentage-point difference** observed between the least and most deprived.

ADULTS

AGE 16+

Savanta ComRes interviewed 1,004 Welsh adults (16+) online from the 13th August to 16th August 2021. Data was weighted to be demographically representative of Welsh adults by gender, age, region, social grade, and the estimated households with children under 16.

NO PHYSICAL ACTIVITY



The proportion of lower affluence adults (C2DE) that do no physical activity is

11% ABOVE

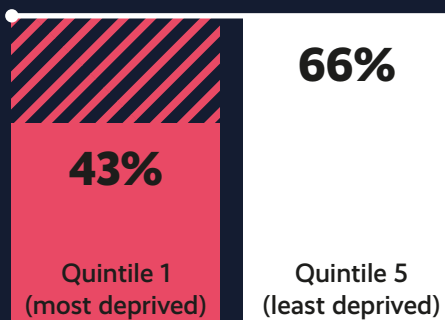
The proportion of high affluence adults (ABC1) that do no physical activity

As observed in October 2020 and March 2021, those from lower socioeconomic backgrounds (C2DE) are more likely to have reported doing no physical activity. It should also be noted that the reduction in 'no activity' has been greater for higher socioeconomic backgrounds (15% to 11%) than those from lower socio-economic backgrounds (24% to 22%) since restrictions have been eased.

Sport and Active Lifestyles: State of the Nation Report - NATIONAL SURVEY FOR WALES 2021-2022.

The National Survey for Wales is a large-scale, random sample household survey of adults (ages 16-years and above) from across Wales. This survey is implemented by Welsh Government on behalf of public bodies in Wales. The National Survey for Wales is ongoing, with data collected continuously throughout the year to avoid seasonal bias within the results.

PARTICIPATE X1 PER MONTH

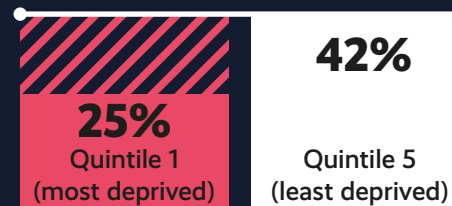


The proportion of adults who participate in sport / physical activity at least once per month from the most deprived quintile is

23% BELOW

The proportion of adults who participate in sport / physical activity at least once per month from the least deprived quintile.

PARTICIPATE X3+ PER WEEK



The proportion of adults who participate in sport / physical activity three or more times per week from the most deprived quintile is

17% BELOW

The proportion of adults who participate in sport / physical activity three or more times per week from the least deprived quintile.

