



# ACTIVITY LEVELS & AFFLUENCE

## IN ENGLAND & WALES

2024



# ENGLAND

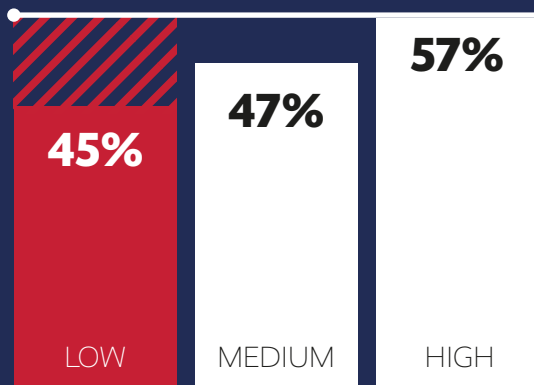
## YOUNG PEOPLE SCHOOL YEAR 1 TO 11

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' 2023/24 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

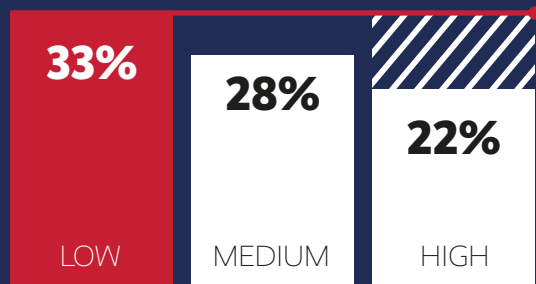
The proportion of young people who are active from low affluence families is

**12% 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**

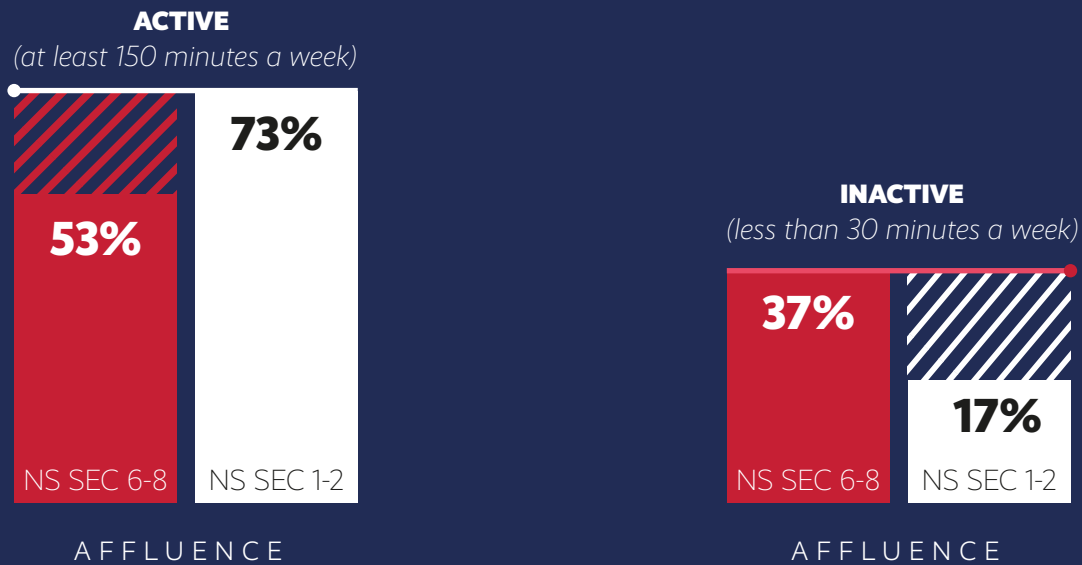
The proportion of young people who are less active from high affluence families

# 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 November 2022/23 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. The rate of people from NS-SEC 6-8 who are active is lower than it was in 2015. Furthermore, the rates amongst those within NS-SEC 8 (unemployed) have shown a significant downward trend – only 46% are 'active'.



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

**20% BELOW**

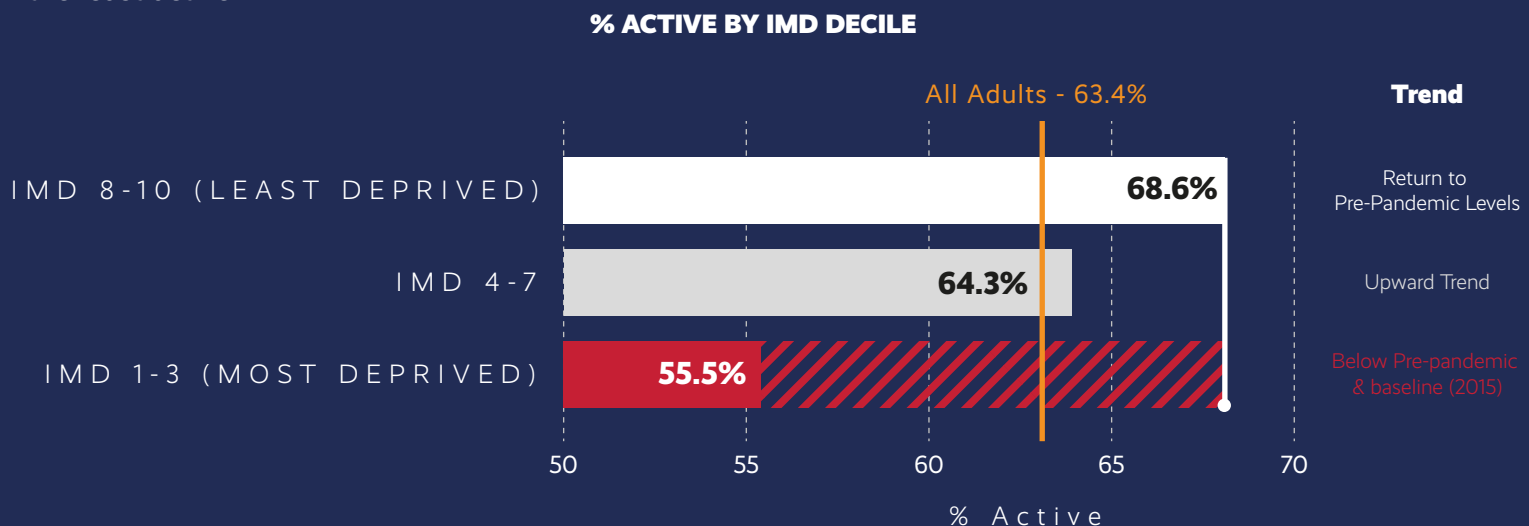
The proportion of adults who are active from higher socio-economic groups (NS SEC 1-2)

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)

The disparities are also clear in relation to **place**. Rates of participation amongst people living in the most deprived areas has seen the least recovery, with the percentage 'Active' being below the baseline levels recorded in 2015. Whilst rates amongst people living in the most affluent areas (IMD 8-10) have never been higher. The data shows that inequalities are widening by individual IMD Deciles and the size of drop is increasing. Those from LSEGs (NS-SEC 6-8) and that also live in the most deprived areas (IMD 1-3) are the least active.

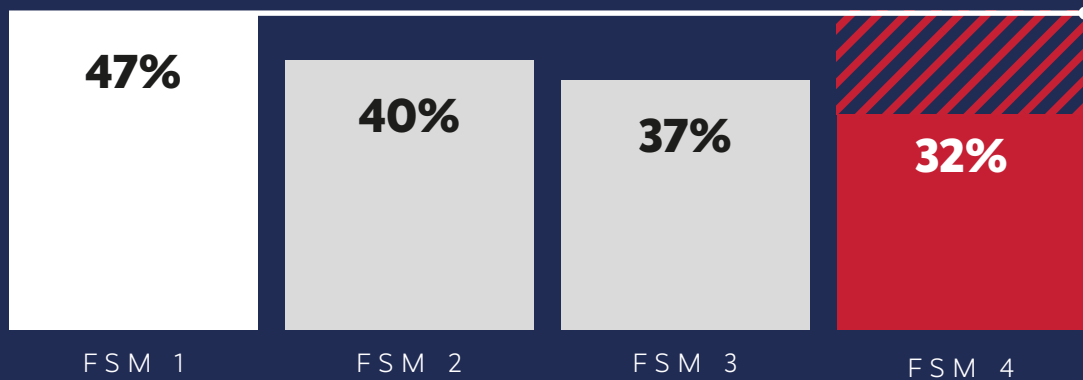


## YOUNG PEOPLE SCHOOL YEAR 3 TO 11

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.

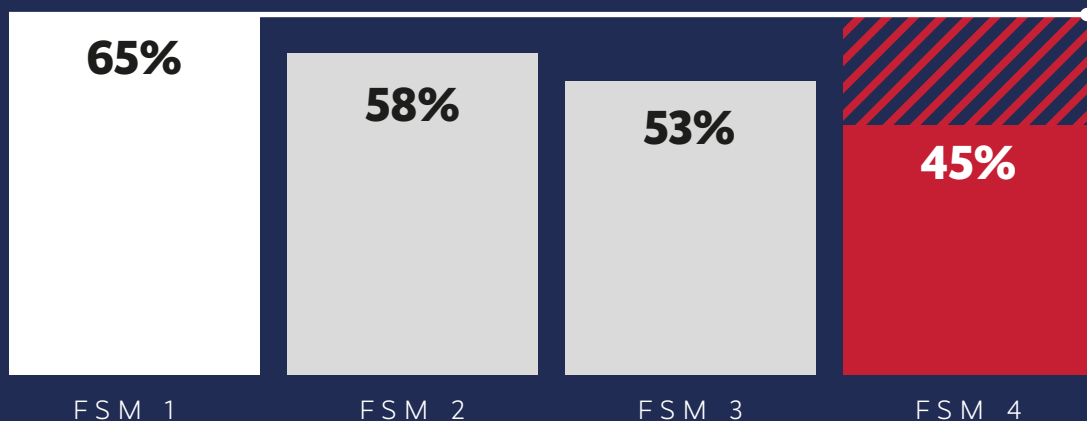
Within the School Sport Survey, Free School Meal (FSM) is used as a measure of socioeconomic deprivation, with FSM1 being the least and FSM4 accounting for the most deprived.

**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.**



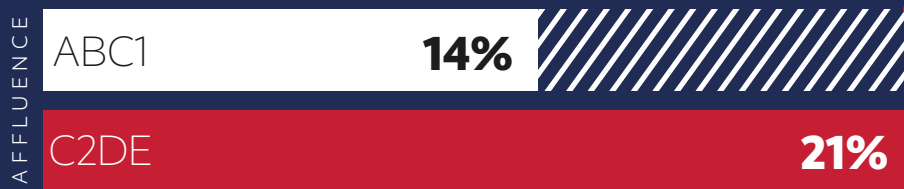
The disparity between the least and most deprived is even more stark when considering community club participation at least once a week, with a **20-percentage-point difference** observed between the least and most deprived.

# ADULTS

## AGE 16+

Savanta ComRes interviewed 1,049 Welsh adults (16+) online between 21st – 24th April 2023. Data was weighted to be representative of the Welsh population by age, gender, region and socio-economic status.

### NO PHYSICAL ACTIVITY



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

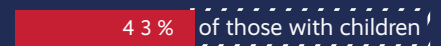
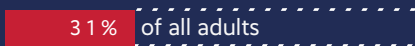
**7% ABOVE**

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

Similarly to the results published between 2020 and 2022, adults from lower socioeconomic backgrounds (C2DE) are more likely to have reported doing no physical activity. These adults were also less likely to have participated in all of the activities included in the survey such as:



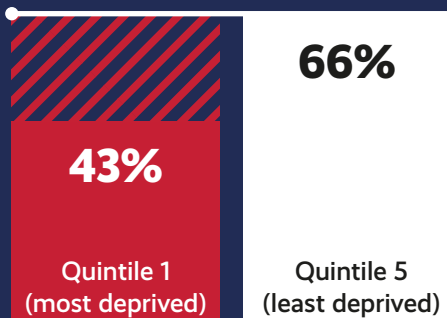
Due to the cost of living crisis, those who say they've been doing less sport and physical activity include:



### 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

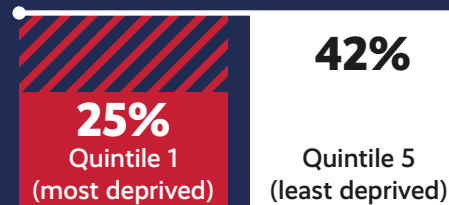


The proportion of adults who participate in sport / physical activity at least once per month from the most deprived quintile is

**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.

