

BRIEFING PAPER

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Sport participation in England

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Contents:

Key points (England)

- 1. Information about the data
- 2. Sport activities
- 3. Gender
- 4. Age profile
- 5. Ethnicity
- 6. Disability
- 7. Work & education
- 8. Socioeconomic status
- 9. Sport participation in England
- 10. Map: Level of active participation by LA
- 11. Other counties in the UK
- 12. International comparison (FU)
- 13. Data & appendix tables

Contents

Sumi	mary	3
Key	points (England)	3
1. 1.1 1.2	Information about the data Data for England EU level comparison	4 4 4
2. 2.1 2.2	Sport activities Broad activity types – May 2017 Top 15 sport activities (twice in 28 days)	5 5 5
3. 3.1	Gender Gender & broad activity types	6
4. 4.1 4.2	Age profile Trends over time Latest data	7 7 7
5.	Ethnicity	8
6. 6.1	Disability Disabled in sport in 2005/06 and in 2015/16	9 9
7. 7.1 7.2	Work & education Working status Education	10 10 10
8. 8.1	Socioeconomic status Changes in participation by socioeconomic status	11 11
9. 9.1	Sport participation in England Level of activity by region Level of activity by Local Authority	12 12 12
10.	Map: Level of active participation by LA	13
	Other counties in the UK Data sources Different participation measures	14 14 14
12. 12.1 12.2	International comparison (EU) Sport employment by EU country Sport workers by gender	16 16 17
13. 13.1 13.2 13.3	Data & appendix tables Survey data for trends over time Survey data from May 2017 Employment in sport by EU country	18 18 18 18

Summary

This briefing provides statistics about participation in sport by intensity, type, and socioeconomic characteristics in England. It is based on the Active People Survey (APS) and the Active Lives Survey (ALS) data published by Sport England. Key trends and data sources for other countries in the UK are presented in section 12. EU level comparison is based on the Eurostat estimates (see section 12).

Key points (England)

More men than women participate in sport

Around 63% of men were active in sport compared to 58% of women, based on the Active Lives Survey data for year ending May 2017.

Women prefer walking for leisure, men general sports

The most popular physical activity among women was walking for leisure (24%) followed by fitness activities (19%) in May 2017. Men were the most active in general sporting activities¹ (29% of men compared to just under 17% of women).

Around 43% of people with a disability were active in sport

On average 43% of people with a disability participated in sport activities for over 150 minutes a week in year ending May 2017. This was more than 20 percentage points lower than 65% of those with no disability.

Highest participation among highest social classes

Around 70% of individuals in managerial, administrative & professional occupations (NS SEC 1-2) were active in sport in year ending May 2017. In contrast, around 49% of those long term unemployed or never worked (NS SEC 8) were active in sport.

Running, fitness and gym - popular in 2016/17

In year ending May 2017, the most common activity was running (15%) followed by fitness class (14%) and gym (12%), ranked by proportion of population participating at least twice over the last 28 days prior to survey.

South West region was the most active in 2016/17

Participation in sport was highest in South West region (around 63%) and lowest in West Midlands (53%), compared to 61% in England overall. The proportion of people who were fairly active was similar across all regions in England – at around 14%.

UK had the second highest rate of sport workers in the EU

The UK had the second highest rate of 659 sport workers per 100,000 population, compared to other EU countries in 2016. Sweden was the first with 757 and Denmark was third with 569. UK rate in 2016 was twice as high as the EU 28 average of 332.

¹ Sporting activities include: Team Sports; Racket Sports; Water sports; Leisure games and activities; Combat sports, Martial Arts or Target Sports; Winter sports. Please refer to Active Lives Survey Technical Summary p. 7 for more details.

1. Information about the data

This section gives information about data used in this briefing and its limitations. Due to differences in sample size and survey design information for England is not directly comparable with data for other countries of the UK.

1.1 Data for England

Survey data available

This briefing provides statistics on participation in sports by intensity, type, and socio economic characteristics. It is based on the Active People Survey (APS) and the Active Lives Survey (ALS) data published by Sport England:

- The <u>Active Lives Survey</u> data provides information about the latest trends as in May 2017.
- The <u>Active People Survey</u> is used for time-series between 2005/06 and 2015/16. This survey was replaced by ALS in 2016/17.

Differences between surveys

There are significant differences in the methodology of APS and ALS. For this reason **the two surveys are not directly comparable**. As Sport England defined in the first ALS annual report:

"Active Lives is much broader than our previous Active People survey, for example it includes walking, cycling for travel and dance in addition to the sporting and fitness activities we've previously reported on, and looks at patterns of behaviour over a twelve month period rather than just four weeks." 2

There is no comparable time-series ALS data available. The next ALS report is due to be published in March 2018. This will provided two complete years or data and allow comparisons over time.

Please refer to the <u>Active Lives Survey methodology</u> for more information about data collection and limitations.

Comparability & confidence intervals

Survey data presented in this briefing is subject to measurement errors. Caution should be taken when comparing small changes over time or minor differences between groups. Please refer to appendix tables for more information on confidence intervals.

1.2 EU level comparison

At EU level, there are no specific collection of data related to sport participation. Therefore, sport statistics have to be derived from other EU multi-purpose data collections³. Section 12 analyses employment in sport sector data in the EU.

Sports England, ALS annual report 2015/16, p. 2

³ Eurostat, Sport Data Overview, Accessed 24 November 2017

2. Sport activities

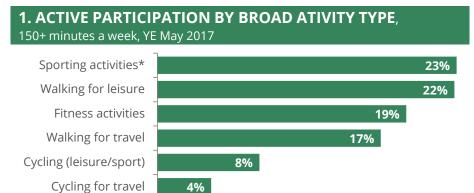
2.1 Broad activity types – May 2017

Chart 1 shows that around 23% of population aged 16 and over actively* participated in sporting activities⁴ in year ending May 2017. Among other physical activities the highest active engagement was recorded for *walking for leisure* (22%) followed by *fitness activities* (19%) and *walking for travel* (17%).

*Active Lives Survey participation levels:

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

Inactive (<30 minutes a week)



Note: 150+ minutes per week participation over 12 months ending mid-May 2017 Source: Sport England, <u>Active Lives Survey</u>, <u>Table 2</u>, 12 October 2017

2.2 Top 15 sport activities (twice in 28 days)

Chart 2 shows top 15 sport activities ranked by proportion of population participating in each at least twice over the last 28 days prior to survey. In May 2017, the most common activity was running (15%) followed by fitness class (14%) and gym (12%).

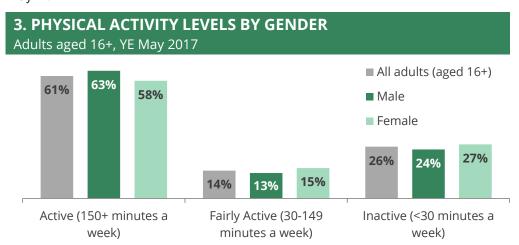


Source: Sport England, Active Lives Survey, Table 7, 12 October 2017 (data labels rounded to 1%)

Sporting activities include: Team Sports; Racket Sports; Water sports; Leisure games and activities; Combat sports, Martial Arts or Target Sports; Winter sports. Please refer to <u>Active Lives Survey Technical Summary</u> for more details.

3. Gender

Chart 3 indicates that 63% of men were active in sport compared to 58% women, based on the <u>Active Lives Survey</u> data for year ending May 2017.



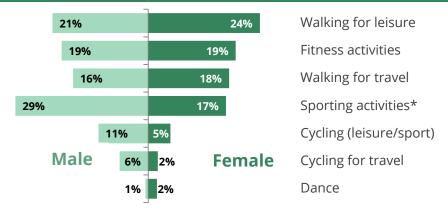
Note: Participation over **12 month period** prior to survey Source: Sport England, <u>Active Lives Survey</u>, <u>Table 1</u>, 12 October 2017

Between 2005/06 and 2015/16, around 10% more men than women participated in sport activities, according to <u>Active People Survey</u> data. ⁵ There was a statistically significant increase of over one percentage point participation in 2015/16 compared to 2005/06.

3.1 Gender & broad activity types

Chart 4 shows that the most popular physical activity among women was walking for leisure (24%) followed by fitness activities (19%) and walking for travel (18%) in May 2017. Men were the most active in general sporting activities* (29% of men compared to just under 17% of women). The least common activity across both genders was creative or artistic dancing. Just around 1% of men and 2% of women participated in creative dancing in year ending May 2017.

4. PARTICIPATION BY GENDER & BROAD ACTIVITY TYPES 150+ minutes a week, YE May 2017



Source: Sport England, <u>Active Lives Survey, Table 2</u>, 12 October 2017

*Sporting activities:

Team Sports; Racket Sports; Water sports; Leisure games and activities; Combat sports, Martial Arts or Target Sports; Winter sports. Please refer to <u>Active Lives</u> <u>Survey Technical Summary</u> p. 7 for more details.

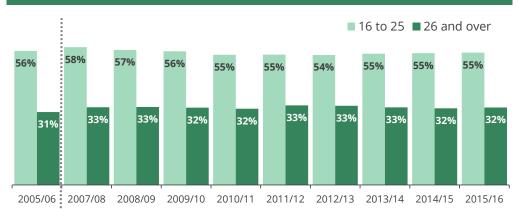
Based on <u>Active People Survey</u> data measuring participation in sport over the last 28 days prior to survey. The <u>Active Lives Survey</u> measures participation over last 12 months. Data from the two surveys is not directly comparable.

4. Age profile

4.1 Trends over time

Chart 5 shows that there was no significant change in 16 to 25 year olds' participation, between 2007/06 and 2015/16. Over this period around 55% of people in this age group participated in sport at least once a week. Data suggest that proportion of those aged 26 and over has increased by just over one percentage point in 2015/16 compared to 2005/06.

5. ONCE A WEEK PARTICIPATION BY AGE, 2005/06 -2015/16



Note: Participation over the last 28 days prior to survey

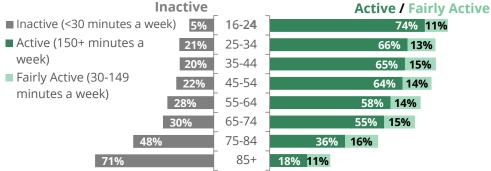
Source: Sport England, Active People Surveys 1-10, December 2016

4.2 Latest data

In year ending May 2017, almost three-quarters of people aged 16 to 24 participated in sport activities for over 150 minutes a week (see chart 6). Around one-fifth of individuals below the age of 55 were inactive and participated in sport activities fewer than 30 minutes a week. Almost two-thirds of those aged 55 to 74 were active or fairly active.

The inactivity level was notably higher among over 75 year olds. Just under a half of those aged 75 to 84 and seven out of ten of over 85 year olds were physically inactive in the year ending May 2017.

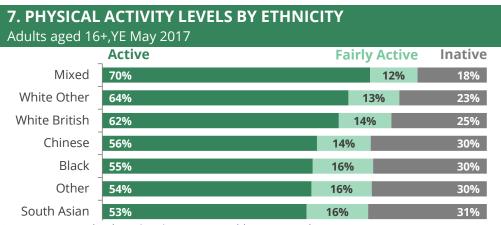
6. PHYSICAL ACTIVITY LEVELS BY AGEAdults aged 16+ participating 150+ minutes a week in YE May 2017



Source: Sport England, Active Lives Survey, Table 1, 12 October 2017

5. Ethnicity

Participation in sport by ethnicity is another factor that was measured in both the <u>Active People Survey</u> and the most recent <u>Active Lives Survey</u>.



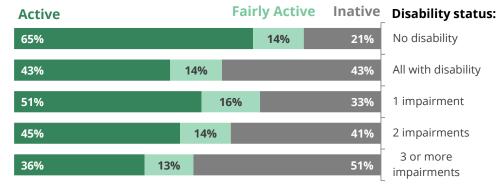
Source: Sport England, Active Lives Survey, Table 1, 12 October 2017

Chart 7 indicates that around 70% of *mixed* race individuals were active in sport in year ending May 2017. This was the highest rate among ethnic groups shown. The second from the top were *white other* (64%) followed by the *white British* (62%). The proportion of individuals actively engaging in sport was similar among the other four groups, at around 53%-56%.

6. Disability

On average 43% of people with a disability participated in sport activities for over 150 minutes a week in year ending May 2017. This was more than 20 percentage points lower compared to 65% of those with no disability.

9. PHYSICAL ACTIVITY BY DISABILITY STATUS & IMPAIRMENTS Adults aged 16+, YE May 2017



Source: Sport England, Active Lives Survey, Table 1, 12 October 2017

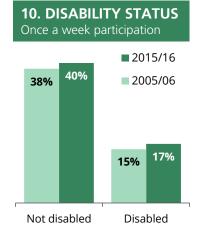
Among individuals with one impairment 33% were inactive and over 50% participated in sport actively (150+ minutes a week). In contrast, over 50% of those with three or more impairment were inactive and around 36% active in year ending May 2017.

The proportion of those participating in sport activities fairly actively (between 30 and 149 minutes a week) was similar across all groups shown in **chart 9**.

6.1 Disabled in sport in 2005/06 and in 2015/16

The Active People Survey data suggest that around 17% of people with disability participated in sport at least once a week between 2005/06 and 2015/16. This compares with under 40% of people with no disability over the same period.

Chart 10 shows that there was a statistically significant increase of over 1.5 percentage points across both groups. Once a week participation of disabled people increased from just over 15% in 2005/06 to around 17% in 2015/16.⁶



Note: Participation over the last 28 days prior to survey
Source: Sport England, Active
People Survey, 2005/06 –
2015/16, December 2016

This is based on <u>Active People Survey</u> data. This survey measured participation in sport over the last 28 days prior to survey. The latest data for May 2017 is from the <u>Active Lives Survey</u> and measures participation over the last 12 months. Data from the two surveys is not directly comparable.

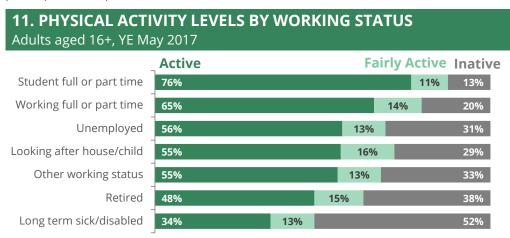
7. Work & education

This section provides information on participation in sport by education and work status. It is based on the Active Lives Survey data published by the Sport England in October 2017.

7.1 Working status

Chart 11 shows that around 87% of students or those who work part time were active or fairly active in sport in year ending May 2017. Active engagement rate was similar among unemployed and those looking after house or children (55%-56%).

More than half of long term sick or disabled were inactive and participated in sport less than 30 min a week.

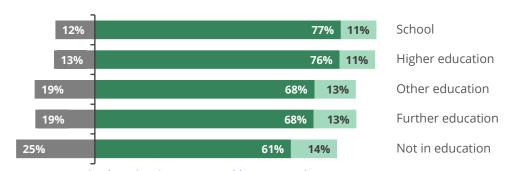


Source: Sport England, Active Lives Survey, Table 1, 12 October 2017

7.2 Education

The Active Lives Survey data suggests that higher proportion of those not currently in education were inactive in sport than those in any other category shown in **chart 12**. Around 25% of those not in education were inactive compared to around 20% in further / other education and 13% in school or higher education. Nearly one of ten (88%) of school pupils or students in higher education were active or fairly active in year ending May 2017.

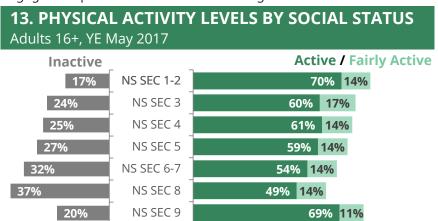




Source: Sport England, Active Lives Survey, Table 1, 12 October 2017

8. Socioeconomic status

Participation in sport varies across different socioeconomic classes. Survey data shows that population with higher socioeconomic status (NS SEC 1-2) and students / other (NS SEC 9) were more actively engaged in sport than other NS SEC categories.



Source: Sport England, Active Lives Survey, Table 1, 12 October 2017

Chart 13 indicates that around 70% of individuals in managerial, administrative & professional occupations (NS SEC 1-2) were active in sport in year ending May 2017. Similar proportion of students (NS SEC 9) actively participated in sport. The NS SEC 1-2 category had the lowest inactivity rate of just 17% compared to 20% among students and other (NS SEC 9) as in May 2017.

The lowest rate of active engagement in sport activities was recorded among long term unemployed or never worked population. Under 50% in this group participation in sport actively and around 37% were inactive. This was the highest inactivity rate across all NS SEC categories in year ending May 2017.

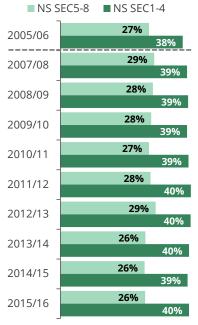
8.1 Changes in participation by socioeconomic status

Sport participation gap between higher and lower socioeconomic classes increased between 2005/06 and 2015/16. The chart 14 shows that once a week participation in sport of those in NS SEC 1-4 increased from under 38% in 2005/06 to around 40% in 2015/16. The NS SEC 5-8 participation dropped from over 27% to around 26% in the same time period. The highest participation in this group (29%) was recorded in 2007/08 and 2012/13.

Once a week participation in sport was on average 12% higher among NS SEC 1-4 than among NS SEC 5-8 in each year between 2005/06 and 2015/16.

NS SEC definitions: NS SEC 1-2: Managerial, admin & professional occupations **NS SEC 3:** Intermediate occupations NS SEC 4: Self-employed & small employers NS SEC 5: Lower supervisory & technical occupations NS SEC 6-7: Semi-routine & routine occupations NS SEC 8: Long term unemployed or never worked NS SEC 9: Students & other

14. NS-SEC & ENGAGEMENT Once a week, 2005/06 -2015/16



Note: Participation over the last 28 days prior to survey Source: Sport England, Active People Survey, 2005/06 -2015/16, December 2016

9. Sport participation in England

This section provides information about sport participation in regions and countries of the UK. Please note that information from Scotland, Wales and Northern Ireland in is based on different survey and is not directly comparable.

9.1 Level of activity by region

Chart 15 shows that active engagement in sport was highest in the South West region (around 63%) and lowest in West Midlands (53%) compared to 61% in England overall. The proportion of people who were fairly active and participated in sport activities 30 - 149 minutes a week was similar across all regions in England – at around 14%.

15. SPORT AND PHYSICAL ACTIVITY LEVELS BY REGION Adults aged 16+, YE May 2017 **Active Fairly Active Inative** Region: 61% **England Average** 63% 23% South West South East 63% 23% 62% London East 60% 13% North West 59% 13% Yorkshire Fast Midlands 14% North East 59% 14% West Midlands 57%

Source: Sport England, Active Lives Survey, Table 3, 12 October 2017

Level of activity by Local Authority

Maps on the following pages show level of active participation and lack of physical activity by local authority.

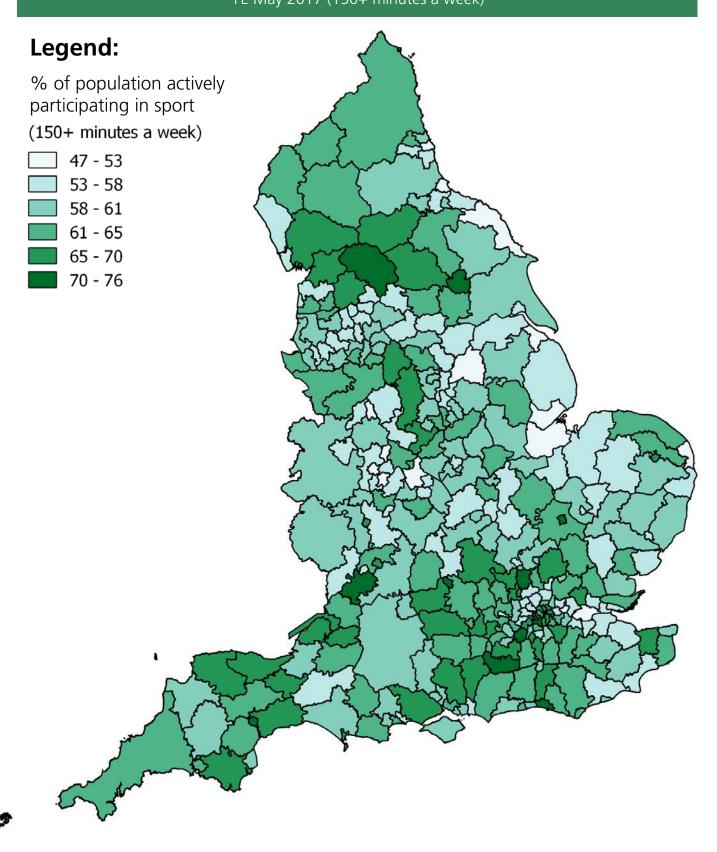
The first map on page 13 shows the proportion of people who actively engaged in sport by local authority. The second map on page 14 shows the proportion of people who were inactive.

The table below indicates ten most active and most inactive local authorities in England, based on resident's weekly participation in physical activities.

	Most active (150+ minutes per week)		Most inactive (<30 minutes per week)	
Rank	LA name	%	LA name	%
1	Exeter	76	Boston	39
2	Brighton and Hove	75	Wolverhampton	37
3	Cambridge	75	Barking and Dagenham	36
4	Hammersmith and Fulham	74	North East Lincolnshire	36
5	Craven	73	South Holland	36
6	Oxford	72	Nuneaton and Bedworth	35
7	Waverley	72	Sandwell	35
8	Elmbridge	72	Great Yarmouth	35
9	Stroud	71	Hounslow	34
10	Wandsworth	70	Hartlepool	34

Source: Sport England, Active Lives Survey, Table 4, 12 October 2017

LEVEL OF ACTIVE PARTICIPATION IN SPORT BY LOCAL AUTHORITY YE May 2017 (150+ minutes a week)



Note: 150+ minutes per week participation over 12 months ending mid-May 2017 Source: Sport England, Active Lives Survey, Table 4, 12 October 2017

11. Other countries in the UK

Data on sport participation in different countries of the UK is available in four different surveys. Due to differences in survey questionnaire and data collection practices sport participation estimates are not directly comparable.

11.1 Data sources

Wales

Statistics on sport participation in Wales are available in **Sport & Active** Lifestyles: State of the Nation Report and Sport & Active Lifestyles: Data tables published by Sport Wales. These reports are based on the National Survey for Wales data. Sport participation is measured during the weeks prior to survey.

Scotland

Data on sport participation in Scotland is available in Scottish Household <u>Survey</u> chapter 8 – Physical Activity and Sport. In Scotland participation in physical activity is measured in the last four weeks prior to survey.

Northern Ireland

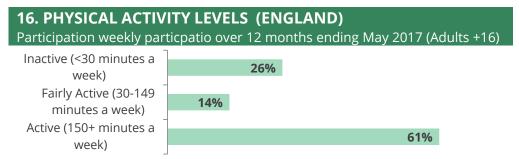
Data on sport participation in the Northern Ireland is available in Engagement in culture, arts and leisure by adults in Northern Ireland 2016/17, published by Department of Communities. It is based on Continuous Household Survey data. Sport participation data represents participation over the last 12 months.

11.2 Different participation measures

It is difficult to compare sport participation across the UK due to different definitions of engagement levels and data collection periods. For example, in England sport participation is measured by minutes per week (in 3 categories), whereas in Wales participation is recorded by number of times per week (in 4 categories). Scotland only reports participation intensity as proportion of those engaged and by number of days per month. Please refer to examples below for more details.

England

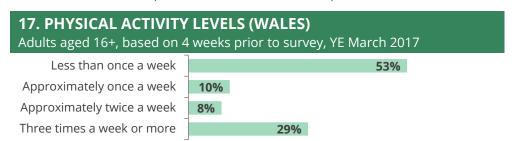
Chart 16 below shows three levels of participation in sport recorded in England.



Source: Sport England, Active Lives Survey, Table 1, 12 October 2017

Wales

The National Survey for Wales recorded four levels of weekly participation in physical activity. Chart 17 below indicates that around a third of people participated in sport three or more times a week (34% male and 29% female). In contrast 53% of adults in Wales participated less than once a week (48% male and 58% female).

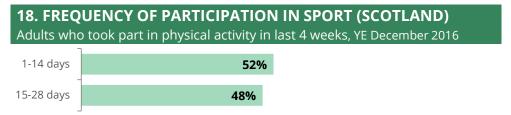


Source: Sport Wales, Sport & Active Lifestyles: State of the Nation Report, accessed December 2017

Scotland

The Scottish Household Survey data suggest that 71% of people in Scotland participated in any sport or physical activity in last four weeks prior to the survey (51% excluding walking activity).

Level of participation in sport is only reported as proportion of individuals participating in sport. Chart 18 shows that 52% of those who participated in some sport activity did so for fewer than 14 days over the four-week period before the survey.



Source: Scottish Government, Scottish Household Survey, chapter 8 – Physical Activity and Sport, September 2017.

Northern Ireland

Published sport statistics for Northern Ireland record participation in any sport activity over the last 12 months (54%) and participation in sport or physical activity at least one day a week (49%) (See chart 19).



Source: Department of Communities, Engagement in culture, arts and leisure by adults in Northern Ireland 2016/17, Table 1, 31 May 2017,

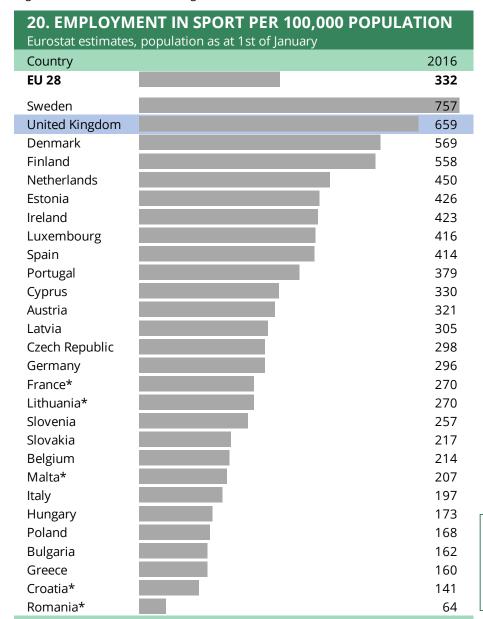
12. International comparison (EU)

At EU level, there are no specific collections of data related to sport participation. Therefore, sport statistics have to be derived from other EU multi-purpose data collections⁷. This section analyses employment in sport data by EU countries.

12.1 Sport employment by EU country

Chart 20 shows estimated number of people working in the sports sector per 100,000 population.

The UK had the second highest rate of 659 per 100,000 population, compared to other EU countries in 2016. Sweden was the first with rate of 757 and Denmark was third with 569. The UK rate in 2016 was twice higher than the EU 28 average of 332.



Note: * Low data reliability; Sources: Eurostat data table: Sport Employment (sprt_emp_sex) & Population on 1 January by age and sex (demo_pjan)

Eurostat, Sport Data Overview, Accessed 24 November 2017

12.2 Sport workers by gender

Eurostat estimates of sport workers by gender in EU counties are available in Sport Employment (sprt emp sex) data table.

Based on the Eurostat data UK sport workers were proportionally represented across both genders in 2016 (50% male and 50% female). In EU counties on average five percentage point more males were worked in sport sector that female (Excluding Lithuania, Malta & Romania).

The highest proportion of Females was recorded in Estonia – 67% of the total 3,600 sport workers in 2016. Highest share of men in sport professions was in Cyprus, 71% of total 3,100.

The UK had the highest overall number of sport workers (399,100) followed by Germany (206,800) and France (193,000). The UK's share accounted for more almost a quarter of all sport workers in the EU.

21. EMPLOYMENT IN SPORT BY GENDER, 2016 Eurostat estimates, population as at 1st of January								
Country	Males	Females	Total					
EU	55%	45%	1,694,100					
Estonia	33%	67%	3,600					
Luxembourg	35%	65%	2,000					
Latvia	39%	61%	5,900					
Germany	39%	61%	206,800					
Sweden	41%	59%	64,200					
Portugal	43%	57%	28,500					
Denmark	44%	56%	28,400					
Netherlands	46%	54%	69,800					
Poland	47%	53%	56,200					
Austria	47%	53%	24,500					
Finland	48%	52%	28,000					
Slovakia	49%	51%	8,300					
United Kingdom	50%	50%	399,100					
Croatia	54%	46%	4,100					
Italy	55%	45%	117,700					
Spain	55%	45%	166,100					
Ireland	55%	45%	19,100					
Greece	56%	44%	12,500					
Czech Republic	57%	43%	28,800					
Belgium	57%	43%	23,500					
Hungary	59%	41%	13,500					
Bulgaria	62%	38%	10,900					
France	62%	38%	193,800					
Slovenia	70%	30%	4,600					
Cyprus	71%	29%	3,100					
Lithuania*	-	-	7,800					
Malta*	-	-	900					
Romania*	-	-	12,700					

Note: * gender breakdown not available Sources: Eurostat data tables: Sport Employment (sprt emp sex)

13. Data & appendix tables

Data tables used to produce graphs presented in this paper are available in downloadable Excel file on parliament.uk website.

13.1 Survey data for trends over time

Trends over time are presented using the Active People Survey data published by the Sport England. This data is available in the attached spreadsheet tab "1.APS trends over time".

You can access this information on Sport England website Active People Survey section, spreadsheet - Once a week participation (National) (16+) **APS10**.

13.2 Survey data from May 2017

The latest data for year ending May 2017 is based on the Active Lives Survey analysis. Please refer to data download tab "2. ALS May 2017" for data on sport participation by demographic characteristics. Sport participation data by local authority is available in tab "3. ALS May 2017 by LA".

This information is also available online in the Active Lives Adult Survey 16/17 Report, Tables 1 and 4, published on 12 October 2017.

13.3 Employment in sport by EU country

Data presented in section 12 is based on Eurostat estimates. You can access raw data from the Eurostat portal. Formatted data tables are available in the data download tab "Eurostat data".

This information is available on Eurostat website - Sport Data Overview. Data used in this briefing was compiled using Eurostat data tables: Sport Employment (sprt_emp_sex) & Population on 1 January by age and sex (demo pjan).

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