

Participation in sport and active recreation—a summary

Update 1: January 2009

This update uses data from the Active People Survey 2 conducted between October 2007 and October 2008. It provides supplementary data to the initial Active People Survey data presented in the summary.

Introduction

The Active People Survey 1 (APS 1) has established evidence concerning the levels of participation in sport and active recreation across England. The Active People Survey 2 (APS 2) was conducted on a smaller scale than APS1 (188,000 versus 363,000 interviews), in order to provide data on a year-on-year basis in a cost-effective way.

Purpose of the update

This update provides data from APS 2 which develops the existing evidence from APS 1 (see original summary for details). This, specifically, includes data for the 6 main KPIs, including:

1. **Participation:** The percentage of the adult population (16 years and over) participating in at least 30 minutes of moderate intensity (3x30 mod) sport and active recreation on at least 3 occasions a week.
2. **Volunteering:** The percentage of the adult population involved in at least one hour of volunteer work per week.
3. **Club membership:** The percentage of the adult population who are members of a sports club.
4. **Coaching / Tuition:** The percentage of the adult population who have received tuition/coaching.
5. **Competitive Sport:** The percentage of the adult population who have taken part in competitive sport.
6. **Satisfaction:** The percentage of the adult population that are satisfied/very satisfied with sports provision in their local area.

Headline results: National

- In 2007/08, 6.85 million adults (16.5%) (aged 16 and over) participated in sport (3x30 mod). In 2005/6, this figure was 6.3 million adults (15.5%). This represents a statistically significant increase of 552,000 adults.
- Participation among females has increased from 2.57 million (12.3 %) to 2.81 million (13.2 %), an increase of 240,000 over 2 years.
- Male participation has increased from 3.73 million (18.9%) to 4.04 million (20.0%), an increase of 311,000 over 2 years.
- Sports participation among adults with a disability has increased by 48,000, from 387,000 (6.0%) to 435,000 (6.8%).
- Participation among adults from lower socio-economic groups (NS-SEC 5-8) has increased by 100,000 from 1.81 million (11.8%) to 1.91 million (12.7%).

Headline results: South West

	APS 1 (2006-2006)		APS 2 (2007-2008)		% Change	Statistically significant?
	%	Number	%	Number		
KPI 1	21.9 %	905,400	22.5 %	957,000	0.64 %	No
KPI 2	5.2 %	215,200	5.5 %	232,500	0.27 %	No
KPI 3	24.4 %	1,010,100	24.5 %	1,043,400	0.12 %	No
KPI 4	18.4 %	761,100	18.6 %	788,900	0.15 %	No
KPI 5	16.2 %	672,800	15.9 %	674,800	-0.39 %	No
KPI 6	70.5 %	2,921,200	68.6 %	2,917,500	-2.00 %	Yes

KPI (1-6) scores for Gloucestershire districts

KPI	Cheltenham		Cotswold		Forest Of Dean		Gloucester		Stroud		Tewkesbury		County average	
	APS 1	APS 2	APS 1	APS 2	APS 1	APS 2	APS 1	APS 2	APS 1	APS 2	APS 1	APS 2	APS 1	APS 2
1 At least 3 days a week x 30 minutes moderate participation (all adults)	22.5 %	24.5 %	24.5 %	23.3 %	22.1 %	21.9 %	18.9 %	18.9 %	23.9 %	19.9 %	22.5 %	20.2 %	22.3 %	21.4 %
2 At least 1 hour a week volunteering to support sport (all adults)	4.7 %	5.6 %	4.3 %	7.7 %	6.4 %	2.3 %	3.6 %	5.3 %	4.9 %	4.1 %	6.7 %	7.3 %	5.0 %	5.3 %
3 Club member (all adults)	30.4 %	25.2 %	26.5 %	23.6 %	22.5 %	20.0 %	22.9 %	22.2 %	24.6 %	23.3 %	28.6 %	28.6 %	25.9 %	23.7 %
4 Received tuition from an instructor or coach in last 12 months (all adults)	19.9 %	19.8 %	22.6 %	20.2 %	17.3 %	16.7 %	14.2 %	14.9 %	19.8 %	20.5 %	18.5 %	21.0 %	18.7 %	18.8 %
5 Taken part in organised competitive sport in last 12 months (all)	16.9 %	16.0 %	18.3 %	17.6 %	16.0 %	15.3 %	14.5 %	11.3 %	17.0 %	15.6 %	18.6 %	17.9 %	16.8 %	15.4 %
6 Satisfaction with local sports provision (all adults)	72.3 %	70.3 %	72.4 %	66.2 %	74.1 %	71.0 %	72.4 %	62.9 %	70.2 %	68.3 %	68.0 %	69.8 %	71.5 %	67.9 %

Notes: (i) KPIs 1 to 6 are shown for consistency with the Summary. (ii) Although KPI 1 is similar to National Indicator 8 (NI8) it only measures the contribution that sport and active recreations make to the overall 5x30 target. In contrast, NI8 includes light intensity activities for those age 65 and over (bowls, pilates, yoga, croquet, and archery). (iii) Changes in KPI scores from APS 1 should only be taken as an indicator of the direction of travel. At the end of 2009, when Active People Survey 3 has been completed, with a larger combined sample of 1,000 (500 from APS 2 / 500 from APS 3), this will provide a better picture of whether there has been any real (statistically significant) changes in comparison to APS 1.



The Active People Survey 2 (October 2007-October 2008)
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