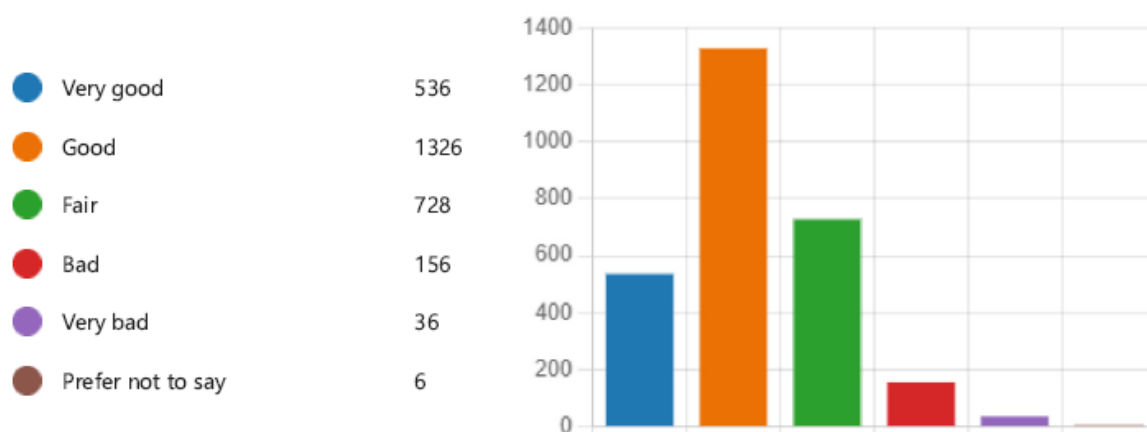


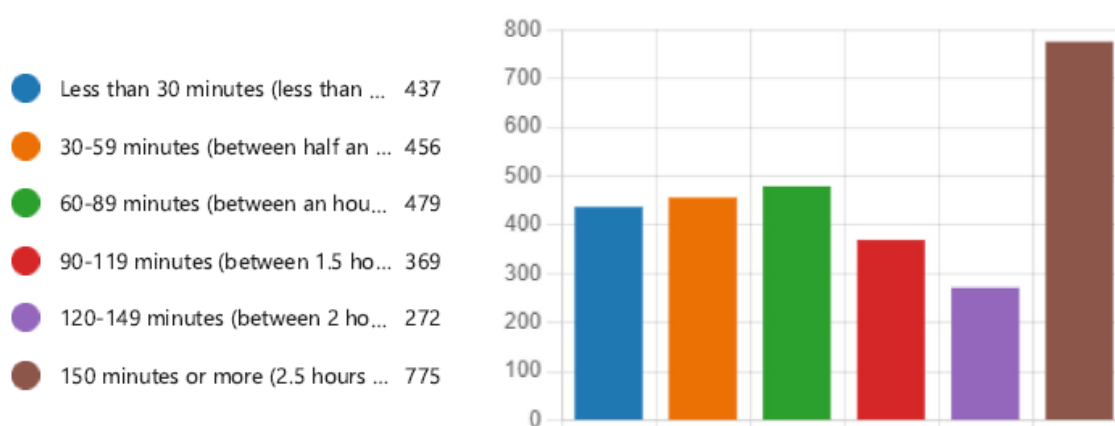
Physical Activity and Wellbeing Residents' Survey 2022: Headline Summary

2,788 responses

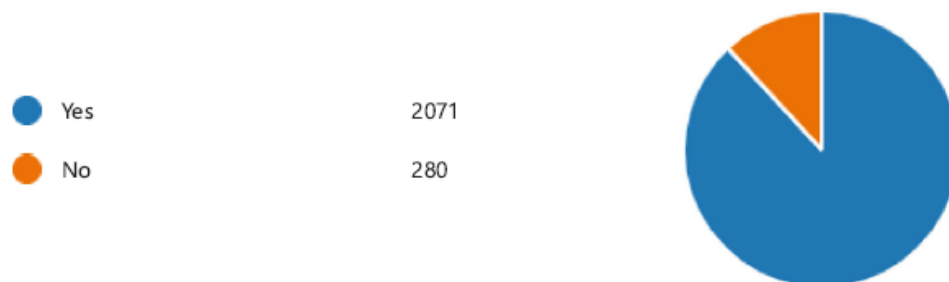
1. How is your health in general? Would you say it is...?



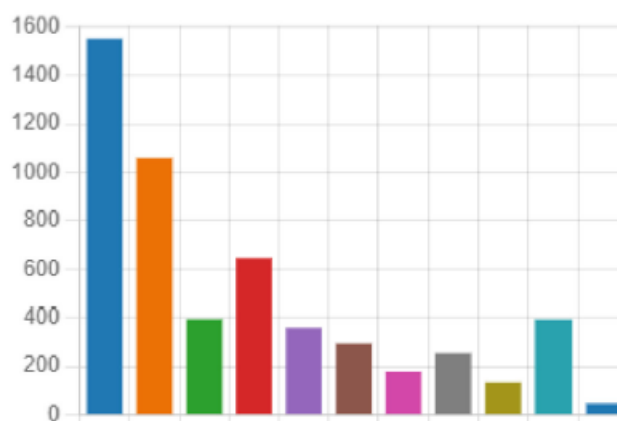
2. In the past week, how many minutes of physical activity have you done in total, which was enough to raise your breathing rate? Please include sport, fitness and recreation activities, and brisk walking or cycling for any purpose, but do not include physical activity that is part of your work.



3. Have you been walking either for leisure or travel in the past week?



4. For what purpose(s) did you walk in the past week? Please select all that apply.

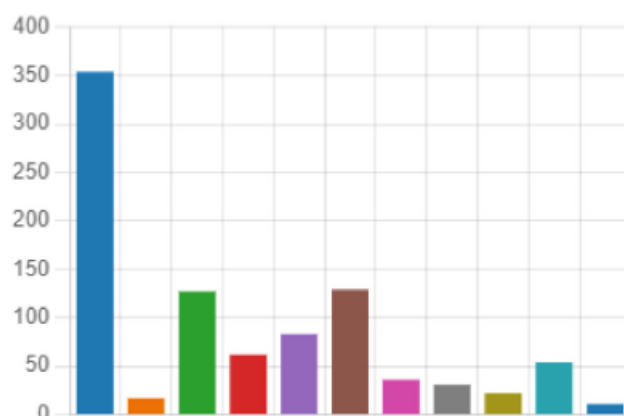


5. Have you been cycling either for leisure or travel in the past week?



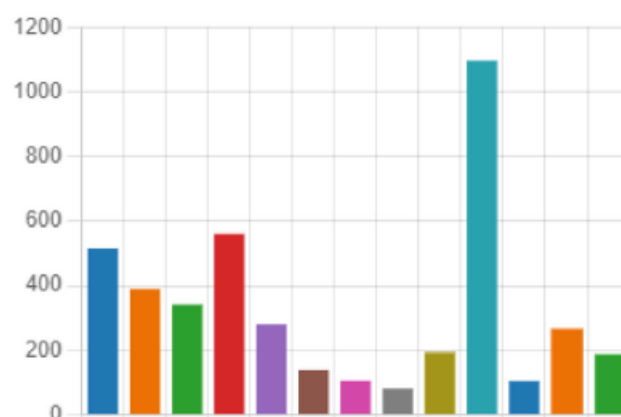
6. **For what purpose(s) did you cycle in the past week?** Please select all that apply.

For leisure, fitness, or recreation	354
For competition purposes	17
To get to / from shops or super...	127
For personal business e.g. runni...	62
To visit friends or family	83
To get to / from my place of work	129
For journeys made as part of my...	36
To get to / from school or place ...	31
To volunteer or provide support...	22
To get to / from entertainment v...	54
Other	11

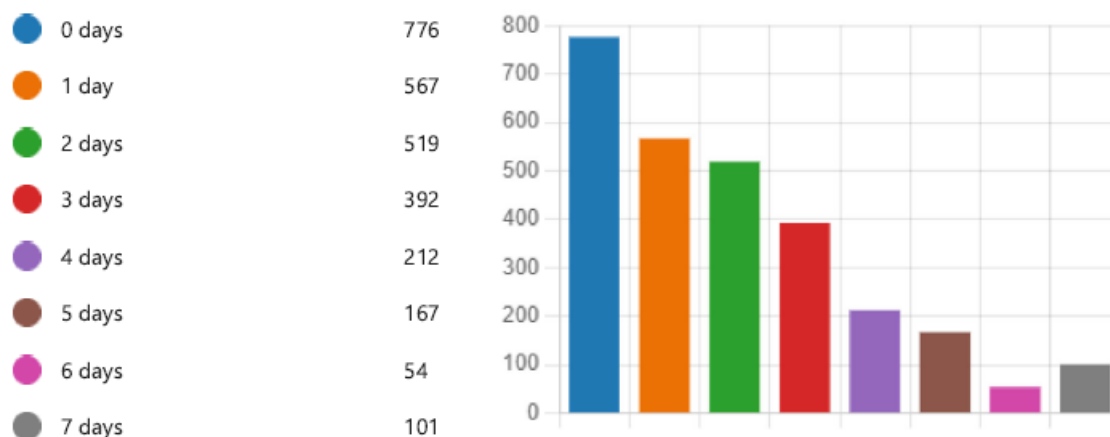


7. **What other types of physical activity have you done in the past week (if any)?** Please select all that apply and please don't include walking or cycling.

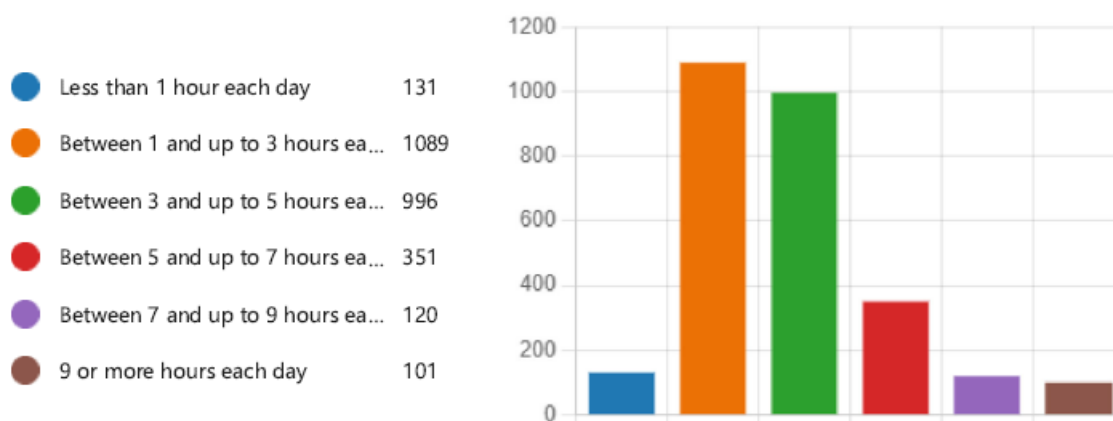
Running or jogging	515
Home activity, fitness or exercis...	390
Home activity, fitness or exercis...	342
Indoor gym/fitness classes away...	561
Indoor swimming	281
Indoor sports hall activities e.g. ...	140
Organised outdoor team sports ...	106
Outdoor gym activity	82
Other outdoor sports and activit...	194
Gardening	1096
Mass participation events e.g. p...	105
No other activity	267
Other	188



8. **In the past week, on how many days have you done exercises that strengthen your muscles?** This refers to exercises that made your muscles feel some tension, shake or feel warm and includes activities such as lifting weights, sit-ups, yoga, carrying heavy bags or digging the garden.



9. **During the last week, approximately how much time did you spend sitting down each day outside of any working hours?** Please include time spent at home and during leisure time but not when you were sleeping. This may include, watching the tv, using the computer, reading, sitting with friends and family.



10. **Are you a parent or guardian of any children aged 17 and under currently living in your household?** Please select all that apply.

Yes	909
No	1867
Prefer not to say	12



11. **Are any of your children aged between 0-4 years?**

Yes	192
No	717



12. **What would be the best way for local organisations to share messages with families about how to move more with young children?**

161
Responses

Top 10 themes to emerge from the responses...

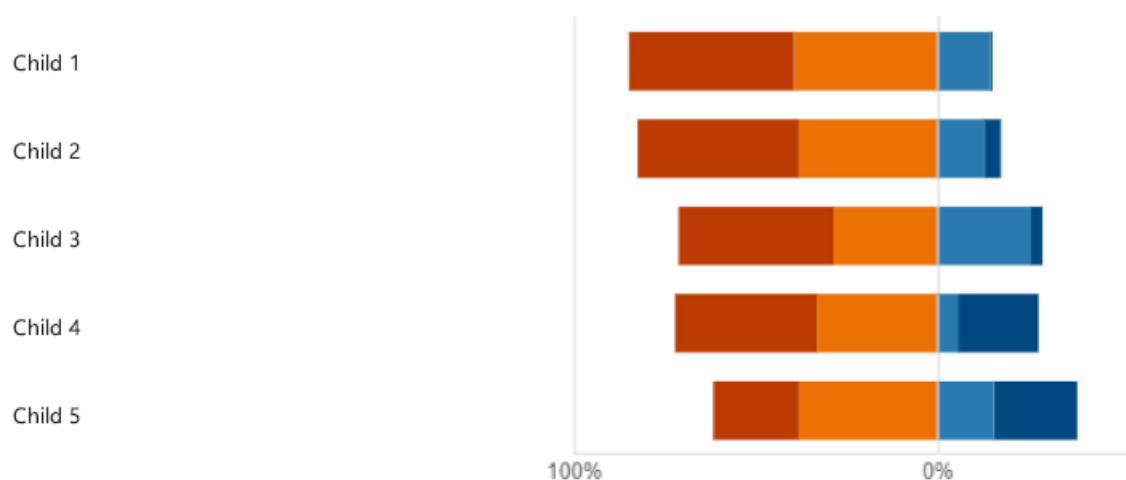
Through
Social
Email
Facebook media
leaflets
groups
school
via
local

13. **Are any of your children aged between 5-11 years?**



14. **For each child aged between 5-11 years, how many minutes of physical activity have they done in total in the past week which made them breathe faster or made them hot and tired?** This might include cycling, scootering, running, sport, ball games, trampolining, dancing, exercise classes or any other physical activity they did by themselves or with others.

■ Approximately 60 minutes or more each day
 ■ Approximately 30-59 minutes each day
■ Approximately less than 30 minutes each day
 ■ Nothing



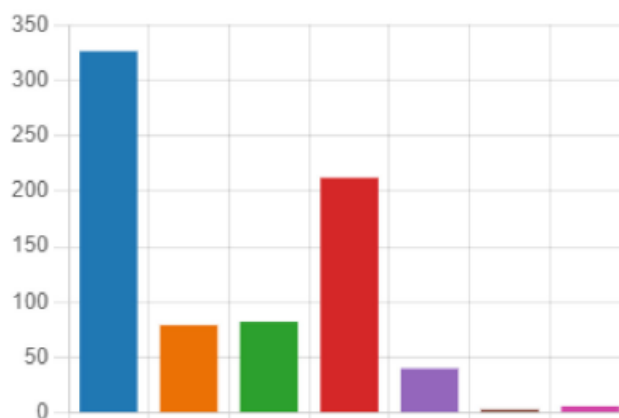
15. **Do your children aged 5-11 years mainly take part in physical activity within or outside of school hours?**

● In school	128
● Outside of school	182
● About the same in and out of sc...	232
● Don't know	5

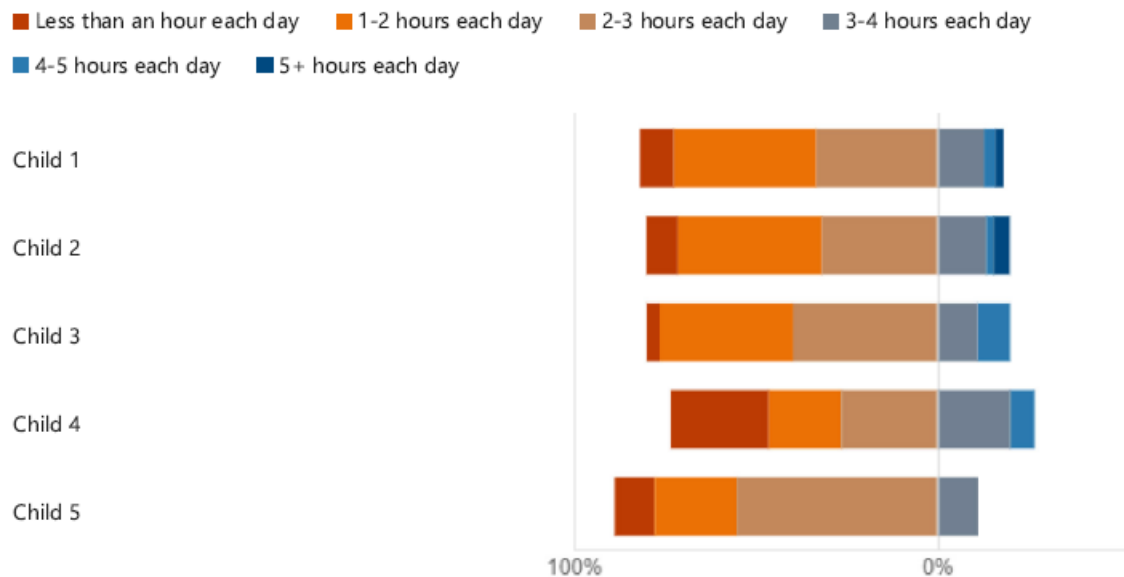


16. **Typically, how do your children aged 5-11 years travel to school?** Please select all that apply.

● Walk	326
● Ride a bike	79
● Ride a scooter	82
● In the car	212
● On the bus, train or other public...	40
● Not applicable	3
● Other	6



17. **For each child aged between 5-11 years please answer the following question. Thinking about a normal school week, approximately how long do your children spend sitting down before and after school each day?** This can include activities such as watching tv, using the computer, playing video games, doing homework, reading, sitting with friends and family. Please do not include time when they are sleeping.

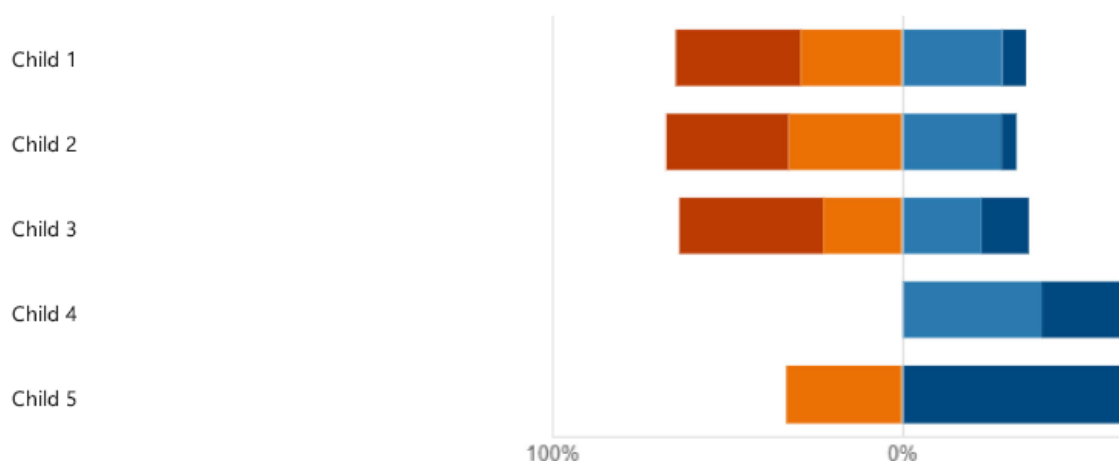


18. Are any of your children aged between 12-17 years?



19. **For each child aged between 12-17 years, how many minutes of physical activity have they done in total in the past week which made them breathe faster or made them hot and tired?** This might include cycling, scootering, running, sport, ball games, trampolining, dancing, exercise classes or any other physical activity they did by themselves or with others.

■ Approximately 60 minutes or more each day
 ■ Approximately 30-59 minutes each day
■ Approximately less than 30 minutes each day
 ■ Nothing



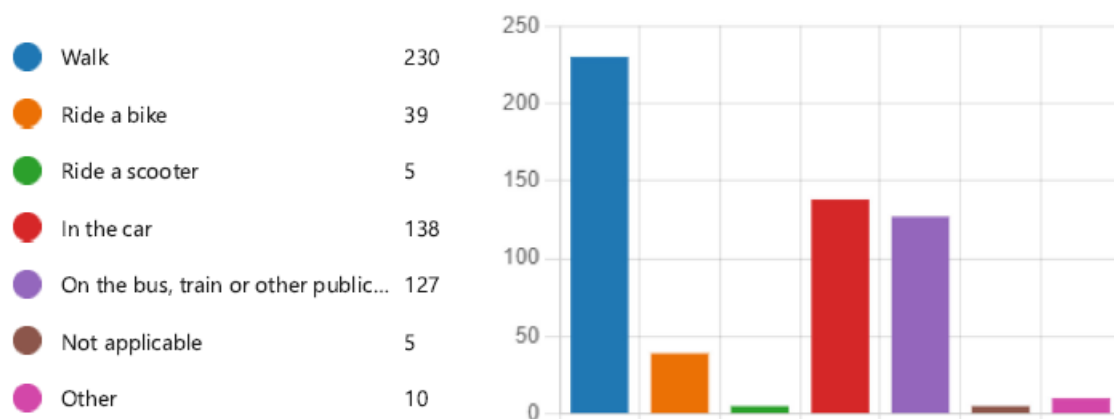
20. **Do your children aged 12-17 years mainly take part in physical activity within or outside of school, college or work hours?**

● In school / college / work 150
● Outside of school / college / work 181
● About the same in and out of sc... 107
● Don't know 17



21. **Typically, how do your children aged 12-17 years travel to school, college or work?**

Please select all that apply.



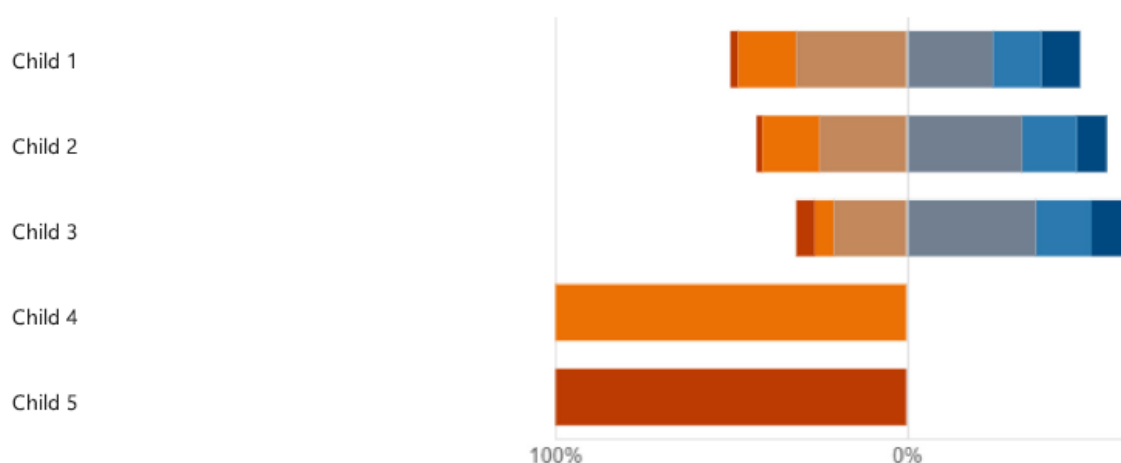
22. **For each child aged between 12-17 years please answer the following question.**

Thinking about a normal school, college or working week, approximately how long do your children spend sitting down before and after school, college or work each day?

This can include activities such as watching tv, using the computer, playing video games, doing homework, reading, sitting with friends and family.

Please do not include time when they are sleeping.

■ Less than an hour each day
 ■ 1-2 hours each day
 ■ 2-3 hours each day
 ■ 3-4 hours each day
 ■ 4-5 hours each day
 ■ 5+ hours each day



23. What barriers do your children face to being more active, if any?

671
Responses

Top 10 themes to emerge from the responses...



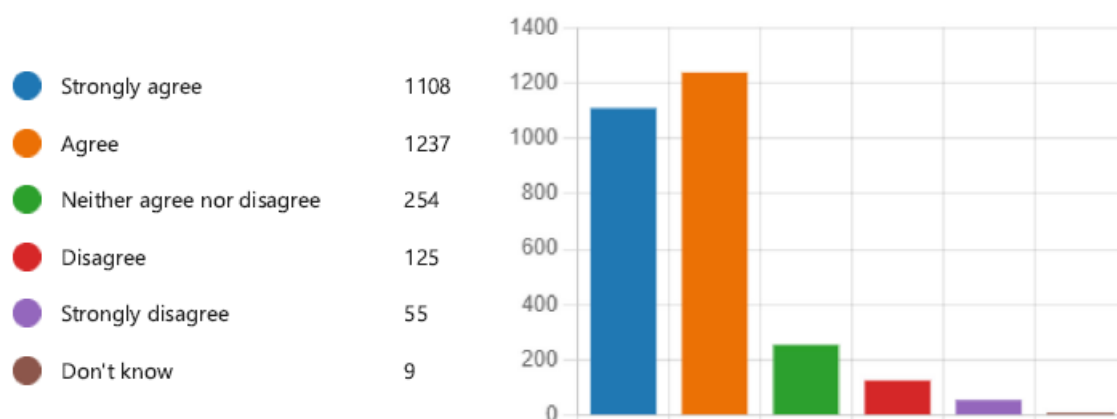
24. What support, if any, would help your children become more active?

602
Responses

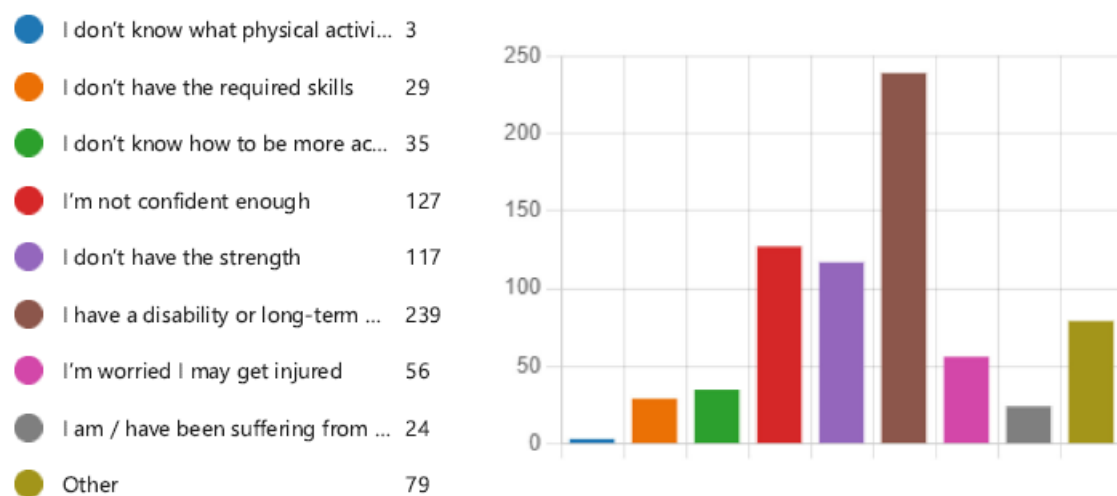
Top 10 themes to emerge from the responses...



25. **'I feel that I have the ability to be physically active'?** Ability includes physical ability and confidence.



26. **Please share with us why you feel that you don't or are unsure if you have the ability to be physically active:** Please select all that apply.



27. **What would help you to feel more confident in your ability to be physically active?**

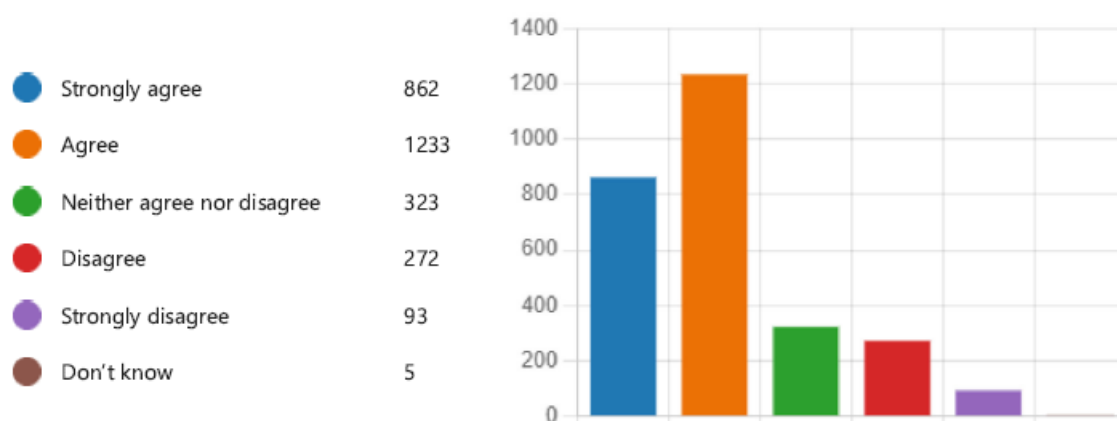
352

Responses

Top 10 themes to emerge from the responses...

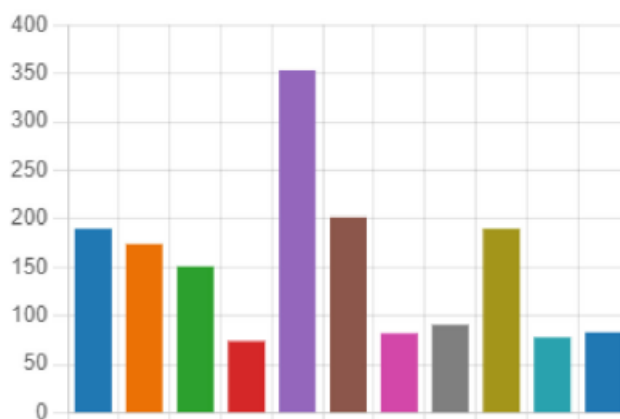


28. **'I feel that I have the opportunity to be physically active'?** Opportunity includes things such as having somewhere to do it, being able to afford it, having the right kit, support from family, someone to take part with, available time etc.



29. **Please share with us why you feel that you don't or are unsure if you have the opportunity to be physically active:** Please select all that apply.

I don't know about local oport...	190
There are no appropriate local o...	174
I have childcare responsibilities	151
I have other caring responsibilit...	74
I'm not able to afford certain act...	353
I don't have the time	202
Lack of transport	82
I don't have the kit required to t...	91
None of my friends or family ar...	190
No activities are suited for me	78
Other	83



30. **What would help you to access more opportunities to be active?**

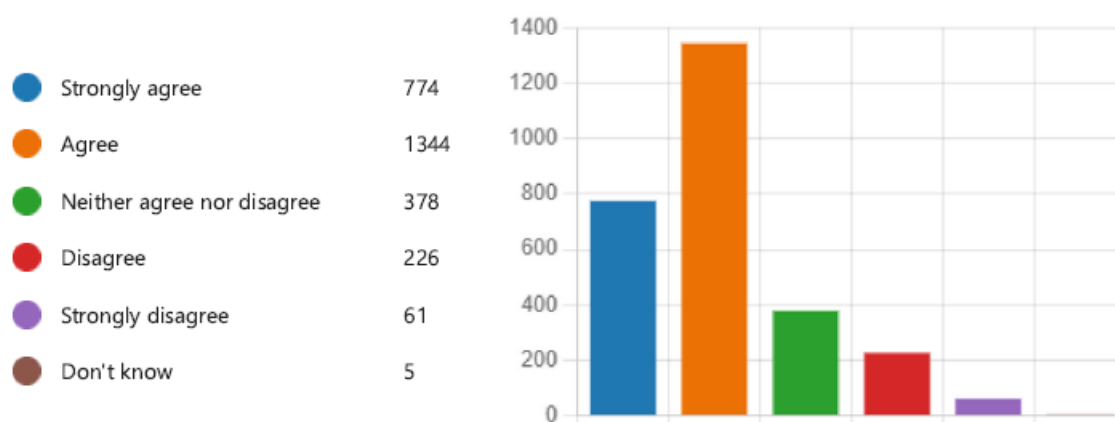
559

Responses

Top 10 themes to emerge from the responses...

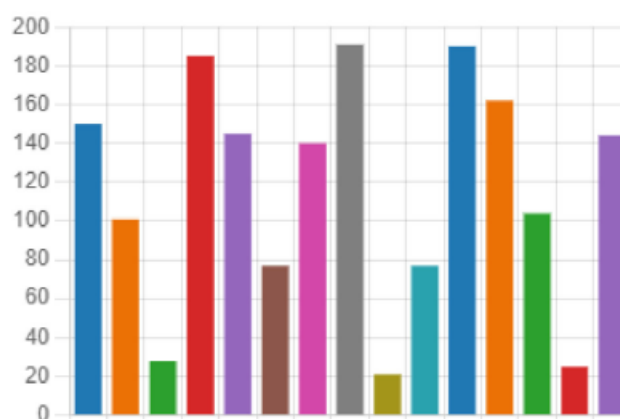
people
Free
classes time
swimming gym
work
More
local
activities

31. **'I feel motivated to be physically active'?** Motivation includes having the desire to be active, such as getting healthier or improved mental health.



32. **Please share with us why you don't or are unsure if you feel motivated to be physically active:** Please select all that apply.

I don't know where to start	150
I don't believe I can do it	101
I don't believe that it's going to ...	28
Whenever I try, I fail / I can't kee...	185
It hurts	145
It's too hard	77
I don't look / feel like an active ...	140
My mental health is a barrier	191
I've never been physically active...	21
No one is there to help me	77
I'm embarrassed about my weig...	190
I don't want to work out in front...	162
I haven't enjoyed being active p...	104
I just don't want to be active	25
Other	144



33. What would motivate you to be more active?

497

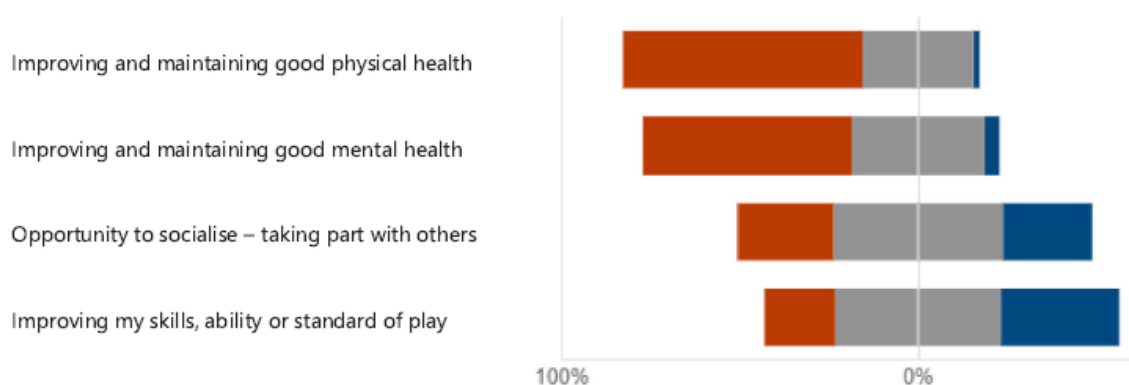
Responses

Top 10 themes to emerge from the responses...



34. To what extent do the following things motivate you to be active?

■ To a great extent ■ To some extent ■ Not at all



35. What things influence your physical activity, sport and exercise choices?

2385

Responses

Top 10 themes to emerge from the responses...



36. What, if any, are the biggest challenges that you face to being physically active right now?

2401

Responses

Top 10 themes to emerge from the responses...



37. What would help you to overcome these challenges (if applicable)?

1866

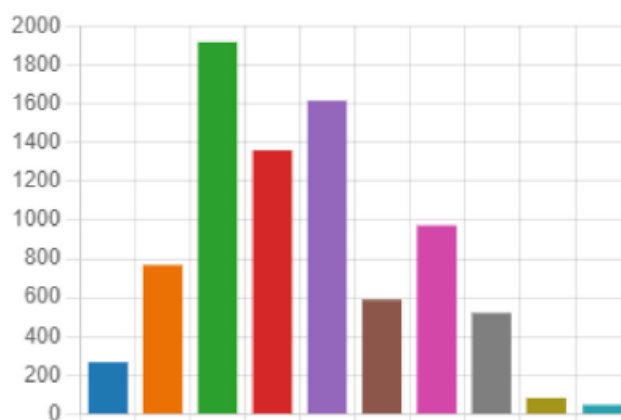
Responses

Top 10 themes to emerge from the responses...



38. What formats of physical activity appeal to you? Please select all that apply.

Competitive (activity where the ...	268
Semi-competitive (a mix of com...	769
Recreation / social (focus on fun...	1918
Group activity	1359
Individual activity	1615
Team / Club activity	590
Family based activity	973
Virtual / online activity	521
No preference	84
Other	49



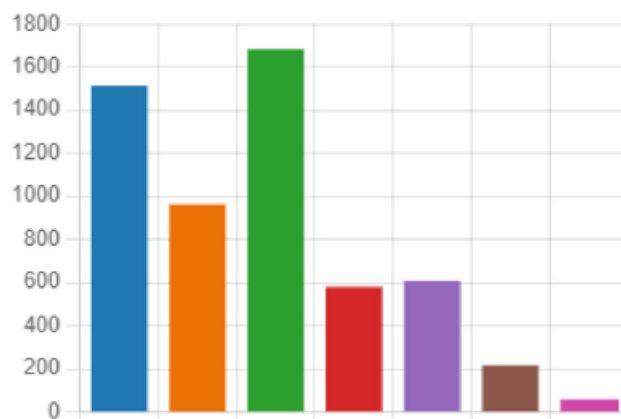
39. **If you are interested in virtual activities, what format of virtual / online activity would you access?** Please select all that apply.

Pre-recorded exercise sessions	741
Live exercise sessions	559
App-based programmes or sess...	472
No preference	723
Other	100



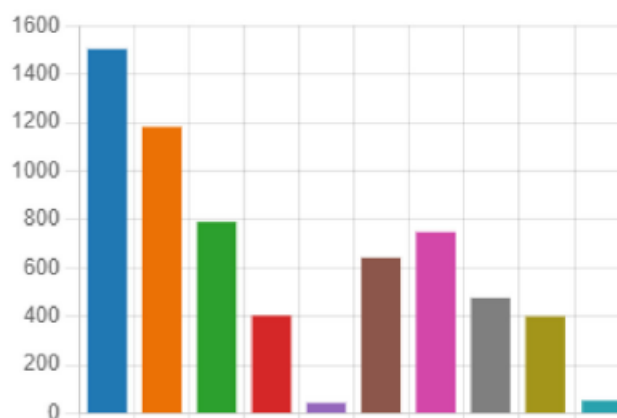
40. **Where would you prefer to take part in physical activity?** Please select all that apply.

Indoors (community venue e.g. ...	1513
Indoors (at home)	963
Outdoors (open space / park, in ...	1683
Outdoors (sports pitch)	580
Outdoors (at home)	609
No preference	217
Other	59



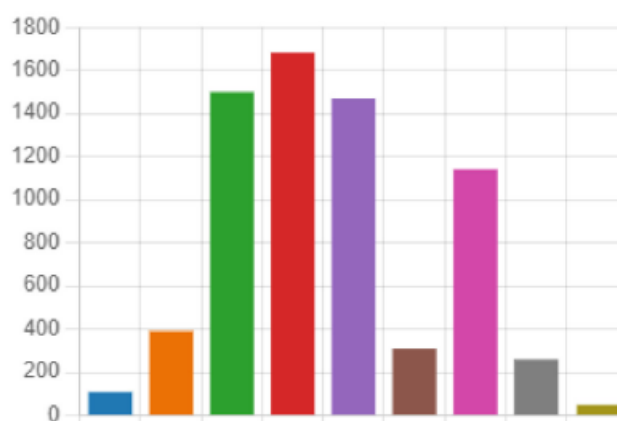
41. **Who would you prefer to participate in physical activity with?** Please select all that apply.

Friends	1504
Family / relatives	1182
Other club members	790
Females only	404
Males only	44
Mixed gender	642
People of a similar age	749
I prefer individual activities	476
No preference	401
Other	54



42. **Which of these changes to your lifestyle are you thinking of making in the next 6 months, if any?** Please select all that apply.

Stop smoking	109
Cut down the amount of alcoho...	392
Increase the amount of physical ...	1499
Lose weight	1682
Eat more healthily	1470
Increase the amount of volunte...	311
Focus on your mental health an...	1142
None of these	259
Other	49



43. If applicable, what support do you need to make these changes?

1174

Responses

Top 10 themes to emerge from the responses...



44. What is your full postcode? We will only use this information to understand the areas where survey respondents live, to help plan where future provision would be most beneficial. **It will not identify your house.** [Responses not included]

45. What local authority area do you live in (this is who you pay your council tax to if applicable)? This is so we can ask you specific questions related to where you live. [Responses not included]

46. What, if anything, prevents you from participating in physical activity in your local area?

1867

Responses

Top 10 themes to emerge from the responses...



47. What would you improve in your local area to encourage you and others to be more active?

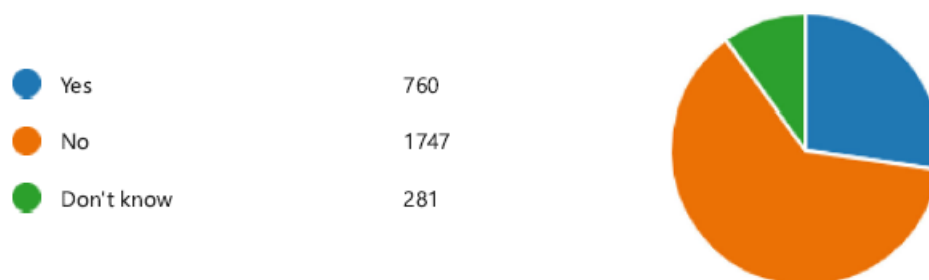
1760

Responses

Top 10 themes to emerge from the responses...

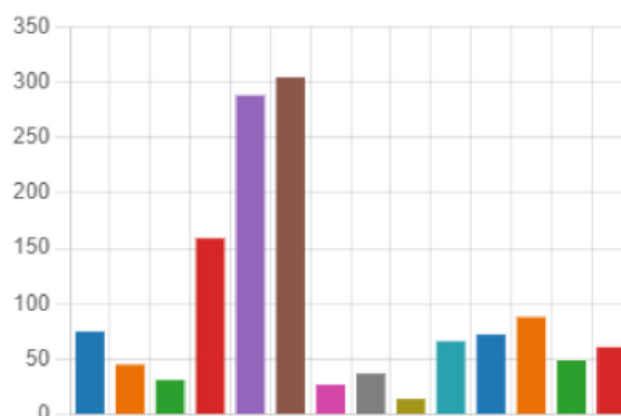


48. Have you seen or been made aware of the local Let's Get Moving Campaign (including the local Active Together Champions)?

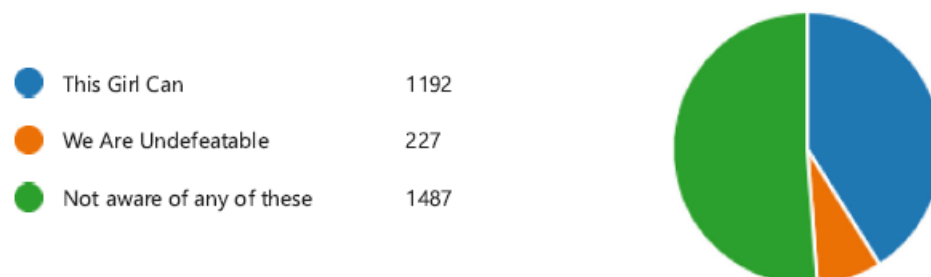


49. Please tell us where you have seen or heard about this campaign.
Please select all that apply.

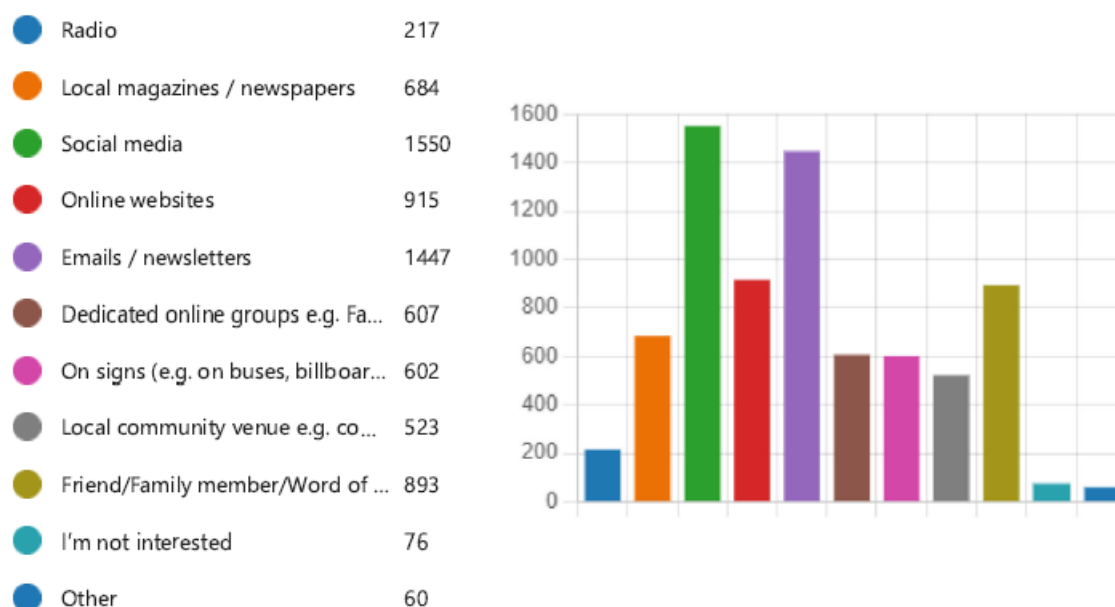
TV news stories	75
Radio shows / news	45
Radio adverts	31
Websites	159
Emails / newsletters	288
Social media	304
Online news sites	27
Dedicated online groups e.g. Fa...	37
Spotify Ads	14
On signs e.g. on buses, billboar...	66
Local activity and sport venues	72
Local magazines / newspapers	88
At an event e.g. community or ...	49
Other	61



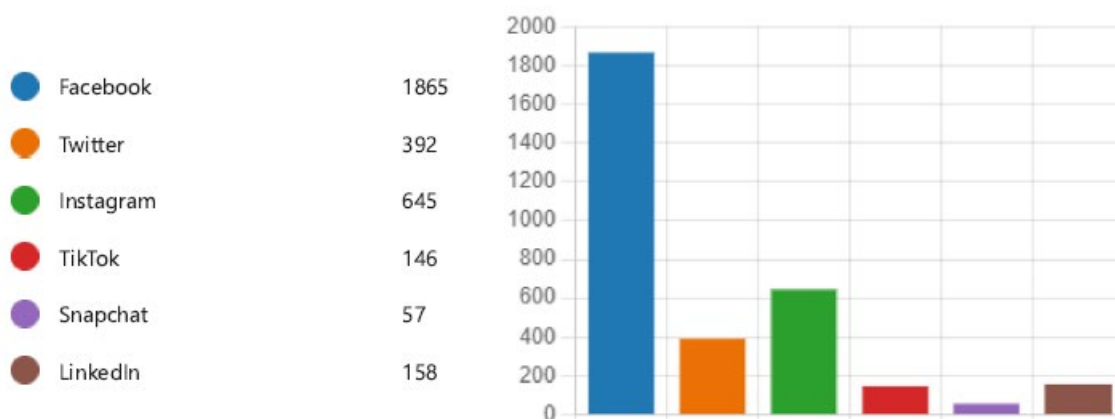
50. Please tell us if you have seen or are aware of any of the following national campaigns. Please select all that apply.



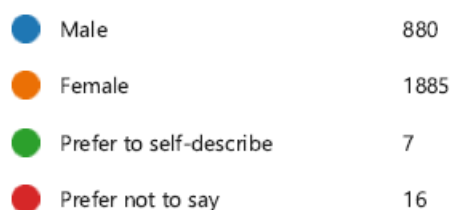
51. What is the best way for you to find out about physical activity opportunities in your local area? Please select all that apply.



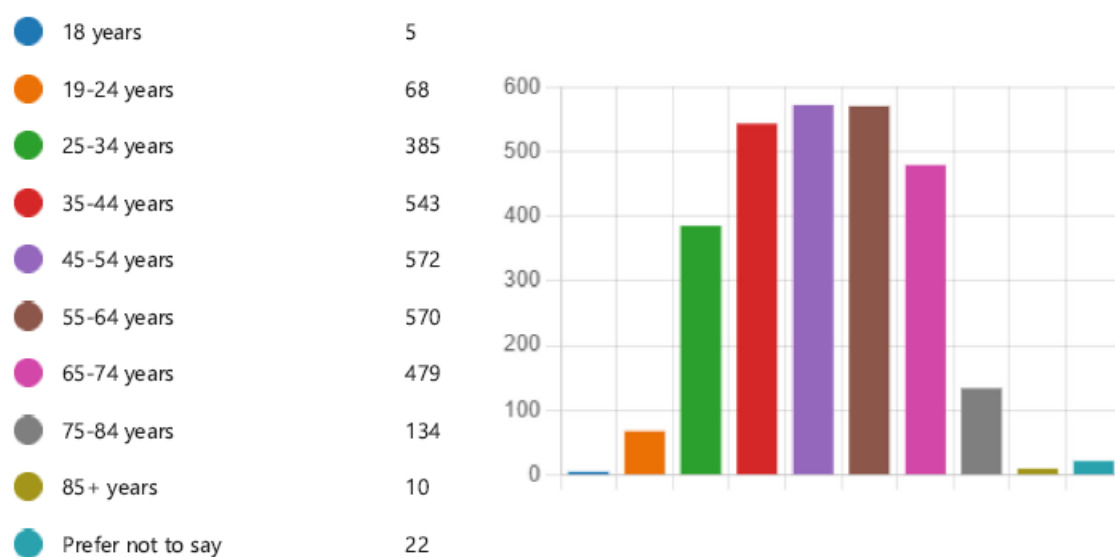
52. If applicable, please specify which social media platforms you use most regularly to find out local information? Please select all that apply.



53. Are you?



54. How old are you?



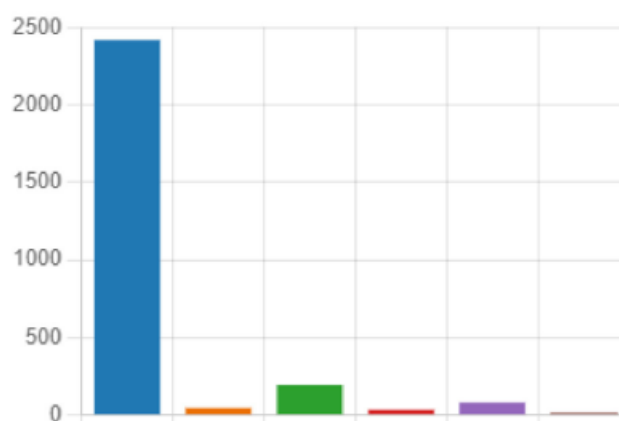
55. Do you have a longstanding physical, mental condition or illness that has lasted or is likely to last 12 months and which has a substantial adverse effect on your ability to carry out day-to-day activities? Please select all that apply.

Yes - mental condition or illness	280
Yes - physical condition or illness	591
Yes – other	80
No	1897
Prefer not to say	95



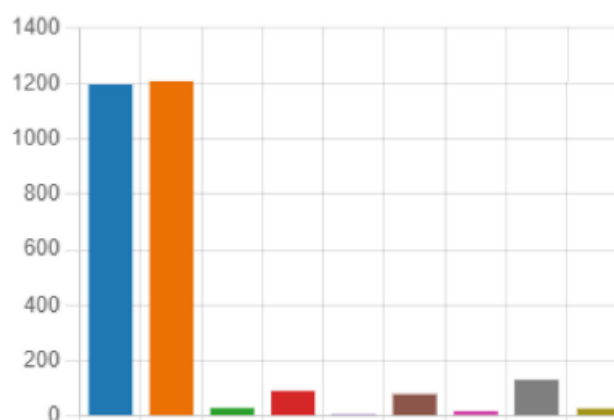
56. Which one of the following best describes your ethnic group or background?

White	2417
Mixed / Multiple ethnic groups	46
Asian / Asian British	195
Black / African / Caribbean / Bla...	34
Prefer not to say	81
Other	15

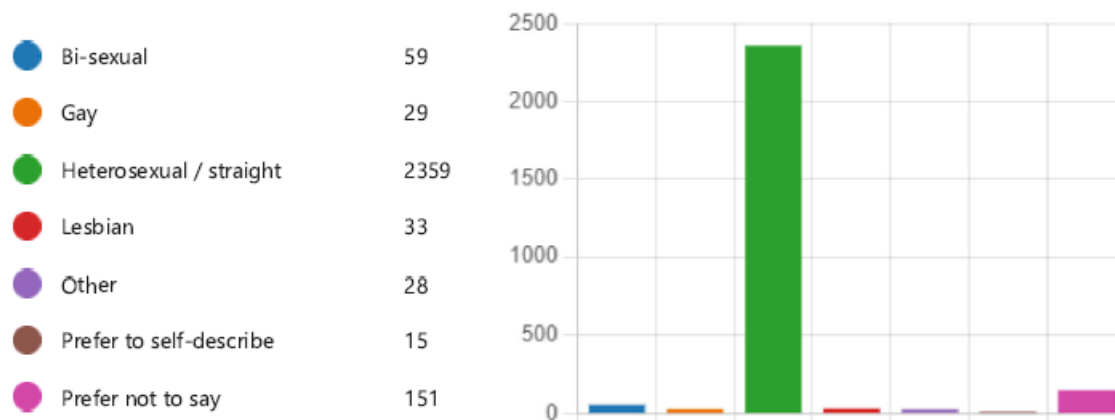


57. What is your religion?

No religion	1197
Christian (all denominations)	1210
Buddhist	29
Hindu	91
Jewish	7
Muslim	79
Sikh	17
Prefer not to say	131
Other	27



58. Many people face discrimination because of their sexual orientation and for this reason we have decided to ask this monitoring question. You do not have to answer it, but we would be grateful if you could **select the box next to the category which describes your sexual orientation.**



59. Which of these activities best describes what you are doing at present?
Please select only one option.

