

2) STEADY STEPS SURVEY

96 responses across LLR

Understanding physical activity levels

Public Health has developed a Coronavirus equality impact assessment to explore the impact of the Coronavirus pandemic on different populations. The assessment outlined the short-term impact of people living with health conditions:

- 90.6% of participants have kept active during the lockdown period. Amongst these participants:
 - Just over a third (35.6%) met the Chief Medical Officers (CMO) guidelines of 150 minutes of recommended activity in a week, and 24.1% reported being active every day for 30 minutes or more.
 - 20.7% reported not achieving 30 minutes of activity on any day of the week, suggesting that they are being active for short periods of time.
 - 70.1% did muscle strengthening exercises on 2 days or more that lasted 10 minutes or longer, meeting CMO recommended levels.
 - 18.4% reported doing no muscle strengthening exercises throughout the week.
 - Activities have mainly taken place within the home (82.8%) and within a garden or own outdoor space (67.8%) and include housework and structured exercises as well as some activities outside the home (40.2%).
 - 56.3% have used physical activity and exercise equipment in their homes and used this most commonly 1-2 times a week, with the resistance/therabands being the most popular.
- Of the 9.4% of participants that have not kept active during lockdown, reasons for this were linked to physical and mental illness, a lack of motivation and caring responsibilities.
- There has been a net increase of 39.1% participants doing less activity during lockdown compared to a typical week before restrictions were in place.
- Some participants recognised that their physical activity during the lockdown period has been limited by personal illness.
- 86.9% of participants were contacted by someone regarding Steady Steps during the lockdown period.

Number of falls and impacts of the lockdown

- 22.9% of participants had a fall or multiple falls in the last 3 months. Most of these participants had one fall (63.6%), with the remaining 36.2% having multiple falls.
- 59.1% reported having an injury, of which 46.2% reported needing hospital admission or another care service.
- Three quarters of participants (75.0%) reported that there were things they could do at the start of lockdown but were no longer able to do. This included reduced mobility and balance, difficulties with activities of daily living and psychological impacts.
- For each balance activity listed, there were at least 7 participants (equivalent to 7.3%) who did not feel confident to complete these without losing balance.

- Over half of participants (58.3%) were not confident walking downstairs indoors without a handrail, and 52.1% were not confident walking upstairs without a handrail.

Future delivery

- Just under three quarters of participants (74.0%) have access to the internet.
 - However, a large proportion of those with access to the internet hadn't accessed any live physical activity classes or recorded classes (71.8%).
- 77.1% of participants stated they would be interested in watching classes in an alternative format.
 - Of those who were not interested in the alternative options presented, 45.8% did not have access to the required technology.
- 87.5% of participants reported that they were either very likely or somewhat likely to return to an indoor based exercise classes.
 - Facilitating factors included social interaction, benefits to mental wellbeing and physical health and independence. Some participants cited the following barriers: concerns about the COVID-19 pandemic, personal circumstances and loss of confidence/physical ability.
 - Most common concern about returning to face to face classes was linked to the risk of catching the virus.
- Ideas to help with the process of starting classes when safe to do so included adequate infection control procedures, exercise adaptations and home-based support.