

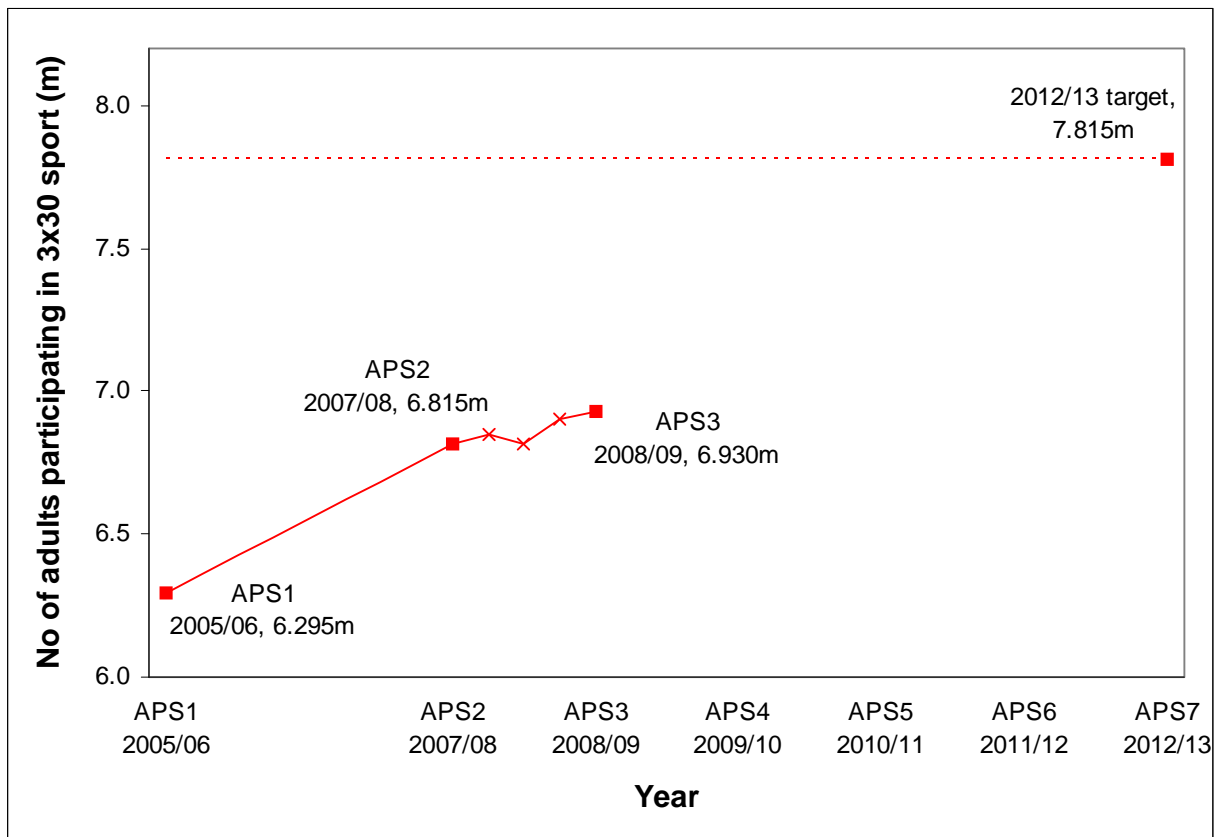
# Active People Survey 2008/09

“One Million” Sports participation indicator

At the heart of the [Sport England Strategy 2008-11](#) is a commitment to getting **one million people taking part in more sport by 2012-13**. The sports participation indicator measures the number of adults (aged 16 and over) participating in at least 30 minutes of sport at moderate intensity at least three times a week. Sport England’s progress towards this target is measured by the Active People Survey.

Consistent with Sport England’s strategic focus, the one million target is based on a sports participation indicator that includes a narrower range of activities than other sport and active recreation indicators reported by Active People such as NI8, the national indicator for local government.

Progress against the one million target



- Active People Survey 3 (2008/09) provides the first annual update since the baseline for measurement of the one million target was set based on Active People Survey 2 (2007/08).
- In 2008/09, 6.93 million adults (aged 16 and over) participated in sport three times a week for 30 minutes at moderate intensity (16.6% of the adult population in England). This is an increase of 115,000 adult participants<sup>1</sup> from 2007/08 when 6.815 million adults (aged 16 and over) participated in sport three times a week for 30 minutes at moderate intensity (16.4%).
- This indicates further progress has been made since the increase<sup>2</sup> observed between Active People Survey 1 (2005/6) and Active People Survey 2 (2006/07). In 2005/06, 6.295 million adults (aged 16 and over) participated in sport three times a week for 30 minutes at moderate intensity (15.5%).

# “One Million” Sports participation indicator by key demographics

The following shows the latest results (Active People Survey 3) for key demographic groups, highlighting changes from the baseline figures (Active People Survey 2).

## Gender

- Male participation has increased<sup>2</sup> from 4.027 million (20.0%) to 4.203 million (20.6%), an increase of 176,000.
- Participation among females has decreased<sup>2</sup> from 2.788 million (13.1%) to 2.727 million (12.7%), a decrease of 61,000.

## Age Groups

- The table below shows there have been increases in participation<sup>1</sup> across the 16-34 and 35-54 age groups and a decrease<sup>1</sup> in the 55+ age group.

| 3 sessions a week: By age group | APS2 (Oct 2007-Oct 2008) |           | APS3 (Oct 2008-Oct 2009) |           | Change from APS2 |        |                          |
|---------------------------------|--------------------------|-----------|--------------------------|-----------|------------------|--------|--------------------------|
|                                 | %                        | n         | %                        | n         | %                | n      | Statistical significance |
| 16 to 34                        | 26.7%                    | 3,421,900 | 27.0%                    | 3,486,900 | 0.2%             | 65,000 | No Change                |
| 35 to 54                        | 15.9%                    | 2,293,900 | 16.2%                    | 2,348,100 | 0.2%             | 54,200 | No Change                |
| 55 +                            | 7.8%                     | 1,099,300 | 7.6%                     | 1,095,200 | -0.1%            | -4,100 | No Change                |

Source: Sport England's Active People Survey

## Ethnicity

- Sports participation among white adults has increased<sup>1</sup> by 16,000, from 6.200 million (16.49%) to 6.216 million (16.54%).
- Sports participation among non-white adults has increased<sup>2</sup> by 98,800, from 615,000 (16.1%) to 713,800 (17.0%).

## Disability

- Sports participation among adults with a limiting disability / illness has decreased<sup>2</sup> by 42,800, from 429,500 (6.7%) to 386,700 (6.1%).

## Socio-economic groups

- The table below shows participation among adults from socio-economic groups NS-SEC 1-2, NS-SEC 4, and NS-SEC 5-8 have all increased<sup>1</sup>. Participation among adults from socio-economic groups NS-SEC 3 has decreased<sup>1</sup>. An explanation of NS-SEC can be found in the notes page of this factsheet.

| 3 sessions a week: By socioeconomic group | APS2 (Oct 2007-Oct 2008) |           | APS3 (Oct 2008-Oct 2009) |           | Change from APS2 |        |                          |
|---|--------------------------|-----------|--------------------------|-----------|------------------|--------|--------------------------|
|   | %                        | n         | %                        | n         | %                | n      | Statistical significance |
| NS SEC1-2                                 | 18.4%                    | 2,646,000 | 18.5%                    | 2,695,900 | 0.1%             | 49,900 | No Change                |
| NS SEC3                                   | 14.4%                    | 621,100   | 14.0%                    | 617,300   | -0.3%            | -3,800 | No Change                |
| NS SEC4                                   | 14.3%                    | 486,600   | 14.9%                    | 511,700   | 0.6%             | 25,100 | No Change                |
| NS SEC5-8                                 | 12.6%                    | 1,890,400 | 12.7%                    | 1,925,300 | 0.1%             | 34,900 | No Change                |

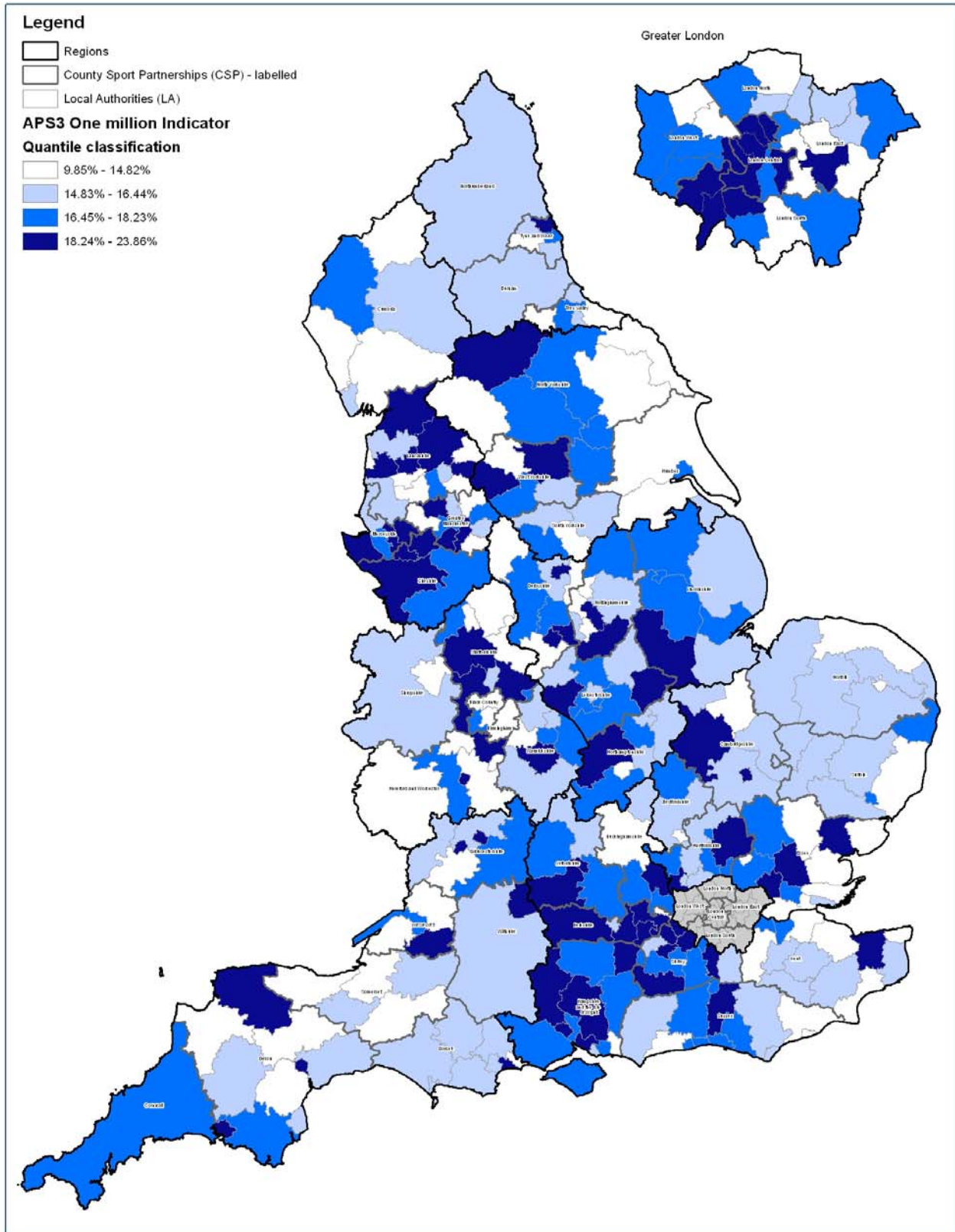
Source: Sport England's Active People Survey

# “One Million” Sports participation indicator by local authority



## Active People Survey 3: The 'one million' sport participation indicator

Sport England's 2006-11 strategy focuses on delivering one million people doing more sport by 2012-13. Participation in sport is defined as the percentage of the adult population participating in at least 3 sessions of sport a week (at least 12 sessions of at least moderate intensity for at least 30 minutes in the previous 28 days).



## “One Million” Sports participation Indicator by region



| 3 sessions a week:<br>By region | APS2 (Oct 2007-<br>Oct 2008) |           | APS3 (Oct 2008-<br>Oct 2009) |           | Change from APS2 |         |                             |
|---------------------------------|------------------------------|-----------|------------------------------|-----------|------------------|---------|-----------------------------|
|                                 | %                            | n         | %                            | n         | %                | n       | Statistical<br>significance |
| North East                      | 16.3%                        | 341,600   | 16.2%                        | 343,300   | 0.0%             | 1,700   | No Change                   |
| North West                      | 17.0%                        | 944,000   | 17.1%                        | 952,300   | 0.1%             | 8,300   | No Change                   |
| Yorkshire                       | 17.2%                        | 722,200   | 16.8%                        | 711,000   | -0.4%            | -11,200 | No Change                   |
| West Midlands                   | 14.5%                        | 628,900   | 15.2%                        | 664,700   | 0.7%             | 35,800  | <b>Increase</b>             |
| East Midlands                   | 16.8%                        | 601,300   | 16.6%                        | 598,600   | -0.2%            | -2,700  | No Change                   |
| East                            | 16.2%                        | 741,800   | 15.8%                        | 735,100   | -0.4%            | -6,700  | No Change                   |
| South West                      | 16.0%                        | 679,400   | 16.4%                        | 704,900   | 0.5%             | 25,500  | No Change                   |
| South East                      | 17.1%                        | 1,151,400 | 17.1%                        | 1,161,900 | 0.0%             | 10,500  | No Change                   |
| London                          | 16.5%                        | 1,004,500 | 17.2%                        | 1,058,300 | 0.7%             | 53,800  | <b>Increase</b>             |

Source: Sport England's Active People Survey

- Between APS2 (2007/8) and APS3 (2008/9), there has been an increase<sup>2</sup> in sports participation in two out of the nine English regions (West Midlands and London). In the West Midlands there are 35,800 more adults taking part in at least 30 minutes of sport at moderate intensity at least three times a week. In London there are 53,800 more adults taking part in at least 30 minutes of sport at moderate intensity at least three times a week.
- Between APS2 (2007/8) and APS3 (2008/9), participation in seven regions (North East, North West, Yorkshire, East Midlands, East, South West and the South East) has not shown a statistically significant change between 2007/8 and 2008/9.

### Footnotes:

<sup>1</sup>Not Statistically Significant (i.e. we cannot say with 95% confidence that there has been a real change in the participation rate)

<sup>2</sup>Statistically Significant (i.e. we can say with 95% confidence that there has been a real change in the participation rate).

## Notes

To find out more about the sports participation indicator and the one million target, see the briefing note on Sport England's website which highlights the activities included.

[http://www.sportengland.org/research/active\\_people\\_survey/active\\_people\\_survey\\_3.aspx](http://www.sportengland.org/research/active_people_survey/active_people_survey_3.aspx)

Active People Survey 3 took place between October 2008 and October 2009. 193,000 adults in England (age 16 and over) were interviewed by telephone.

Active People Survey 1 was undertaken between October 2005 and October 2006. 363,000 adults in England (age 16 and over) were interviewed by telephone. Active People Survey 2 was undertaken between October 2007 and October 2008. 191,000 adults in England (age 16 and over) were interviewed by telephone.

Please note that this report highlights whether changes from Active People Survey 2 to Active People Survey 3 are *statistically significant*. A statistically significant increase is indicated by 'increase', and a statistically significant decrease is indicated by 'decrease'. This means that we are 95% certain that there has been a real change (increase or decrease) in the participation rate. Where there has been no statistically significant change, this is indicated by 'no change'.

For more information on measuring statistically significant change between Active People Survey 2 and Active People survey 3, see the briefing note on Sport England's website:

[http://www.sportengland.org/research/active\\_people\\_survey/active\\_people\\_survey\\_2/idoc.ashx?docid=c2da16fe-f44b-4715-a798-5cd4f62fc422&version=2](http://www.sportengland.org/research/active_people_survey/active_people_survey_2/idoc.ashx?docid=c2da16fe-f44b-4715-a798-5cd4f62fc422&version=2)

ONS (Office for National Statistics) 2005 and 2007, 2008 population data has been used in this report.

NS-SEC is the National Statistics Socio-economic Classification. It is derived by combining information on occupation and employment status. NS-SEC: 1. Higher managerial and professional occupations; 2. Lower managerial and professional occupations; 3. Intermediate occupations; 4. Small employers and own account workers; 5. Lower supervisory and technical occupations; 6. Semi-routine occupations; 7. Routine occupations; 8. Never worked and long-term unemployed; 9. Full time students and Occupations not stated or inadequately described.