

# **HOUSEHOLD SURVEY 2016/17**

## **Appendix 5**

### **Qs 1 & 2 Sport & Physical Activity**

**Q1: How many times in an average week do you participate in sport or physical activity for at least 30 minutes**

**Q2 : How many times in the last month did you participate in sport or physical activity**

## **Key Findings**

- Mixed results with most age groups relatively inactive, and with almost identical overall results with an age weighting applied
- In terms of Q1 (average week) only the 16-24 age group were relatively more active than inactive. Not surprisingly perhaps the over 75s were the least active, however the 25-34 age group had the next highest level of inactivity.
- No difference in overall result in terms of gender.
- Those reporting a disability or infirmity were significantly less active than those who did not.
- Significant variation between wards. 75% inactivity by respondents in Sleaford Navigation ward as compared with Sleaford Quarrington and Mareham, one of the best performing (relatively) at 50%.
- In terms of Q2 monthly activity; just over 2/3 of respondents participated 2 or more times a month, age weight application produced a very slight (0.3%) further increase.
- 35-44s significantly higher than any other age group in terms of twice monthly or more participation
- Gender split for Q2 with a 6.5% differential for females participating at least twice a month.
- Similar results to Q1 however in terms of respondents with a disability or infirmity.
- Again a significant variance between Wards, along broadly similar lines to Q1.
- Results for the Sport and Physical Activity section are also cross- referenced with the Wellbeing (Good Health and Life Worthwhile) section of the survey. Appendix 6 contains details for this.

**Q1 How many times, in an average week, do you participate in sport or physical activity for at least 30 minutes.**

Total Respondents : 3342 : Raw Data Summary			
Less than once a week	1 or 2 times a week	3 or 4 times a week	5 or more times a week
972	920	856	594
29.1%	27.5%	25.6%	17.8%
Relatively Inactive : 56.6%		Relatively Active 43.4%	

Total Respondents : 3342 : Age Weighted Summary			
Less than once a week	1 or 2 times a week	3 or 4 times a week	5 or more times a week
28.3%	28.3%	26.5%	17.0%
Relatively Inactive : 56.5%		Relatively Active 43.5%	

Age Group	Less than once a week		1 or 2 times a week		3 or 4 times a week		5 or more times a week	
16-24	20	24.1%	21	25.3%	29	34.9%	13	15.7%
	Relatively Inactive : 49.4%				Relatively Active : 50.6%			
25-34	55	27.2%	67	33.2%	53	26.2%	27	13.4%
	Relatively Inactive : 60.4%				Relatively Active : 39.6%			
35-44	80	21.3%	128	34.0%	104	27.7%	64	17.0%
	Relatively Inactive : 55.3%				Relatively Active : 44.7%			
45-54	160	24.5%	186	28.5%	196	30.0%	111	17.0%
	Relatively Inactive : 53.0%				Relatively Active : 47.0%			
55-64	207	28.8%	177	24.6%	182	25.3%	154	21.4%
	Relatively Inactive : 53.3%				Relatively Active : 46.7%			
65-74	272	32.0%	223	26.3%	204	24.0%	150	17.7%
	Relatively Inactive : 58.3%				Relatively Active : 41.7%			
75+	144	42.7%	88	26.1%	59	17.5%	46	13.6%
	Relatively Inactive : 68.8%				Relatively Active : 31.2%			
Not stated	34	27.9%	30	24.6%	29	23.8%	29	23.8%
	Relatively Inactive : 52.5%				Relatively Active : 43.4%			

**Q1. How many times, in an average week, do you participate in sport or physical activity for at least 30 minutes.**

Gender	Less than once a week		1 or 2 times a week		3 or 4 times a week		5 or more times a week	
Male	517	29.9%	465	26.9%	451	26.1%	296	17.1%
Female	415	28.2%	420	28.5%	377	25.6%	261	17.7%
Not Stated	40	28.6%	35	25%	28	20.0%	37	26.4%
Male	Relatively Inactive : 56.8%				Relatively Active : 43.2%			
Female	Relatively Inactive : 56.7%				Relatively Active : 43.3%			

Disability / Infirmary	Less than once a week		1 or 2 times a week		3 or 4 times a week		5 or more times a week	
Yes	380	44.5%	215	25.2%	146	17.1%	113	13.2%
No	580	23.6%	698	28.4%	704	28.6%	476	19.4%
Not Stated	12	40.0%	7	23.3%	6	20.0%	5	16.7%
Yes	Relatively Inactive : 69.7%				Relatively Active : 30.3%			
No	Relatively Inactive : 52.0%				Relatively Active : 48.0%			

Residency (Yrs)	Less than once a week		1 or 2 times a week		3 or 4 times a week		5 or more times a week	
0 to 5	145	28.5%	125	24.6%	135	26.5%	104	20.4%
	Relatively Inactive : 53.0%				Relatively Active : 47.0%			
6 to 10	130	30.9%	96	22.8%	122	29.0%	73	17.3%
	Relatively Inactive : 53.7%				Relatively Active : 46.3%			
11 to 20	226	28.9%	202	25.8%	217	27.7%	138	17.6%
	Relatively Inactive : 54.7%				Relatively Active : 45.3%			
21 to 30	130	27.7	135	28.7%	122	26.0%	83	17.7%
	Relatively Inactive 56.4%				Relatively Active : 43.6%			
31 to 40	78	26.5%	94	32.0%	74	25.2%	48	16.3%
	Relatively Inactive : 58.5%				Relatively Active : 41.5%			
>40	135	31.5%	132	30.8%	84	19.6%	78	18.2%
	Relatively Inactive : 62.2%				Relatively Active : 37.8%			
Not stated	128			31.2%	102	23.4%	70	16.1%
	Relatively Inactive : 60.6%				Relatively Active : 39.4%			

# Q1. How many times, in an average week, do you participate in sport or physical activity for at least 30 minutes.

## Ward Level Analysis

Ward	Less than once a week		1 or 2 times a week		3 or 4 times a week		5 or more times per week		Inactive	Active
Sleaford Navigation	20	44.4%	14	31.1%	7	15.6%	4	8.9%	75.6%	24.4%
Sleaford Westholme	15	32.6%	18	39.1%	8	17.4%	5	10.9%	71.7%	28.3%
Billingham, Martin and North Kyme	34	34.0%	34	34.0%	15	15.0%	17	17.0%	68.0%	32.0%
Ruskington	73	43.7%	40	24.0%	36	21.6%	18	10.8%	67.7%	32.3%
North Hykeham Moor	17	29.8%	20	35.1%	10	17.5%	10	17.5%	64.9%	35.1%
Leasingham and Rauceby	26	30.6%	28	32.9%	16	18.8%	15	17.6%	63.5%	36.5%
Sleaford Castle	23	35.4%	17	26.2%	13	20.0%	12	18.5%	61.5%	38.5%
Sleaford Holdingham	23	35.9%	16	25.0%	19	29.7%	6	9.4%	60.9%	39.1%
Heckington Rural	59	35.8%	41	24.8%	34	20.6%	31	18.8%	60.6%	39.4%
North Hykeham Witham	33	41.8%	14	17.7%	15	19.0%	17	21.5%	59.5%	40.5%
Waddington West	27	34.2%	20	25.3%	25	31.6%	7	8.9%	59.5%	40.5%
Bracebridge Heath and Waddington East	68	31.3%	61	28.1%	54	24.9%	34	15.7%	59.4%	40.6%
Kirkby la Thorpe and South Kyme	16	24.2%	22	33.3%	14	21.2%	14	21.2%	57.6%	42.4%
Branston	38	31.9%	30	25.2%	30	25.2%	21	17.6%	57.1%	42.9%
Ashby de la Launde and Cranwell	33	26.6%	36	29.0%	30	24.2%	25	20.2%	55.6%	44.4%
North Hykeham Memorial	15	25.0%	18	30.0%	17	28.3%	10	16.7%	55.0%	45.0%
Eagle, Swinderby and Witham St Hughs	37	28.5%	33	25.4%	31	23.8%	29	22.3%	53.8%	46.2%
Bassingham and Brant Broughton	36	26.7%	35	25.9%	30	22.2%	34	25.2%	52.6%	47.4%
Cliff Villages	41	23.7%	49	28.3%	50	28.9%	33	19.1%	52.0%	48.0%
North Hykeham Mill	37	28.0%	31	23.5%	40	30.3%	24	18.2%	51.5%	48.5%
Skellingthorpe	17	18.9%	29	32.2%	31	34.4%	13	14.4%	51.1%	48.9%
Heighington and Washingborough	55	24.8%	58	26.1%	70	31.5%	39	17.6%	50.9%	49.1%
Metheringham	29	19.5%	46	30.9%	44	29.5%	30	20.1%	50.3%	49.7%
Sleaford Quarrington and Mareham	52	23.7%	58	26.5%	57	26.0%	52	23.7%	50.2%	49.8%
North Hykeham Forum	20	24.1%	18	21.7%	28	33.7%	17	20.5%	45.8%	54.2%
Osournby	12	23.1%	11	21.2%	16	30.8%	13	25.0%	44.2%	55.8%
<b>Total</b>	<b>856</b>	<b>29.3%</b>	<b>797</b>	<b>27.3%</b>	<b>740</b>	<b>25.3%</b>	<b>530</b>	<b>18.1%</b>	<b>56.6%</b>	<b>43.4%</b>

**Q2. How many times, in the last month, did you participate in sport or physical activity for at least 30 minutes.**

Total Respondents : 3327: Raw Data Summary		
Less than once in the last month	Once in the last month	2 or more times in the last month
858	202	2267
25.8%	6.1%	68.1%
NET DIFFERENCE : 42.3% (2 or more times <i>minus</i> Less than once)		

Total Respondents : 3327 : Age Weighted Summary		
Less than once in the last month	Once in the last month	2 or more times in the last month
24.1%	7.5%	68.4%
NET DIFFERENCE : 44.3%		

GROUP	Less than once in the last month		Once in the last month		2 or more times in the last month		NET
16-24	11	13.3%	15	18.1%	57	68.7%	55.4%
25-34	42	20.8%	21	10.4%	139	68.8%	48.0%
35-44	60	16.0%	21	5.6%	295	78.5%	62.5%
45-54	136	20.9%	40	6.2%	474	72.9%	52.0%
55-64	190	26.5%	38	5.3%	490	68.2%	41.8%
65-74	246	29.1%	43	5.1%	556	65.8%	36.7%
Over 75	147	44.3%	17	5.1%	168	50.6%	6.3%
ALL		26.0%		6.1%		68.0%	42.0%

Q2. How many times, in the last month, did you participate in sport or physical activity for at least 30 minutes.

GENDER BREAKDOWN							
	Less than once in the last month		Once in the last month		2 or more times in the last month		NET
Female	347	23.6%	106	7.2%	1016	69.2%	45.5%
Male	481	28.0%	86	5.0%	1152	67.0%	39.0%
BOTH	828	26.0%	192	6.0%	2168	68.0%	42.0%

DO YOU HAVE ANY LONGSTANDING ILLNESS, DISABILITY OR INFIRMITY							
	Less than once in the last month		Once in the last month		2 or more times in the last month		NET
No	495	20.2%	149	6.1%	1806	73.7%	53.5%
Yes	351	41.4%	50	5.9%	446	52.7%	11.2%
BOTH	846	25.7%	199	6.0%	2252	68.3%	42.6%

RESIDENCY BREAKDOWN							
	Less than once in the last month		Once in the last month		2 or more times in the last month		NET
0 to 5	118	23.2%	41	8.1%	350	68.8%	45.6%
6 to 10	113	26.8%	24	5.7%	284	67.5%	40.6%
11 to 20	205	26.2%	47	6.0%	529	67.7%	41.5%
21 to 30	113	24.0%	27	5.7%	331	70.3%	46.3%
31 to 40	71	24.1%	15	5.1%	208	70.7%	46.6%
> 40	121	28.7%	23	5.5%	277	65.8%	37.1%
	741	25.6%	177	6.1%	1979	68.3%	42.7%

**Q2. How many times, in the last month, did you participate in sport or physical activity for at least 30 minutes.**

WARDS	Less than once in the last month		Once in the last month		2 or more times in the last month		Net
Osbournby	8	16.0%	2	4.0%	40	80.0%	64.0%
Skellingthorpe	16	17.8%	3	3.3%	71	78.9%	61.1%
Metheringham	27	18.1%	4	2.7%	118	79.2%	61.1%
North Hykeham Memorial	11	18.3%	3	5.0%	46	76.7%	58.3%
Kirkby la Thorpe and South Kyme	12	18.5%	6	9.2%	47	72.3%	53.8%
Sleaford Quarrington and Mareham	47	21.6%	12	5.5%	159	72.9%	51.4%
North Hykeham Forum	18	22.0%	4	4.9%	60	73.2%	51.2%
Heighington and Washingborough	48	21.6%	13	5.9%	161	72.5%	50.9%
Cliff Villages	40	23.3%	7	4.1%	125	72.7%	49.4%
Ashby de la Launde and Cranwell	27	21.8%	10	8.1%	87	70.2%	48.4%
Branston	28	23.5%	7	5.9%	84	70.6%	47.1%
Bassingham and Brant Broughton	34	25.2%	5	3.7%	96	71.1%	45.9%
Eagle, Swinderby and Witham St Hughs	32	24.8%	8	6.2%	89	69.0%	44.2%
North Hykeham Mill	31	23.5%	12	9.1%	89	67.4%	43.9%
North Hykeham Moor	16	28.6%	2	3.6%	38	67.9%	39.3%
Bracebridge Heath and Waddington East	61	28.2%	14	6.5%	141	65.3%	37.0%
Leasingham and Rauceby	26	30.6%	3	3.5%	56	65.9%	35.3%
Sleaford Westholme	13	28.3%	4	8.7%	29	63.0%	34.8%
Sleaford Castle	19	29.2%	5	7.7%	41	63.1%	33.8%
Sleaford Holdingham	20	31.7%	2	3.2%	41	65.1%	33.3%
Billingham, Martin and North Kyme	30	30.6%	9	9.2%	59	60.2%	29.6%
Waddington West	27	34.2%	3	3.8%	49	62.0%	27.8%
Heckington Rural	55	33.3%	14	8.5%	96	58.2%	24.8%
North Hykeham Witham	29	36.7%	4	5.1%	46	58.2%	21.5%
Sleaford Navigation	17	37.8%	3	6.7%	25	55.6%	17.8%
Ruskington	68	40.7%	14	8.4%	85	50.9%	10.2%
<b>ALL</b>	<b>760</b>	<b>26.1%</b>	<b>173</b>	<b>5.9%</b>	<b>1978</b>	<b>67.9%</b>	<b>41.8%</b>