

NATIONAL SURVEY FOR WALES 2018-19:

SPORT AND ACTIVE LIFESTYLES - STATE OF THE NATION REPORT

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Summary

- This release provides headline results for sport participation and latent demand from the National Survey for Wales in 2018-19¹. This is the third consecutive year that results for sport and active lifestyles have been released as part of this survey.
- 32% of adults (16+) participated in a sporting activity three times a week or more (806,000 people). 8% participated approximately twice a week (203,000 people), 11% participated approximately once a week (253,000 people) and 49% participated less than once a week (1,232,000 people). Moreover, 41% of adults had not participated in any sporting activity (1,019,000 people) in the previous 4 weeks.
- Protected characteristics² are associated with varying rates of participation. These variations may be explained by underlying differences in motivation, confidence, awareness of opportunities, access to opportunities, and prior experiences of sport³. These may also be linked to other underlying factors (e.g. deprivation).
- The number of people participating in a sporting activity three times a week or more is a national indicator for the Well-being of Future Generations Act 2015. This had increased from 29% in 2016-17 to 32% (787,000 people) in 2017-18. It remains unchanged at 32% for 2018-19⁴.
- In 2018-2019, 59% of adults (ages 16+) reported that they had taken part in some sporting activity in the last four weeks (1,476,000 people). This rate remains unchanged when compared with the results from the previous year (2017-18) and the year before that (2016-17). Age, gender, disability and Welsh speaking characteristics are associated with varying participation rates.

¹ The National Survey is only a sample of residential addresses (doesn't include hospitals, care homes, military bases, student halls of residence etc.). The population figures quoted throughout reflects this sampled group.

² See <https://www.diversesecymru.org.uk/protected-characteristics/>

³ http://sport.wales/media/1922960/elements_of_engagement_-_overview_311017.pdf
http://sport.wales/media/1924952/elements_of_engagement_-_evidence_review.pdf

⁴ A fractional percentage point increase and population growth result in this now equating to approximately 20,000 more people than in 2017-18 overall.

- Adults in Wales are most likely to be taking part in activities such as walking (2 miles or more; 869,000 people), gym or fitness classes (405,000 people), swimming indoors (279,000 people), running and jogging outdoors (155,000 and 260,000 people respectively), outdoor football (206,000 people) and cycling (212,000 people).
- 50% of all adults would like to do more sport or physical activity (1,250,000 people). The equivalent measure was 55% in 2017-18 and 58% in 2016-17. Nevertheless, and similar to previous years, the types of activity in most demand include indoor swimming (350,000 people), gym or fitness classes (233,000 people) and cycling (197,000 people).
- Adults with demand to do more sport are not a homogenous group and vary not only by whether they participate or not but also to a lesser degree by how often they participate. Adults who already participate in sport are more likely to want to do more sporting activities.
- Adults who participate in sport more frequently tend to have access to a more general range of opportunities to participate in the community. For example, sports centre /clubs, parks, youth clubs, community centres, and pub /restaurants.
- In general adults who participate often in sporting activities are more likely to utilise and value the outdoor environment.
- Overall participation in sport three or more times a week appears to have a consistent association with adults' personal well-being. These links between sport and personal well-being are also reflected in respondents' positive mental well-being scores and self-reported general health.
- Sport continues to be associated with a range of other healthy lifestyle behaviours (e.g. not smoking, eating fruit and vegetables, having a healthy BMI, meeting recommended physical activity guidelines).
- For more background information on the survey, please see the Welsh Government's web pages: <https://gov.wales/national-survey-wales>

Introduction

The National Survey for Wales is a household survey involving face-to-face interviews with around 12,000 randomly-selected adults aged 16 and over. The survey covers a wide range of issues affecting people and their local area.

This release contains only a selection of results related to sports and active lifestyles; additional tables of results have been published (see the National Survey for Wales '[Results Viewer](#)'), and further analysis on particular topics will be published throughout the year by the Welsh Government.

These 'Sport and Active Lifestyles' results from the National Survey for Wales provide one of the main sources of data used by Sport Wales to strategically monitor and track trends in sport in Wales, as well as forming a base from which to shape policy and practice.

In fact some of the results are used to measure progress towards the goals of the Well-being of Future Generations Act 2015. The Well-being of Future Generations Act 2015 is about improving the social, economic, environmental and cultural well-being of Wales.

Under section (10) (1) of the Act, the Welsh Ministers must publish indicators ("national indicators") for the purpose of measuring progress towards the achievement of the Well-being goals.

The percentage participating in sporting activities three or more times a week is one of the 46 national indicators. This survey has shown that 32% of adults (16+) achieve this level of participation.

Method

The Welsh Government awarded the contract for conducting the National Survey for Wales to the Office for National Statistics (ONS). Field work began in 2016 and is intended to run continuously for a period of at least five years, with survey results being published annually.

The first wave of the new survey ran continuously between the end of March 2016 and March 2017. This type of rolling annual survey avoids any seasonal effects in the results. The first year involved more than 10,000 interviews of people aged 16 and over, based on a randomly selected sample of residential addresses across Wales. The second wave of the survey began as the first wave ended. It ran between 1 April 2017 and 31 March 2018 and

contained around 11,000 randomly-selected adults aged 16 and over. This, the third wave, ran between 1 April 2018 and 31 March 2019 and contained around 12,000 adults.

The survey questionnaire and all supporting materials were available as standard in both Welsh and English, with interviews also offered in other languages with the help of an interpreter, if required.

Prior to the National Survey for Wales, information about adult sport participation in Wales was collected through the Active Adult Survey. Given the differences in the way the data has been collected it is not possible to make comparisons between the data collected during the former Active Adult Survey cycles and the new sport data captured as part of the National Survey for Wales. This means that the National Survey 2016-17 results are to be treated as a new baseline from which to measure progress and as an opportunity to explore the links between sport and other interrelated policy areas thereafter.

Results on many more topics, including detailed breakdowns, are available in an interactive [results viewer](#) on the National Survey for Wales web pages as part of the Welsh Government website. The results which feed into the national indicators for the [Well-being of Future Generations Act](#) are available as open data on [StatsWales](#).

The [National Survey for Wales web pages](#) also contain more background information on the survey, the survey method and questionnaire coverage, latest news, results and reports from the development work, and further information on data linkage.

Results⁵

This report provides an analysis of the headline statistics on:

1. Frequency of participation in sport (average per week)
2. Participation in sport (any participation in the previous four weeks)
3. Latent demand for sport
4. Access to Opportunities
5. Sport and the Outdoor Environment
6. General Health, Personal and Mental Well-being
7. Healthy Behaviours

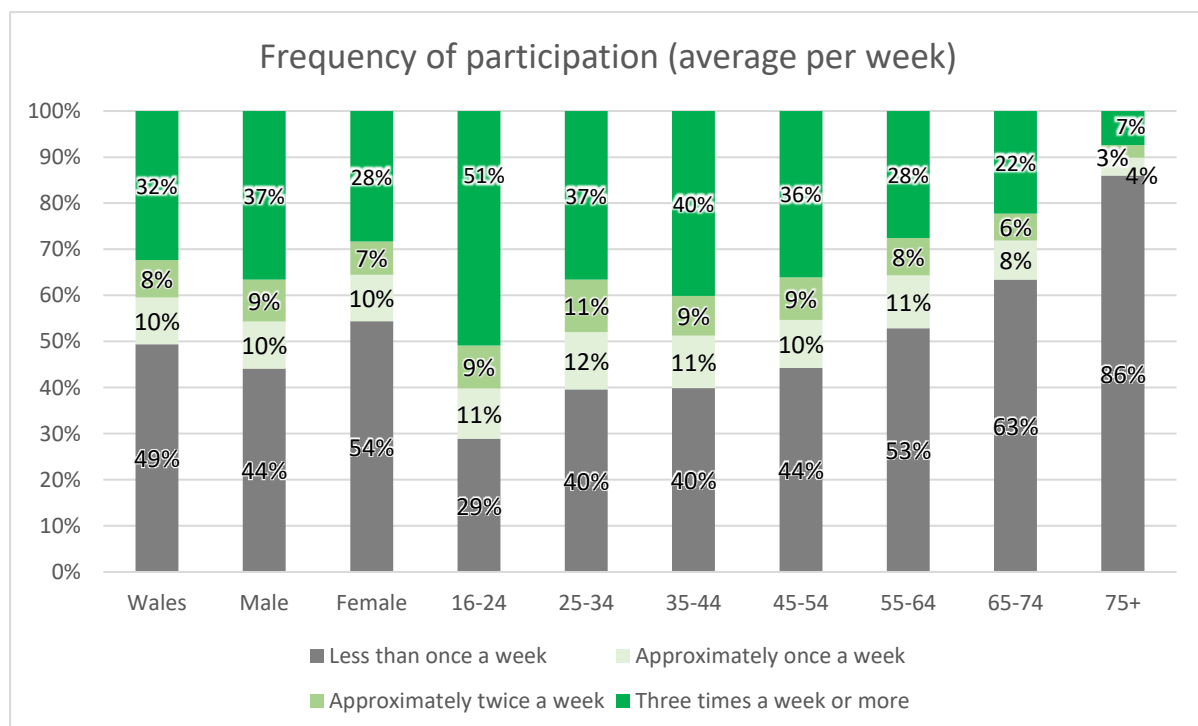
⁵ Note: Throughout the report percentages and population totals are rounded so may not sum exactly. Unless stated all results relate to people ages 16 and over living in households between 1st April 2018 and 31st March 2019

1. Frequency of participation in sport (average per week)

In 2018-19 32% of adults (16+) participated in a sporting activity three times a week or more (806,000 people). 8% participated approximately twice a week (203,000 people), 11% participated approximately once a week (253,000 people) and 49% participated less than once a week (1,232,000 people). Moreover, 41% of adults had not participated in any sporting activity (1,019,000 people) with the previous 4 weeks.

Males were more likely to participate in sport three times a week (37%; 446,000 people) and less likely to participate less than once a week (44%; 538,000) than females, of whom 28% (361,000 people) participated in sport three times a week and 54% (694,000 people) participated less than once a week respectively. Similarly, younger people were more likely to participate in sport three times a week and less likely to participate less than once a week than older people. **Figure 1.1** shows frequency of participation by gender and age.

Figure 1.1: Frequency of participation (week) – by gender and age



It should be noted that when two factors are compared against each other through this report the results imply an association and not necessarily that one factor causes another to happen. Regression analysis enables more definitive and detailed understanding of how the various factors relate, however, even then it is acknowledged that we can't say for sure what causes the outcome. Alternative research methodologies would be required in an attempt to objectively prove causality e.g. randomised control trials.

Disability, employment status and other characteristics were also linked to differences in frequency of participation. For example:

- Adults with a long-standing illness, disability or infirmity were less likely to participate in sport three or more times a week (23%; 259,000 people) and more likely to participate less than once a week (62%; 708,000 people) than those without a long-standing illness, disability or infirmity, of whom 40% (546,000 people) participated in sport three or more times a week and 38% participated less than once a week (520,000 people).
- Those in employment were more likely to have participated three or more times a week (40%; 530,000 people) and less likely to have participated less than once a week (38%; 500,000 people) than the unemployed or economically inactive. Of the unemployed, 21% (13,000 people) participated three or more times a week and 60% (38,000 people) participated less than once a week; and of the economically inactive, 24% (262,000 people) participated three or more times a week, and 63% (694,000 people) participated less than once a week.
- People using the Welsh language daily were more likely to participate in sport three or more times a week (36%; 98,000 people) and less likely to participate less than once a week (44%; 121,000 people) than others, of whom 32% (708,000 people) participated three times a week and 50% (1,110,000 people) participated less than once a week.
- Those living in households in material deprivation were less likely to have participated three times a week (22%; 75,000 people) and more likely to have participated less than once a week (63%; 215,000 people) than others, of whom 34% (732,000 people) participated three times a week and 47% (1,017,000 people) participated less than once a week.
- In terms of ethnicity the survey suggests that 92% of respondents (2,301,000 people) were White (Welsh, English, Scottish, Northern Irish, British), 3% (76,000 people) were White other (Irish, other European and other') and 5% (115,000 people) were any other ethnic group (e.g. Asian, Black, Mixed, Arab, Other). The proportion of adults who participate in sport three or more times a week for each of these groupings is 32% (739,000 people), 40% (30,000 people) and 31% (35,000 people) respectively⁶.

⁶ The wide confidence intervals associated with smaller groups result in these differences not being classed as statistically significant.

The proportion of adults that participate in sport three or more times a week also varies geographically by local authority (**Table 1.1**):

Table 1.1: Participation in sport three times a week or more, by local authority area

	2018-19 (%)	Number of Adults (16+)
Isle of Anglesey	36	21,000
Gwynedd	37	36,000
Conwy	29	28,000
Denbighshire	20	15,000
Flintshire	31	39,000
Wrexham	30	33,000
Powys	29	31,000
Ceredigion	34	20,000
Pembrokeshire	33	34,000
Carmarthenshire	35	53,000
Swansea	34	67,000
Neath Port Talbot	24	27,000
Bridgend	22	25,000
Vale of Glamorgan	37	38,000
Cardiff	38	107,000
Rhondda Cynon Taf	28	52,000
Merthyr Tydfil	22	11,000
Caerphilly	40	57,000
Blaenau Gwent	29	16,000
Torfaen	33	24,000
Monmouthshire	38	29,000
Newport	36	42,000

The proportion of adults that participated in sport three times a week or more ranged from 20% to 40%. The highest rate of participation was found for Caerphilly⁷ while the lowest was Denbighshire. There is no significant difference between urban and rural Wales⁸. Nevertheless, the rate was 32% for urban Wales (532,000 people) and 33% for rural Wales (275,000 people).

⁷ Note that this is only part of the story as despite having the highest rate Caerphilly still has almost half the number of people (participating in sport three or more times a week) compared to Cardiff.

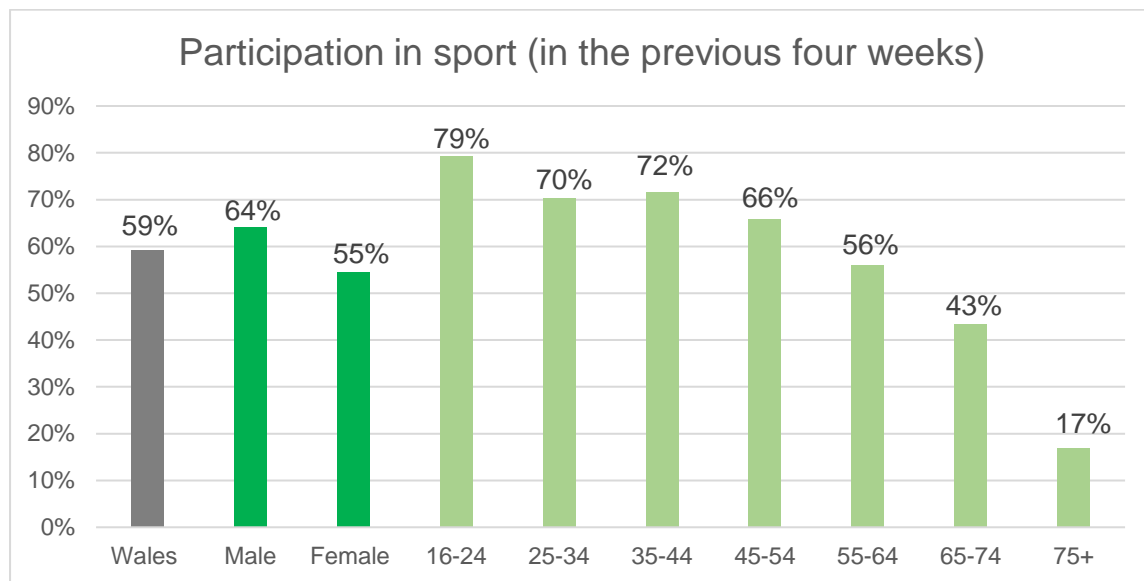
⁸ For further detail please see:

<https://www.ons.gov.uk/methodology/geography/geographicalproducts/ruralurbanclassifications/2011ruralurbanclassification>

2. Participation in sport (any participation in the previous four weeks)

In 2018-2019, 59% of adults reported that they had taken part in at least one sporting activity in the last four weeks (1,476,000 people). Males (64%; 781,000 people) were more likely to have participated than females (55%; 695,000 people), and in general younger people were more likely to have participated than older people. Notice that there appears to be an unusual dip in participation between 16-24 and 25-34 year olds⁹. This is shown in **Figure 2.1**.

Figure 2.1: Any participation in sport in the last four weeks – by gender and age



Disability, employment status and other characteristics were also linked to differences in participation. For example:

- Adults with a long-standing illness, disability or infirmity were less likely to have participated in a sporting activity in the last four weeks (45%; 514,000 people) than those without (71%; 959,000 people).
- Those in employment were more likely to have participated in a sporting activity in the last four weeks (72%; 958,000 people), than those who were unemployed (56%; 35,000 people) or economically inactive (44%; 481,000 people).

⁹ This fall in participation might partially be explained due to transition periods where young adults may no longer be part of a structured activity program (e.g. at FE Colleges or Universities) coupled with the competing time pressures associated with perhaps starting a career or family. A closer inspection of participation in physical activity by age reveals a more variable pattern with smaller dips happening around the ages of 18 to 19 and 24-25.

- People using the Welsh language in their everyday life were more likely to have participated in a sporting activity in the last four weeks (65%; 178,000 people) than others (58%; 1,297,000 people)¹⁰.
- Those living in a household in material deprivation were less likely to have participated in a sporting activity in the last four weeks (47%; 159,000 people) than those who were not (61%; 1,317,000 people).

2.1 Most common sporting activities

Table 2.1 shows the participation opportunities that adults in Wales were most likely to be accessing. The most popular activity for both males and females in Wales was walking (over two miles). Gym or fitness classes and swimming were also popular activities among both genders.

Table 2.1: Popular activities – percentage and by gender

Sporting activity	Wales (%)	Male (%)	Female (%)
Walking (over 2 miles)	35	35	35
Gym or fitness classes	16	15	17
Swimming (indoor)	11	9	13
Jogging	10	13	8
Cycling	8	12	5
Football (outdoor)	8	14	3
Rambling / hill & fell walking	7	8	6
Road running / cross country	6	8	4
Pool	6	9	3
Swimming (outdoor)	4	5	4
Golf (Inc. pitch and putt)	4	7	1
Dance	3	1	5

For more information on participation by sport or activity please see the National Survey for Wales '[Results Viewer](#)'.

¹⁰ Despite this higher proportion there are still fewer Welsh speakers participating in sport than those who do not speak Welsh, in terms of overall population numbers.

3. Latent demand for sport

50% of all adults would like to do more sport or physical activity (1,250,000 people). This data is sometimes referred to by the sport sector as 'latent demand'. The equivalent measure for demand was 55% in 2017-18 and 58% in 2016-17. Nevertheless and similar to previous years the types of activity in most demand include indoor swimming (350,000 people), gym or fitness classes (233,000 people) and cycling (197,000 people). Other types of activities in demand by gender are shown in **Table 3.1**. *Table 3.1: Percentage of adults reporting a latent demand for sports and activities by gender*

Latent demand for...	Wales (%)	Male (%)	Female (%)
Swimming (indoor)	14	12	16
Gym or fitness classes	9	8	11
Cycling	8	9	7
Swimming (outdoor)	7	7	8
Walking (over 2 miles)	7	6	8
Skiing	6	7	5
Archery	5	7	4
Kayaking	5	6	4
Rambling / hill & fell walking	5	5	5
Badminton	5	5	4
Tennis (outdoor)	5	5	5
Horse riding / jumping	4	2	6
Golf (Inc. pitch and putt)	4	7	2
Dance	4	1	7
Canoeing	4	5	4

Notice how demand appears to be more balanced in terms of gender compared to participation suggesting that there are other factors that need to be considered in order to transform a desire to do an activity into a reality.

For more information on latent demand for sport and activity please see the National Survey for Wales '[Results Viewer](#)'.

Table 3.2 displays the proportion of adults with a demand to do more sport in each local authority in Wales. The percentage of adults with a demand to do more sport ranged from a low of 30% (in Denbighshire and Merthyr) to a high of 66% (in the Isle of Anglesey). Between 2016-17 and 2018-19 several local authorities have had consistently high (i.e.

Monmouthshire, Cardiff, Newport and Carmarthenshire) and low demand (i.e. Merthyr Tydfil, Blaenau Gwent, Neath Port Talbot, R-C-T, and Bridgend). In terms of overall population numbers, the most people with demand lived in Cardiff (137,000 people).

Table 3.2: Demand to do more sport, by area

	2018-19	Number of Adults
Isle of Anglesey	66	37,000
Gwynedd	60	59,000
Conwy	43	41,000
Denbighshire	30	22,000
Flintshire	54	67,000
Wrexham	55	59,000
Powys	46	49,000
Ceredigion	55	32,000
Pembrokeshire	44	45,000
Carmarthenshire	45	67,000
Swansea	56	110,000
Neath Port Talbot	35	39,000
Bridgend	35	40,000
Vale of Glamorgan	58	60,000
Cardiff	49	137,000
Rhondda Cynon Taf	45	86,000
Merthyr Tydfil	30	14,000
Caerphilly	65	94,000
Blaenau Gwent	47	26,000
Torfaen	64	48,000
Monmouthshire	55	42,000
Newport	64	75,000

3.1 Demand and adults that participate less than three times a week

Despite almost half the adult population having a demand to do more sport it is important to remember that many of these will already be participating in sport. When demand is explored against participation it shows that 66% of adults who already participate in at least one activity want to do more sporting activities (966,000 people) compared to only 28% of those who do not participate (279,000 people). This means that demand to do more sporting activities is most likely to come from those who already participate (see Table 3.3).

Table 3.3¹¹ Participation in Sport by Latent Demand

	Demand	No Demand
Participate	966,000	500,000
Do not participate	279,000	736,000

This can be explored further by looking at frequency of participation (Table 3.4). Doing so reveals that there are a large number of people who want to do more and already participate but less than three times a week.

Table 3.4¹² Participation in Sport (3+ times a week) by Latent Demand

	Demand	No Demand
Participate three or more times a week	540,000	259,000
Participate less than three times a week	705,000	977,000

Demand also varies geographically. Table 3.5 shows how latent demand and population vary by local authority in Wales. This can be used as a proxy to suggest where there is greatest potential to get people more active across Wales.

¹¹ Note that missing variables reduce the total by 33,000 people (1% of total respondents)

¹² Note that missing variables reduce the total by 33,000 people (1% of total respondents)

Table 3.5: Demand by Local Authority

	Demand and do not participate three or more times a week	Total Demand	Total Population
Isle of Anglesey	22,000	37,000	57,000
Gwynedd	32,000	59,000	99,000
Conwy	22,000	41,000	95,000
Denbighshire	14,000	22,000	77,000
Flintshire	38,000	67,000	126,000
Wrexham	35,000	59,000	108,000
Powys	29,000	49,000	109,000
Ceredigion	18,000	32,000	59,000
Pembrokeshire	24,000	45,000	101,000
Carmarthenshire	36,000	67,000	151,000
Swansea	61,000	110,000	199,000
Neath Port Talbot	24,000	39,000	116,000
Bridgend	21,000	40,000	116,000
Vale of Glamorgan	33,000	60,000	104,000
Cardiff	72,000	137,000	285,000
Rhondda Cynon Taf	51,000	86,000	192,000
Merthyr Tydfil	10,000	14,000	48,000
Caerphilly	49,000	94,000	146,000
Blaenau Gwent	16,000	26,000	57,000
Torfaen	29,000	48,000	74,000
Monmouthshire	23,000	42,000	77,000
Newport	46,000	75,000	119,000
WALES	705,000	1,250,000	2,515,000

In fact when demand is broken down 43% (540,000 people) comes from those who participate in sport three or more times a week, 34% (426,000 people) comes from people who participate but less than three times a week, and 22% (279,000 people) comes from those who had not participated at all over the last 4 weeks. Table 3.6 provides a profile of each of these groups. It is clear from the table that those with demand to do more sport are not a homogenous group and vary not only by whether they participate or not but also to a lesser degree by how often they participate.

Table 3.6

	Participate in sport three or times a week & Demand (540,000 people)	Participate less than three times a week & Demand (426,000 people)	No participation & Demand (279,000 people)	Wales
Female	42%	49%	55%	41%
Male	58%	51%	45%	59%
16 - 44	60%	56%	41%	43%
45-64	31%	34%	38%	33%
65+	9%	11%	22%	25%
High well-being	26%	21%	19%	25%
In employment	67%	68%	53%	53%
Material Deprivation	9%	13%	20%	14%
Use Welsh language in everyday life (FG indicator 36)	11%	12%	9%	11%
General Health is Good or Very Good	86%	79%	62%	72%
Long standing illness	32%	40%	57%	46%
Demand – Outdoor Games or Activities	62%	61%	49%	29%
Demand – Outdoor Pursuits	73%	67%	60%	34%
Demand – Indoor Games or Activities	68%	73%	72%	35%
North Wales	23%	25%	21%	22%
Mid and West Wales	28%	29%	24%	29%
South Wales Central	28%	24%	31%	30%
South East Wales	22%	22%	25%	19%
Communities First Cluster Areas	19%	21%	27%	23%
Sports centre / club - available in local area	56%	52%	47%	48%
Park - available in local area	84%	83%	79%	79%

Looking more closely at each of these groups reveals that those who do not participate in sport but have a demand are more likely to be female, aged 45 -64, living in material deprivation, have a long standing illness, disability or infirmity, and have the lowest quotas of

both high wellbeing and good/very good general health. This group is also found at higher than expected level in South Wales and in Communities First Cluster Areas. The demand provision preference of this cluster is indoor games or activities

The profile of those who participate in sport but less than three times a week is more similar to the profile of the higher participation frequency group than it is to those who do not participate, or it falls somewhere in between across all criteria.

Any intervention intended to impact on certain groups within society or within specific areas to raise the proportion of adults participating three or more times a week is more likely to be successful if it focuses on those who already have a demand. This motivation to participate just needs to be stimulated in environments that help to build the confidence of participants. Through creating opportunities and experiences that encourage adults to participate once or perhaps twice more a week an additional 426,000 adults could be meeting at least one of the Future Generation targets (WFG indicator 38). Moreover, this approach could also get 279,000 adults currently doing no form of sporting activity to do some.

The remainder of the report will focus on WFG Indicator 38 – participation in sport three or more times a week. This variable will be explored across other 2018-19 survey output.

4. Access to Opportunities

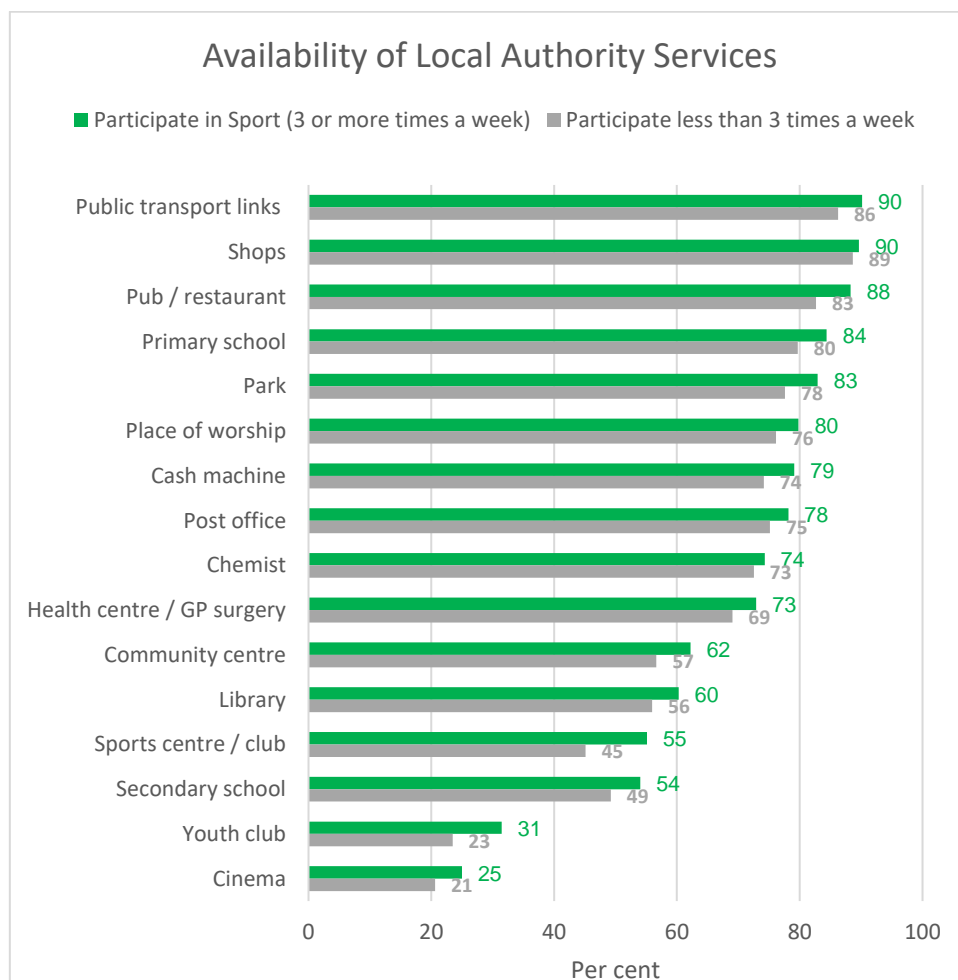
WIMD is the Welsh Government's official measure of relative deprivation for small areas in Wales. Deprivation is a wider concept than poverty and refers to wider problems caused by a lack of resources and opportunities. The WIMD is constructed from eight different types of deprivation. These are: income, housing, employment, access to services, education, health, community safety and physical environment. It is designed to identify those small areas where there are the highest concentrations of several different types of deprivation. It does so by combining multiple indicators to provide each small area in Wales a deprivation score¹³.

In this sense WIMD can be used as a proxy to identify areas in Wales where access to opportunities to participate in society may be lower. In Wales, adults in the most deprived

¹³ Wales is divided into 1,909 Lower-Layer Super Output Areas (LSOA) each having about 1,600 people. Deprivation ranks have been worked out for each of these areas: the most deprived LSOA is ranked 1, and the least deprived 1,909. Respondents to the survey have been split into five groups based on the LSOA they live in (with 20 per cent of LSOAs allocated to each group). Results are compared for the five groups.

20% of communities continue to be less likely to participate in sport three or more times a week (26%) when compared to adults living in the least deprived 20% of communities (40%). In addition in 2018-19 survey respondents were asked to think about the area within 15 to 20 minutes walking distance from their home and if any of the following facilities/services were available: Shops, Pub / restaurant, Cinema, Park, Library, Community centre, Sports centre / club, Youth club, Health centre / GP surgery, Chemist, Post office, Primary school, Secondary school, Place of worship (e.g. church), Cash machine, Public transport links (e.g. train station or bus route). A summary of availability by those who participate in sport three or more times a week (or not) is shown in Figure 4.1.

Figure 4.1: Local Authority Services within 15-20 mins Walk of Home



It is clear that there is an increased likelihood that local authority services are available for those who participate three or more times a week. In particular, note that the facilities with more than a five percentage point gap between participation groups include Sports Centre /Clubs, Parks, Youth Clubs, Community Centres, and pub /restaurants.

Indeed, when participation in sport was also explored against engagement in arts and cultural events more generally¹⁴ it appears that those who participate in sport three times a week or more were also more likely to have attended or participated in these other cultural activities. For example, 47% of adults who participate in sport three or more times a week visited a museum in the last 12 months compared to 34% of adults who participate in sport less often.

Adults were also asked how often they had been to a sports event as a spectator. In the last 12 months 40% of adults had attended a sports event as a spectator. 13% had been once a month or more whereas 28% had gone less frequently. Adults who participate in sport three or more times a week were most likely to have attended (i.e. younger adults and males) and 18% had attended at least once a month. Adults with children in fulltime education were also more likely to have attended (19% go at least once a month).

5. Sport and the Outdoor Environment

The environment is an increasingly topical and important issue and survey respondents were asked a number of questions to ascertain how they valued and used the natural resources of Wales. These questions about the environment were explored against frequency of participation in sport. In general adults who participate often in sporting activities are more likely to use and value the environment. Examples of this are provided below.

Overall 84% of people were satisfied with the quality of their local green space. The proportion satisfied was higher for adults who participated in sport three or more times a week (87%) compared to those that participated less often (82%). Further people were asked how their local green space had changed over the last three years: 20% said it had got better, 65% that it had stayed the same and 15% that it had got worse. A higher proportion of those participating in sport three or more times a week suggested it had got better 22% compared to those who participated in sport less often (19%). This was balanced by a lower proportion of adults who thought the local green space had got worse

¹⁴ i.e. film at the cinema, musical (not an opera), opera, ballet, contemporary dance performance, play, classical music performance or event, jazz performance or event, folk, traditional or world music performance or event, Other live music performance or event, art or craft gallery or exhibition, reading, storytelling or other literary event, carnival or street arts performance, circus (not involving animals), arts festival (e.g. music, literature, drama, dance or an Eisteddfod), or pantomime

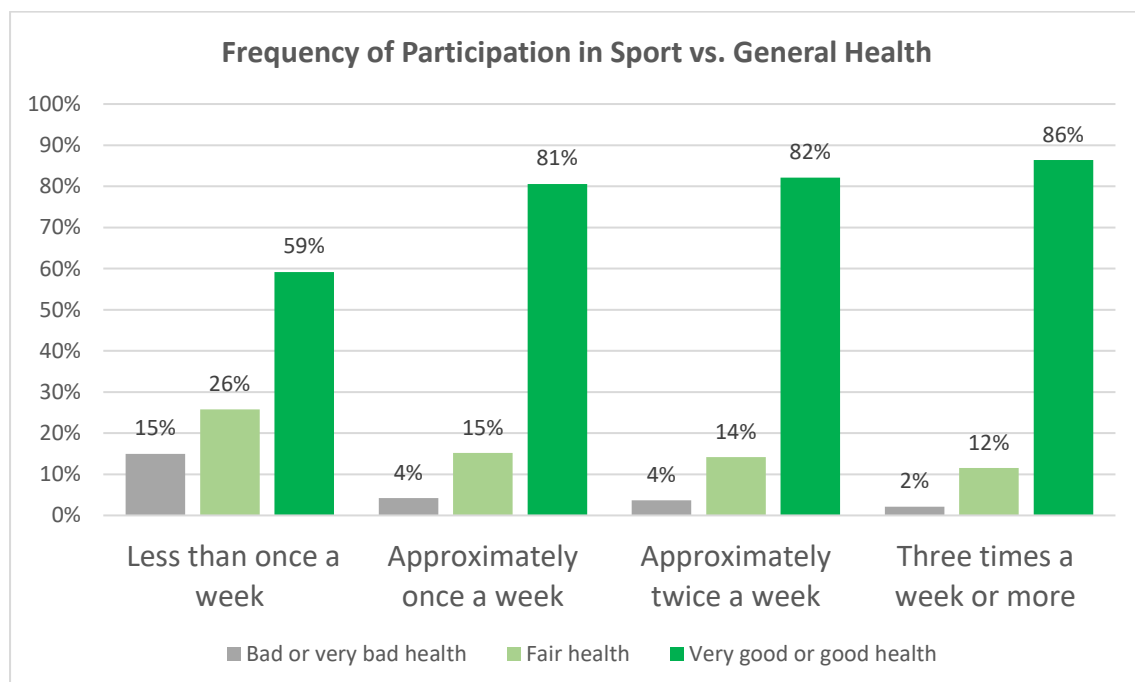
and who participated three or more times a week (13%) compared to a higher proportion that participated less frequently (16%).

Almost all adults who participate in sport three or more times a week have visited and utilised the outdoor environment within the last 12 months (98%) and this is significantly higher than for those who participate in sport less frequently (75%). In addition, adults who participate in sport three or more times a week were also more likely to have visited the outdoors for walking, running, cycling, horse riding, fishing, rock climbing, swimming, water sports, field sports, off road motor sports and informal sports (such as Frisbee) than adults who participated in sport less frequently. They were also more likely to have used the outdoors for picnicking, wildlife watching, and taking children/visiting outdoor play areas. Therefore, it seems that adults who participate in sport tend to utilise the outdoors more often for a range of activities.

6. General Health, Personal and Mental Well-being

Survey respondents were asked to rate their general health. Overall 72% of adults had good or very good health, 19% had fair health, and 9% had bad or very bad health. Figure 6.1 explores how responses also vary by the respondent's frequency of participation in sport. It is clear from the graph that the greater the frequency in participation in sport the better an adult's perception of their own general health.

Figure 6.1: *General health and frequency of participation*

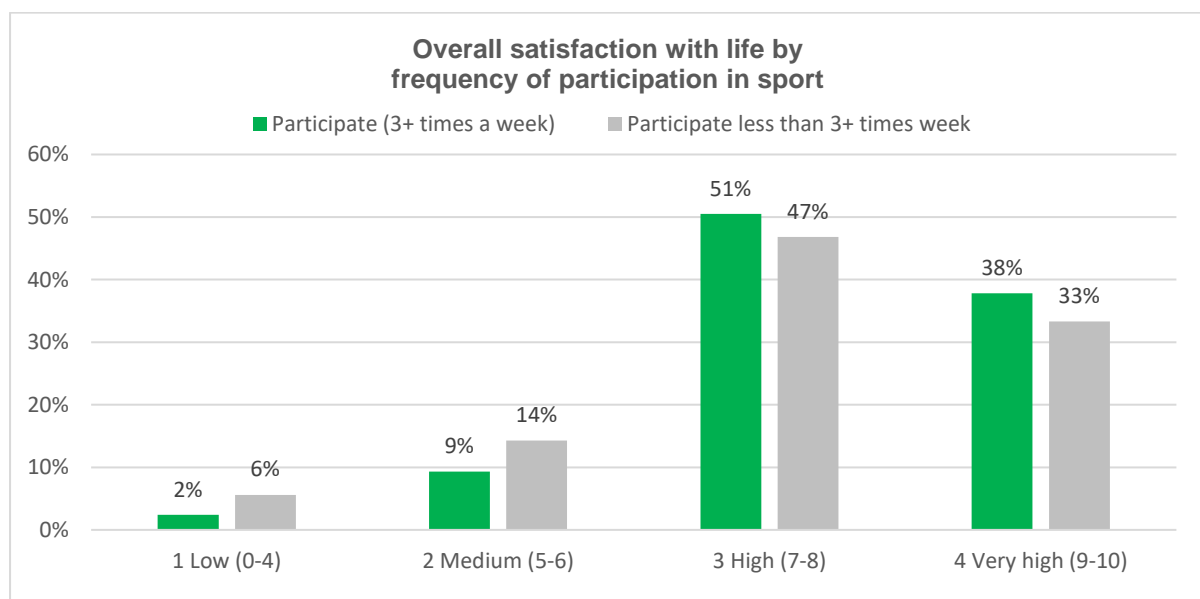


To get a quantitative measure of personal well-being (sometimes referred to as subjective well-being) the ONS suggests using 4 survey questions. The four questions are: “Overall, how satisfied are you with your life nowadays?”; “Overall, to what extent do you feel the things you do in your life are worthwhile?”; “Overall, how happy did you feel yesterday?”; “Overall, how anxious did you feel yesterday?”. People are asked to respond to the questions on a scale from 0 to 10 where 0 is ‘not at all’ and 10 is ‘completely’.

The following bar charts compare the proportion of adults who participate in sport three or more times a week against those who participate less according to how they responded to each of the four questions.

Figure 6.2 suggests that adults who participate in sport three or more times a week are more likely to indicate that they have high overall life satisfaction than those who participate less than three times a week.

Figure 6.2: Satisfaction with life and frequency of participation



Again Figure 6.3 shows that adults who participate in sport three or more time a week are more likely to indicate that the things done in life are worthwhile than those who participate less than three times a week.

Figure 6.3: *Felling that the things done in life are worthwhile and frequency of participation*

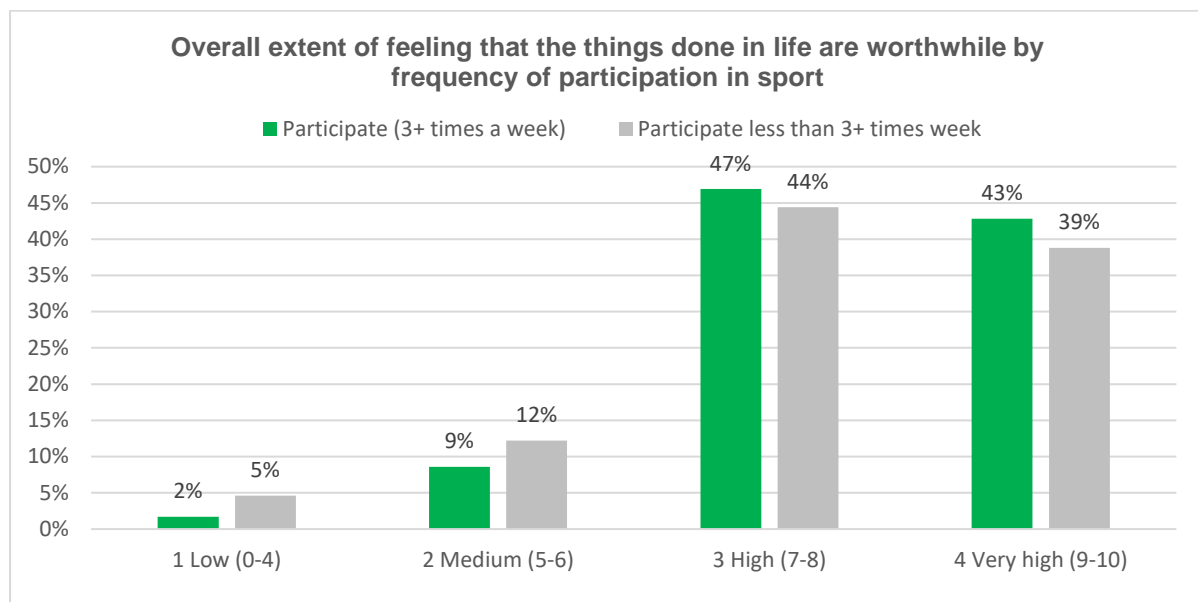


Figure 6.4 continues the trend found in the previous bar charts and suggest that adults who participate in sport three or more time a week are more likely to have higher levels of overall happiness than those who participate less than three times a week.

Figure 6.4: *Happiness and frequency of participation*

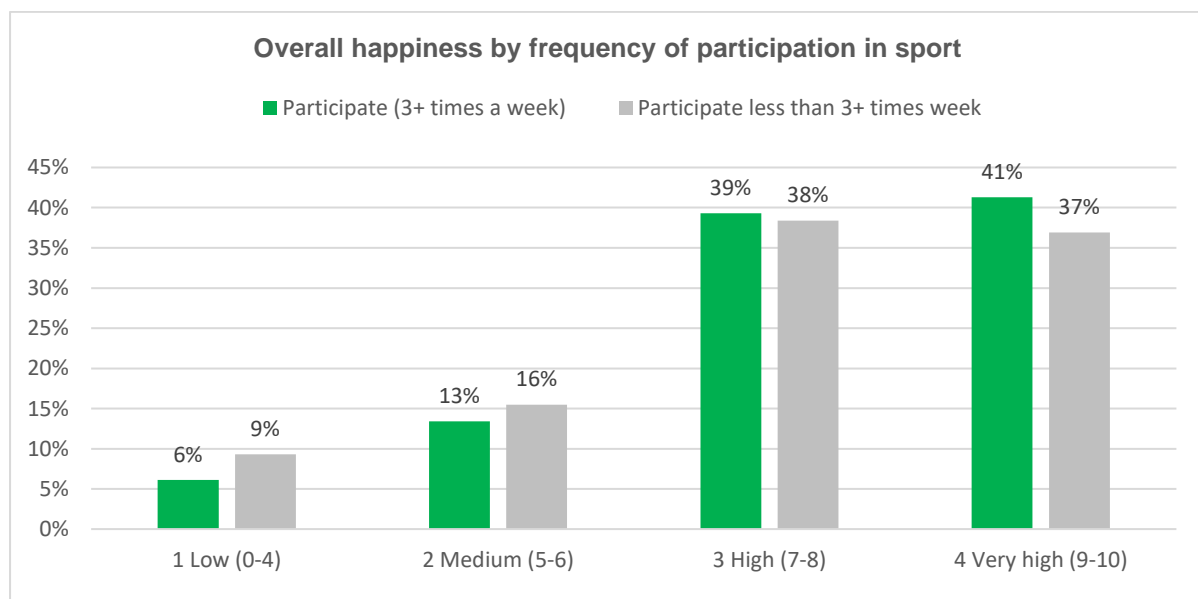
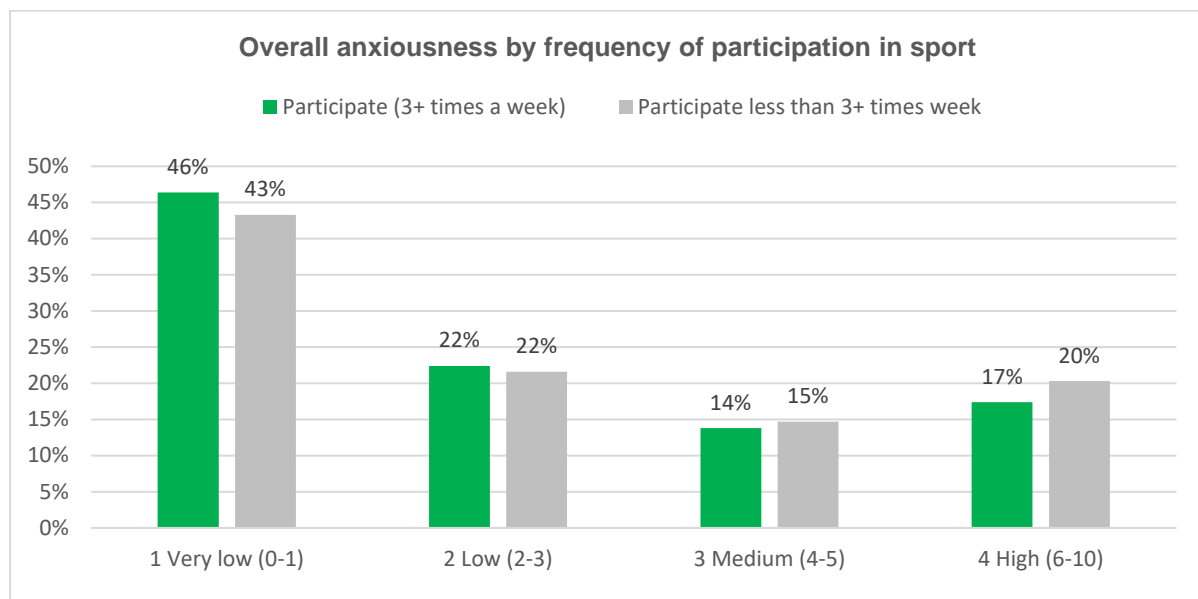


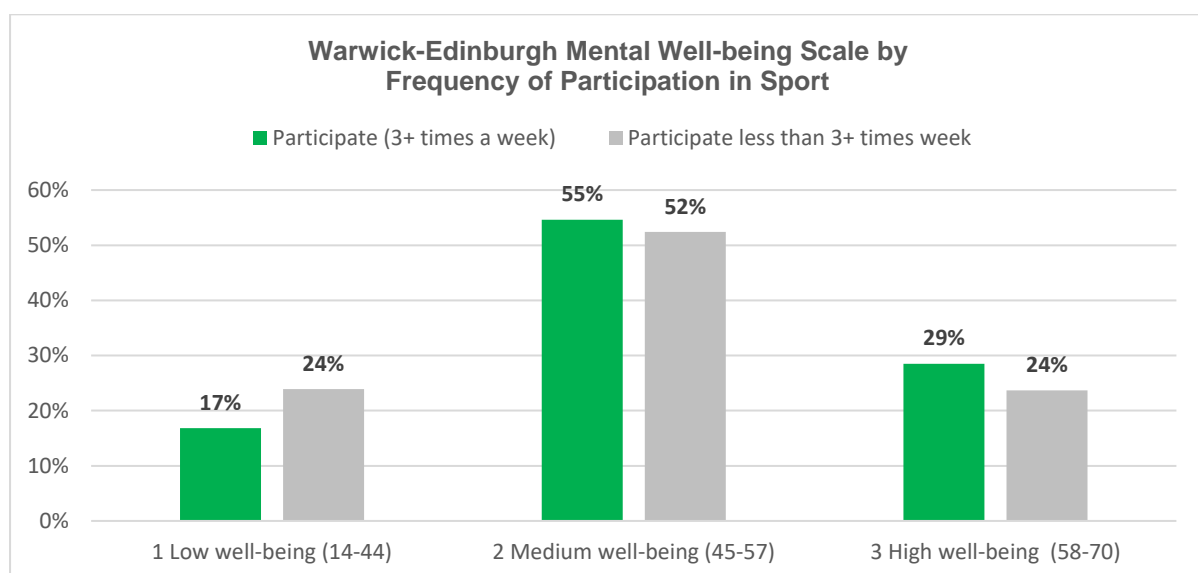
Figure 6.5 indicates that adults who participate in sport three or more time a week are more likely to have lower levels of overall anxiety than those who participate less than three times a week.

Figure 6.5: *Anxiousness and frequency of participation*



In summary participation in sport three or more times a week appears to have a consistent association with adult's personal well-being. These associations between sport and personal well-being are also reflected in survey respondent's mental well-being scores (Figure 6.6). Perhaps unsurprisingly given the previous analysis of well-being responses adults who participate in sport three or more time a week are more likely to score high for mental well-being than those who participate less than three times a week.

Figure 6.6: *Mental wellbeing scores and frequency of participation*



In addition, a higher proportion of adults who participate in sport three or more times a week feel safe in their community (Figure 6.7). They are less likely to have a sense of community (Figure 6.8) but this is not a statistically significant difference.

Figure 6.7: Feeling safe and frequency of participation

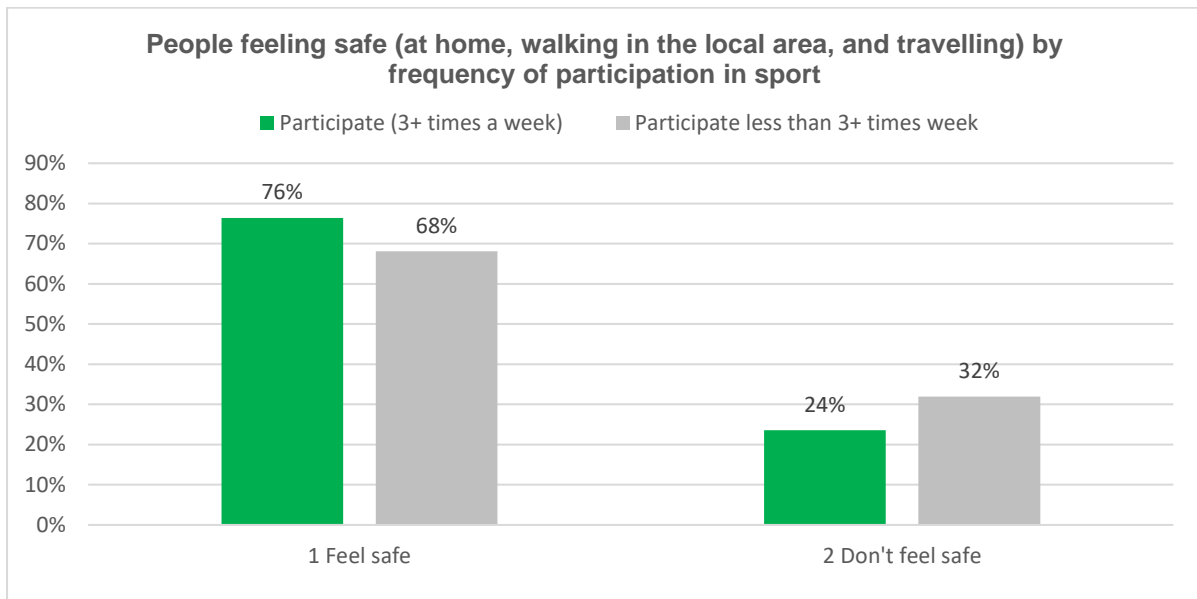
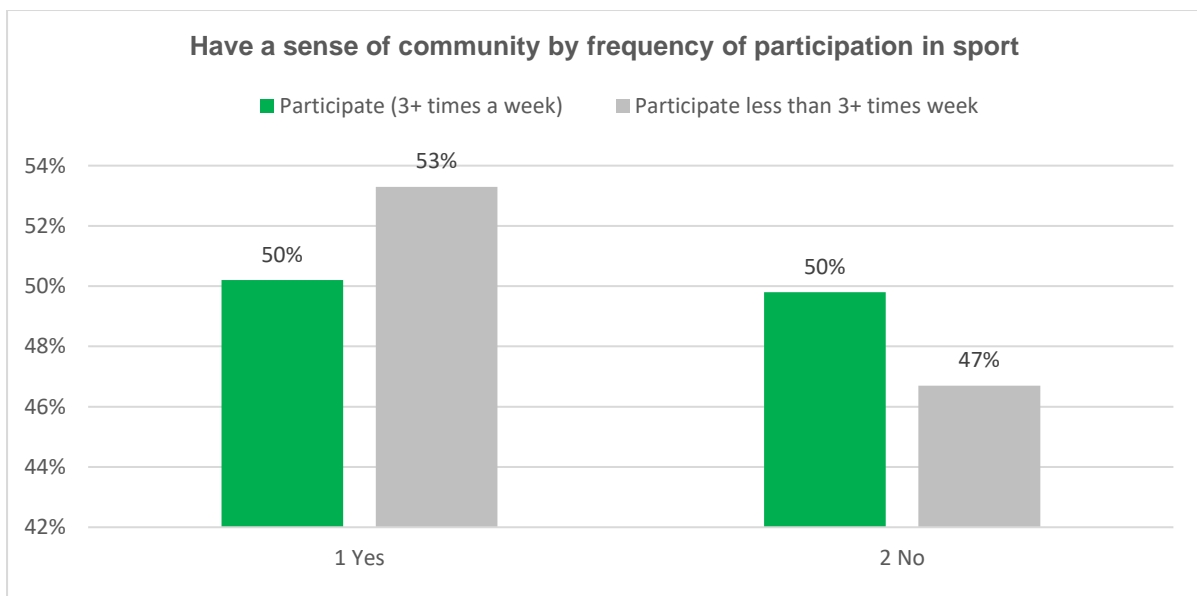


Figure 6.8: Sense of community and frequency of participation



7. Healthy Behaviours

Physical activity guidelines - The guidelines for physical activity have been summarized, for the purpose of analysis, as undertaking 150 minutes' worth of moderate/vigorous activity in a week. 53% of adults are sufficiently active for at least this amount of time (82% of adults that participate in sport three or more times in a week meet this guideline in terms of duration and time).

As a result, 47% of adults fall short of this recommended guideline (i.e. do less than 150 minutes of moderate/vigorous activity in a week). Of these, 36% would like to do more sport or physical recreation.

Body Mass Index (BMI) - In terms of BMI measurement, 60% of adults are classified as overweight or obese. If adults were overweight or obese, they are less likely to have participated in sport three or more times a week.

Smoking - 17% of adults currently smoke. If adults smoke, they are less likely to have participated in sport three or more times a week.

Fruit and vegetable consumption - 24% of adults eat at least five portions of fruit or vegetables daily. Adults who consumed this amount of fruit and vegetables were more likely to participate in sport three or more times a week than those who did not eat at least five portions.

Alcohol Consumption - 46% of adults did not drink alcohol in the previous week, however, 18% of adults exceeded weekly drinking guidelines¹⁵. Adults who participated in sport three or more times a week were more likely to exceed weekly drinking guidelines than those who participated less often.

8. Summary

Participation and demand were found to vary by person and cumulatively by the aggregation of these people within each local area across Wales.

In general levels of participation in sport have remained static since 2017-18 with a small increase in the proportion of adults participating in sport three or more times a week between 2016-17 and 2017-18. There have been changes found at a local level but in aggregate the picture for Wales remains like previous survey years. More noteworthy is the eight percentage point fall in demand to do more sport since 2016-17.

Participation in sporting activities at a frequency of three or more times a week was also found to be associated with a number of other survey questions including deprivation and

¹⁵ Average weekly consumption above 14 units is considered to be above drinking guidelines

access to opportunities, involvement in cultural activities, utilisation and value of the outdoor environment, general health and wellbeing, and most healthy lifestyle behaviours. However, the direction of causation cannot be proved using the cross-sectional survey alone. More in-depth research is needed for this purpose that monitors behavioural change before and after an intervention (e.g. randomised control trials).

Key quality information

Background

The National Survey for Wales is carried out by the Office for National Statistics on behalf of the Welsh Government. The results reported in this bulletin are based on interviews completed between 1 April 2018 and 31 March 2019.

24,762 addresses were chosen randomly from the Royal Mail's Small User Postcode Address File. Interviewers visited each address and randomly selected one adult (aged 16+) in the household. They then carried out a 45-minute face-to-face interview with them, covering a range of views, behaviours, and characteristics. A total of 11,922 interviews were achieved with a response rate of 54.2%.

More information on the method is available in the [technical report](#).

Interpreting the results

Figures quoted in this bulletin are based on only those respondents who provided an answer to the relevant question. Some topics in the survey were only asked of a sub-sample of respondents and other questions were not asked where the question was not applicable. Missing answers can also occur for several reasons, including a refusal or an inability to answer a particular question.

Where a relationship has been discussed between two factors, this does not mean it is a causal relationship. More detailed analysis is required to identify whether one factor causes change in another, or if other factors are actually more important.

The results are weighted to ensure that the results reflect the age and sex distribution of the Welsh population.

Quality report

A summary [Quality report](#) is available, containing more detailed information on the quality of the survey as well as a summary of the methods used to compile the results.

Well-being of Future Generations Act (WFG)

The Well-being of Future Generations Act 2015 is about improving the social, economic, environmental and cultural well-being of Wales. The Act puts in place seven well-being goals for Wales. These are for a more equal, prosperous, resilient, healthier and globally responsible Wales, with cohesive communities and a vibrant culture and thriving Welsh language. Under section (10) (1) of the Act, the Welsh Ministers must publish indicators ("national indicators") for the purpose of measuring progress towards the achievement of the Well-being goals.

The National Survey collects information for 15 of the [46 indicators](#), 11 of these are reported on in the 2018-19 survey:

3. Percentage of adults, who have fewer than two healthy lifestyle behaviours (not smoking, healthy weight, and meet guidelines on fruit and vegetables, drinking, and physical activity).
19. Percentage living in households in material deprivation.
23. Percentage who feel able to influence decisions affecting their local area.
24. Percentage satisfied with their ability to get to/ access the facilities and services they need.
25. Percentage feeling safe at home, walking in the local area, and when travelling.
26. Percentage satisfied with local area as a place to live.
27. Percentage agreeing that they belong to the area; that people from different backgrounds get on well together; and that people treat each other with respect.
29. Mean mental well-being score.
36. Percentage who speak Welsh daily and can speak more than just a few words of Welsh.
37. Percentage of people who can speak Welsh.
38. Percentage participating in sporting activities three or more times a week.

Results for these indicators are available as open data on [StatsWales](#). Information on the indicators, along with narratives for each of the well-being goals and associated technical information is available in the [Well-being of Wales report](#).

Further information on the [Well-being of Future Generations \(Wales\) Act 2015](#).

The statistics included in this release could also provide supporting narrative to the national indicators and be used by public services boards in relation to their local well-being assessments and local wellbeing plans.

Next update

This release presents a small selection of results. There will be a number of more detailed, topic-specific outputs published throughout the year. Publication plans are on the [National Survey web pages](#).

We want your feedback

We welcome any feedback on any aspect of these statistics: email insight@sport.wales