

Building Back Better

The real impact of COVID-19 on those living with health conditions and/ or disabilities

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disability
inclusion
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Before the pandemic disabled people were less likely to be inactive and more likely to feel they had the opportunity to be active



Disabled people were less likely to be inactive than in 2019

2019
41%

2020
34%



Disabled people were more likely to feel they had the opportunity to be active than in 2019

2019
40%

2020
58%

Despite these positive changes, disabled people were still more likely to be inactive than non-disabled people (10%) and to have less opportunity to be active than non-disabled people (74%).

Before the pandemic perceptions and motivations were changing...



Fewer disabled people felt that their impairment affected their ability to be active 'a lot'

2019
81%

2020
77%



More disabled people agreed 'physical activity and exercise is for people like them.'

2019
51%

2020
57%



Motivations to be active are changing, with disabled people more likely to take part to relax, have something to do, and to socialise.

The top motivations remain the same: to improve physical health, lose/maintain weight, to get fit, and improve mental health.

These findings suggest strategies to support disabled people to be active were making a difference.

Impact of the COVID-19 pandemic on disabled people

- The pandemic led to more disabled people feeling they did not have the opportunity to be active
- Disabled people were more likely to feel the pandemic stopped them being active
- The pandemic has created new barriers
- Disabled people were more likely to feel they didn't have enough information on how to be active
- Different groups of people are affected in different ways
- The number and type of impairment also affects the impact

Conclusions and recommendations

- Before the pandemic, disabled people had the potential to be more active than ever before. Positive changes were having an impact. The pandemic has seen this progress halted, highlighting a need for action to ensure the effects are temporary, and not a long-term consequence.
- Activity Alliance has identified five recommendations with action points to minimise the long-term impact of COVID-19 on disabled people's activity levels.
 - 1. Provide clear and consistent information about being active**
 - 2. Embed inclusive practice into opportunities as they recover**
 - 3. Work collaboratively to address new challenges arising from COVID-19**
 - 4. Offer a variety of ways to be active**
 - 5. Change attitudes towards disabled people in sport and activity**