

Derbyshire Residents COVID Impact Survey

June 2020



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Introduction

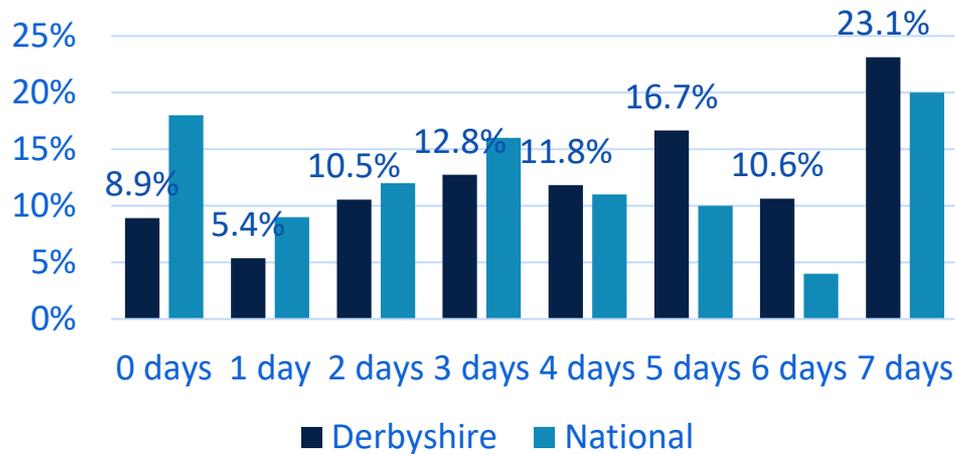
- Who took part in the survey?
- Physical activity summary
- Behaviours - now and expectations as we ease out of lockdown
- Behaviours - Impact of COVID
- What will get in the way of physical activity once restrictions eased?
- What will help residents be active once the current restrictions are eased?
- What needs to be in place?
- Focus on females
- What next?

Who took part in the survey?

- 1176 respondents living in Derbyshire took part in the survey
- 80% of them are female
- 34% have children aged 15 or under
- 15% report having a physical disability and a further 5% report mental conditions
- 45% are aged 35-54, 36% aged 55-74, 16% aged 16-34 and 3% are 75+
- 94% are from white backgrounds
- 57% are from higher socio-economic groups (ABC1) and 41% are from lower socio-economic groups (C2DE). This includes 25% from the work status groups 'intermediate managerial, admin or professional', 22% from 'supervisor, admin or professional' and from 22% 'retired'

Physical activity behaviour – adults last week

How many days of 30mins + physical activity in last week?



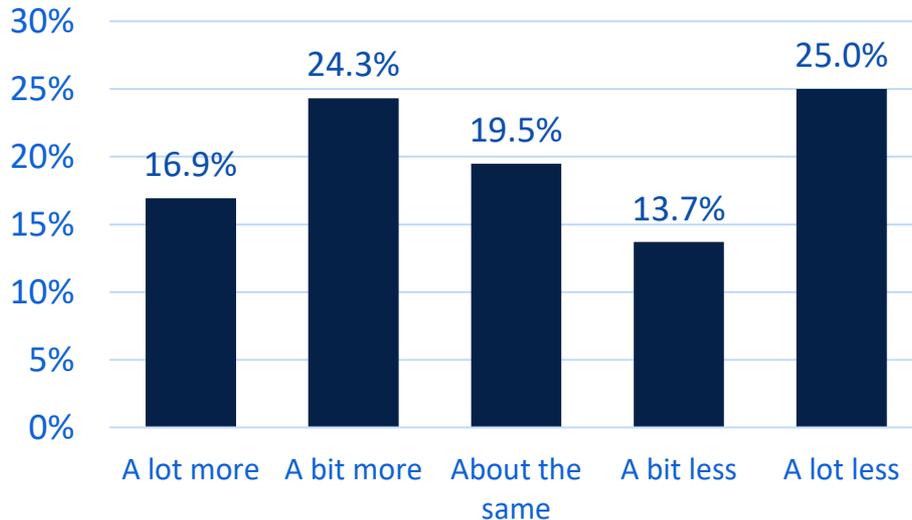
- **Half of respondents reported doing 30mins + physical activity on at least 5 of the last 7 days (compared to 34% nationally*)**
- **9% didn't manage 30mins on any of the last 7 days (compared to 18% nationally*)**

* National results may not be directly comparable due to slight survey differences

Sport England, Survey into adult physical activity attitudes and behaviour 26th May 2020 (wave 8) Savanta: ComRes
Derbyshire Residents COVID survey

Physical activity behaviour – Adults compared to pre-restrictions

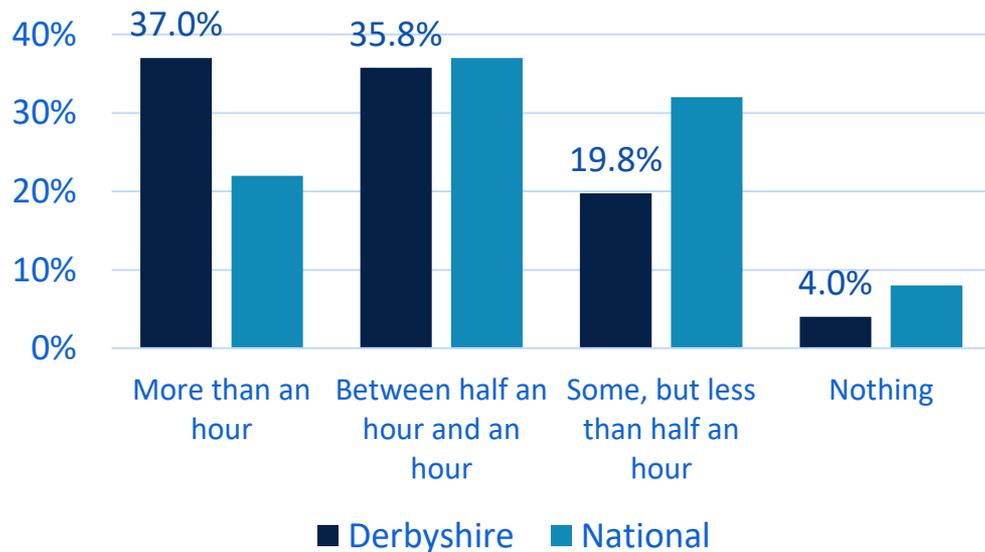
Physical activity levels now compared to before restrictions put in place



- 41% of respondents are reporting doing **more** physical activity compared to before restrictions put in place
- 39% of respondents are doing **less** physical activity than before restrictions started
- ¼ of residents reported doing 'a lot less' physical activity than previously

Physical activity behaviour – Children last week

Children's current physical activity levels on a typical day



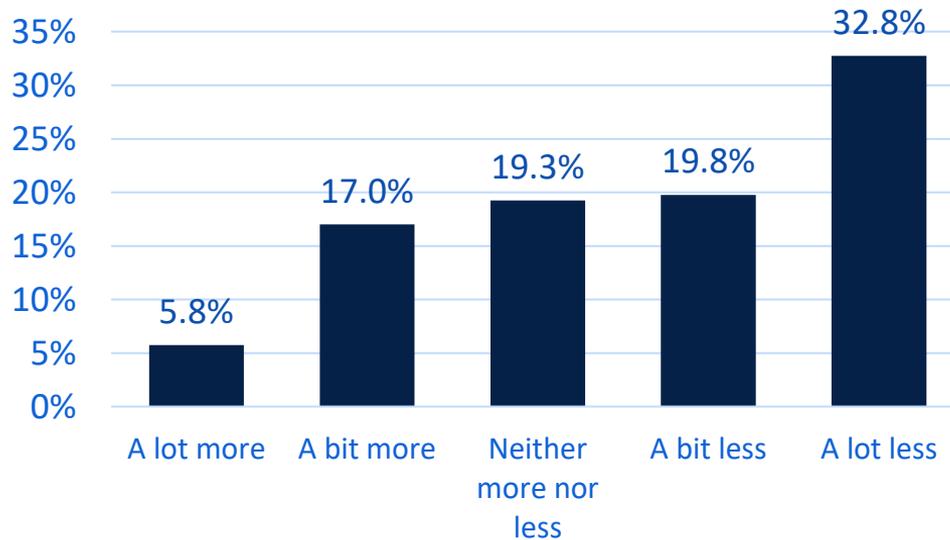
- **More than 1/3** of respondents reported that their **children** are taking part in **more than 1 hour per day** of physical activity (compared to 22% nationally*)
- **Another 1/3** are getting an average of between **30mins and 1hour** per day (compared to 37% nationally*)

* National results may not be directly comparable due to slight survey differences

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Physical activity behaviour – Children compared to pre-restrictions

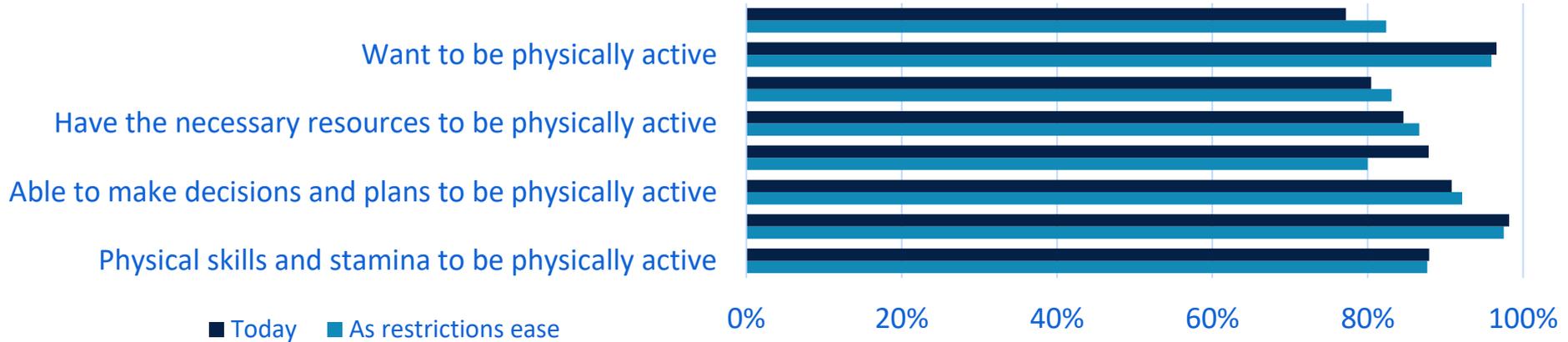
Physical activity now compared to before restrictions put in place



- **Over half** of respondents reported their **children are doing less physical activity** than before restrictions were put in place
- **Almost 1/3** of respondents reported that their **children are doing 'a lot less'** physical activity than before restrictions were put in place

Behaviours now and as we ease out of lockdown

% of respondents who 'Strongly agree' or 'Tend to agree' with statements

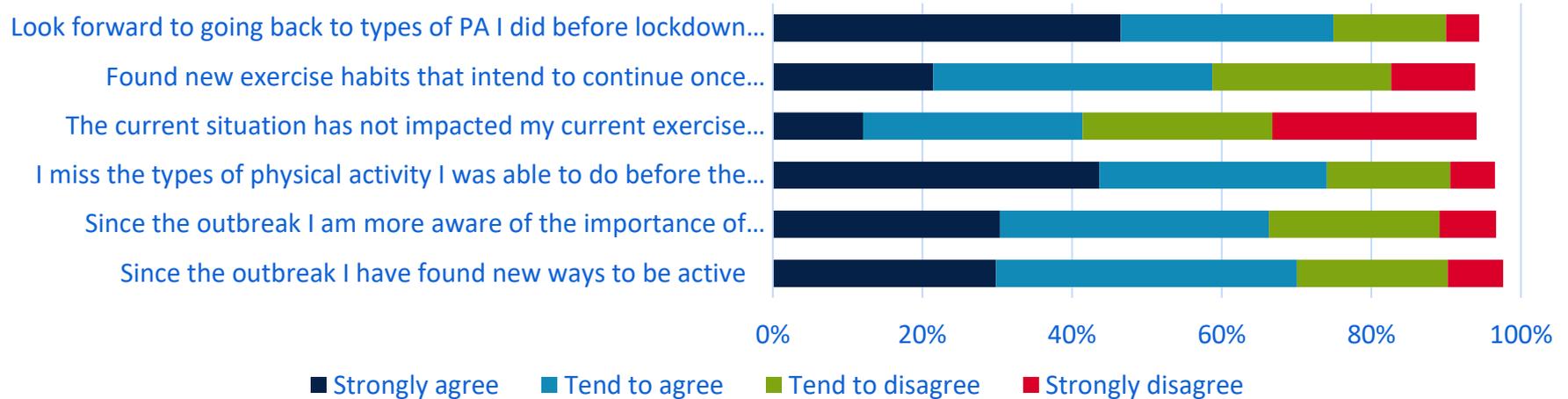


At least ¾ of respondents agreed with each statement both currently and as restrictions ease

For the majority of statements **views changed very little** from currently to as restrictions ease Exceptions are:

- **Less people agree they will have time** (88% now) compared to 80% when restrictions are eased
- **More people feel they will have routines and habits** (82% when restrictions ease) compared to 77% now

Behaviours - Impact of lockdown restrictions

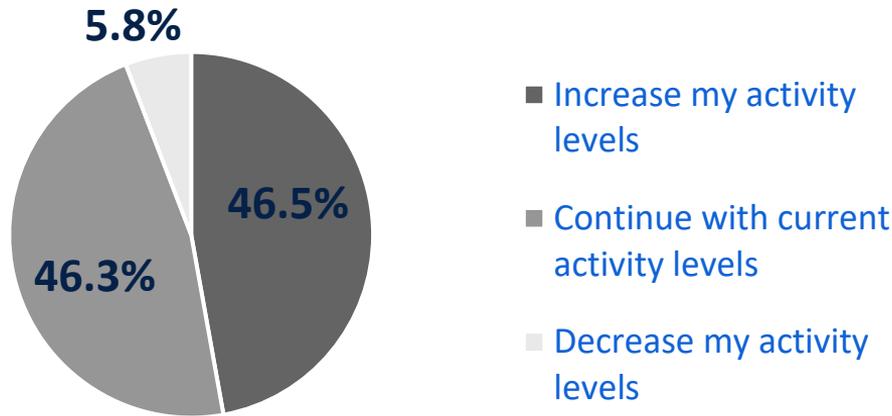


Although respondents appear to be missing PA activities they currently cannot do (74% agreed with this statement compared to 56% nationally*) overall a positive picture:

- 66% agree they are more aware of the importance of physical activity
- 70% agreed they have found new ways to be active (compared to 52% nationally*) and 59% have found new exercise habits they intend to continue once restrictions are eased
- 75% are looking forward to getting back to types of activity they did previously
- 41% agreed that the current restrictions had not impacted on their exercise regime

Behaviours – future intentions

After the restrictions are eased,
I expect to:



- **Almost half of the respondents expect to increase their activity levels as restrictions are eased**
- **Only 6% expect to decrease their activity levels**

What will get in the way of physical activity once restrictions eased?

Lack of time, work and family commitments

By far the largest concern reported over keeping up with current physical activity levels once restrictions eased was a lack of time with work or family commitments being likely to **change routines** that have been established. There were 317 mentions relating to work, 162 linked to family commitments and an additional 65 where lack of time was reported. The **work commute** was also mentioned frequently with residents reporting that they were using this time to exercise currently

- *“Getting trapped back into a routine of school run, work, school run & not enough exercise”*
- *“Having to go back into the office each day, will mean that I no longer have the time to take a walk or a run before the working day”*
- *“Long commute, tiredness, family commitments”*
- *“Time required on other activities. Right now, I have a lot more free time”*

What will get in the way of physical activity once restrictions eased?

COVID Restrictions

Many gym users and swimmers are concerned how reduced numbers, increased fees and ability to work out safely and activities being busier would impact them returning. A reduction in their fitness levels was also a concern to returning. Mentioned 222 times

- *“Booking a badminton court, as everyone will be doing it a bit like after Christmas time when people think they need to lose weight this will be the same”*
- *“I suspect the numbers of people attending group activities may be high”*

Lack of motivation

Mentioned 137 times included self-motivation and being able to socialise again and participate in non-physical activities taking priority over physical activity for many. The variety on offer once restrictions are eased is more desirable than being active

- *“I enjoy exercising with others so when my partner goes back to work I worry my self motivation isn't good enough to continue the levels I have been doing lately”*

What will get in the way of physical activity once restrictions eased?

Health and wellbeing

Mentioned 122 times residents feared health problems may impact on future physical activity levels. Several residents mentioned regular physical activity being set back by operations being postponed (hip replacements, knee operations etc). Lack of trust in others to follow COVID guidelines was also a concern mentioned 107 times.

- *“I am considered extremely vulnerable and don’t anticipate leaving the house until at least August.”*
- *“I also suffer with anxiety and I have been enjoying my zoom classes as opposed to going to an actual gym”*

Cost

Cost was mentioned as a potential concern 41 times with fears over increased prices or affordability being mentioned

- *“Money, due to being made redundant”*

What will get in the way of physical activity once restrictions eased?

The right opportunities

Mentioned 283 times this included opening up of facilities such as gyms and pools, resuming activities like Park Run but also continuing some of the new provision eg on-line classes. People also asked for beginner classes, 1-2-1 support and exercise classes after 7/7:30pm as well as special classes for those who are shielding with stricter safety measures. Others said that freedom of being able to travel further to walk/cycle or for those shielding to be able to get outside would help them be active

- *“When organised sports start again like Parkrun”*

Routine

Re-establishing old routines such as active commutes/jobs or, alternatively, being able to work more flexibly in order to fit exercise in (eg continued working from home). 223 mentions

- *“More home working will give me more time in my day to build in physical activity”*

What will get in the way of physical activity once restrictions eased?

Social interaction

127 respondents mentioned being motivated by friends and family to take part in physical activity. For some it was the support they received from groups or friends, and for others it was the enjoyment of exercising with others. Nordic walking and chair based exercise were popular social activities and some grandparents mentioned spending time with grandchildren keeping them active

- *“Being around my work friends will motivate me to return to more regular exercise”*

New experiences

Restrictions have provided opportunities for some to discover the benefits of physical and activity and others to enjoy new ways of exercising which they are now motivated to continue

- *“New realisation from lock-down how important exercise is for physical and mental health, new found enjoyment of walking”*

What needs to be in place?

Safety - access to information about the safety measures in place and reassurance that others are complying

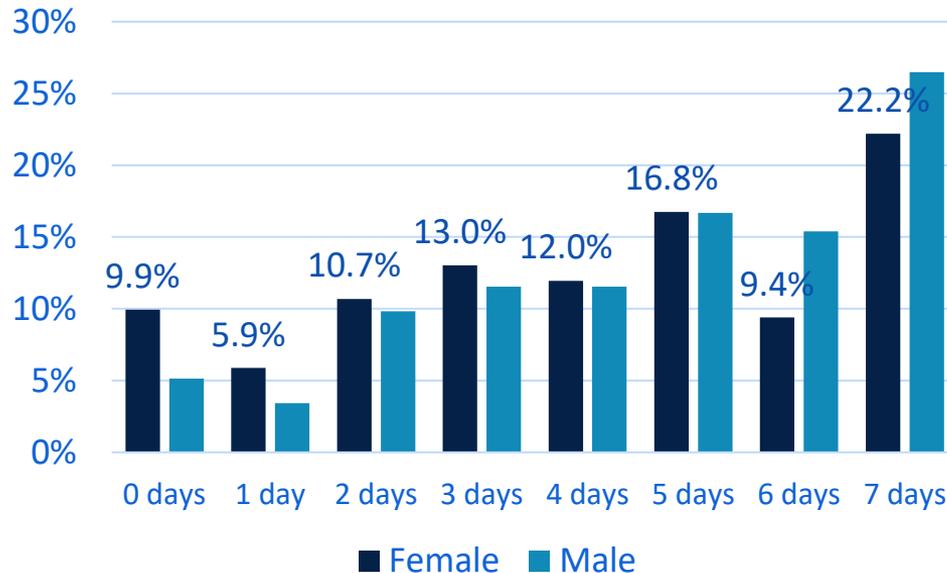
Promotion - Better information on local walks, safer cycle routes/cycle lanes and additional encouragement via deals and promotions (specifically for older people, carers and low income households)

Good weather! - People reported feeling more motivated to exercise when the weather is good

Childcare - respondents needing time to be able to exercise (requests for leisure centre crèches) and others looking forward to having the school run back for their daily walk

Focus on females – Physical activity behaviour

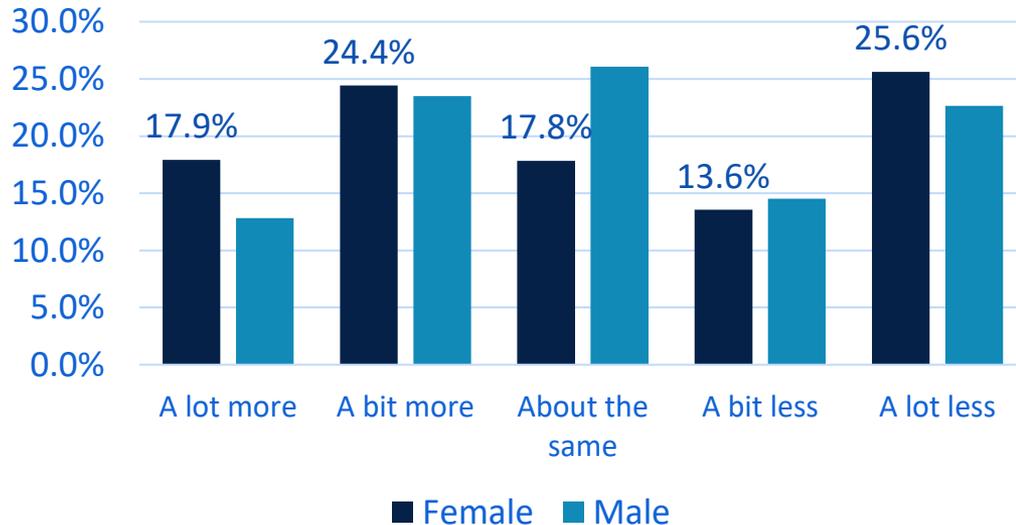
Physical activity behaviour by gender



- Almost twice as many females as males reported doing 0 days of 30mins+ physical activity in the last 7 days (*nationally 19% of females reported 0 days)
- Less than half of the female respondents took part in 5 - 7 days of 30mins+ physical activity (compared to almost 60% for males and *33% nationally for females)

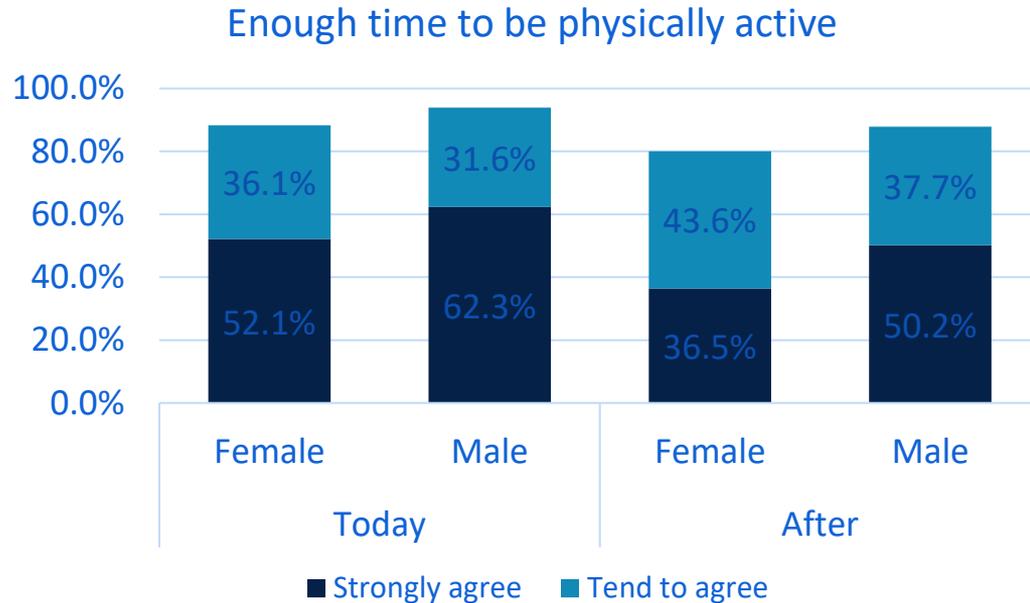
Focus on females – compared to pre-restrictions by gender

Physical activity behaviour comparison by gender



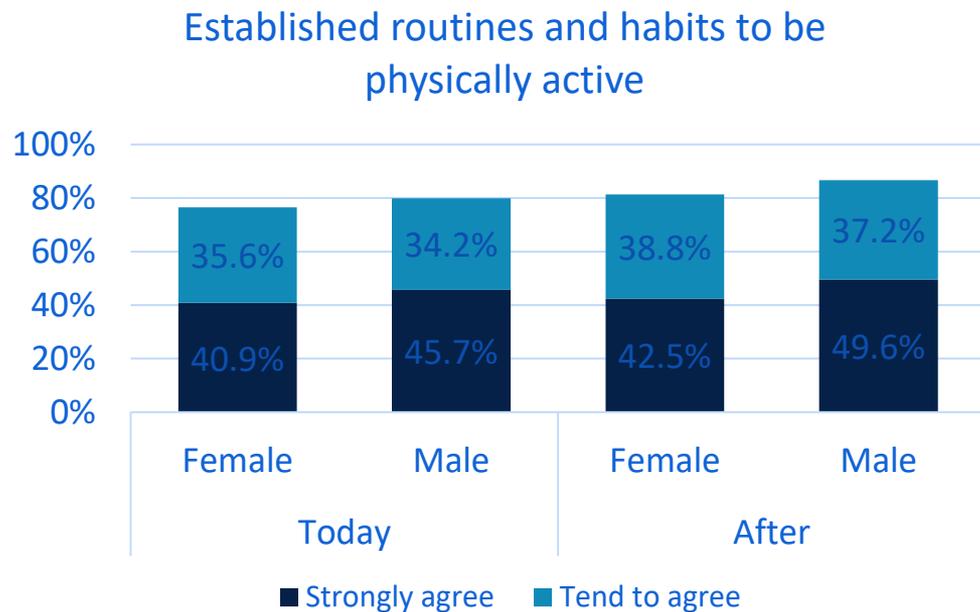
- There appears to be a **greater impact from current restrictions on physical activity for females** with 18% doing about the same as before (compared to 26% for males)
- **42% of females are taking part in (a little/a lot) more physical activity** than before restrictions were put in place (compared to 36% of males) but **39% are doing less**

Focus on females – time now and after restrictions eased



- **Females appear to have less time to be physically active currently (88%) when compared to men (94%) and**
- **The gap widens when looking ahead to when restrictions are eased (80% for females compared to 88% for men)**

Focus on females – routines now and after restrictions eased

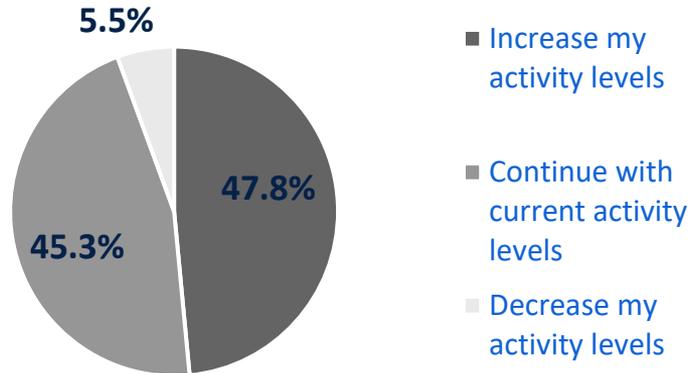


Although overall more than $\frac{3}{4}$ of **respondees, both females and males, agree that they have established routines to be physically active** this proportion is expected to increase slightly once restrictions are eased. The proportion of males (80% and 87%) who agree is slightly higher than for females (77% and 81%) and again the gap widens when restrictions ease

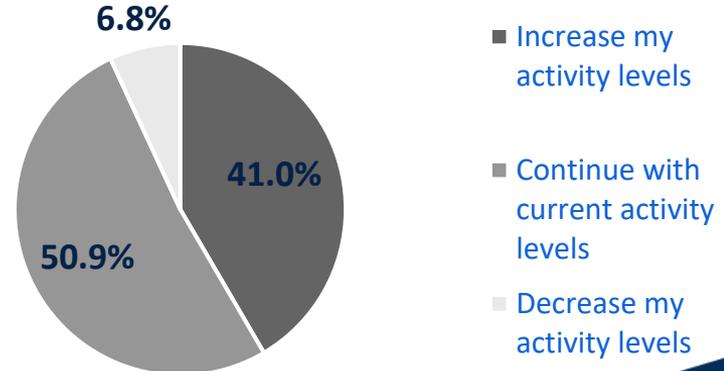
Focus on females – future intentions

Almost half of the females respondents expect to increase physical activity levels after restrictions are eased with only 5.5% expecting to decrease levels

Females - After the restrictions are eased, I expect to:



Males - After the restrictions are eased, I expect to:



What next?

What further questions does this raise?

What other analysis could we do?

- Focus on females - break data down by age (3 bands), both those with and without children, by disability (grouped)? Other behaviour change factors? Comment themes?
- Focus on disability? Some breakdowns could be done for those with a disability
- Focus on age groups? - there appears to be a trend that older people are being more active during current restrictions. Could we dig deeper to find out why?
- Places - some LA's breakdowns could be possible
- What about children and young people? Breakdown by socio-economic groups?

Potential to repeat survey

- What else might we want to look at? Focus on CYP?