

England Swims

Spotlight on Health Conditions

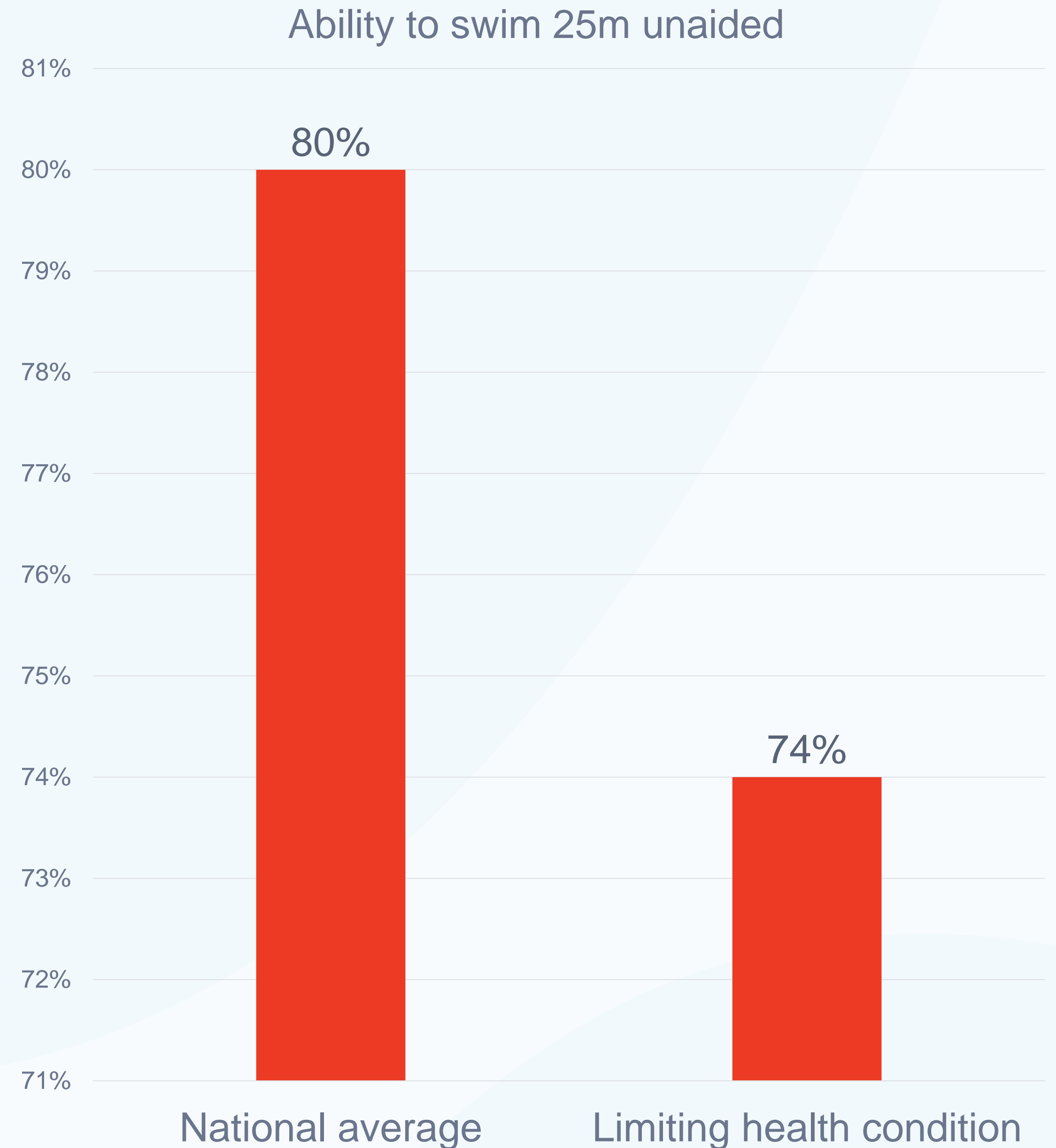
Analysis of data from participants with a long term health condition/ illness/ disability which has a substantial impact on their daily lives

If using data from this presentation, please reference the source as:
Swim England, England Swims: Spotlight on Health Conditions, 2022

Those with limiting health conditions are less likely to be able to swim 25m unaided, compared to national average.

No health conditions exceed the national average of 80%, and only those with mental health conditions exceed the LTHC average (75%). Those with speech conditions are drastically below the average (39%).

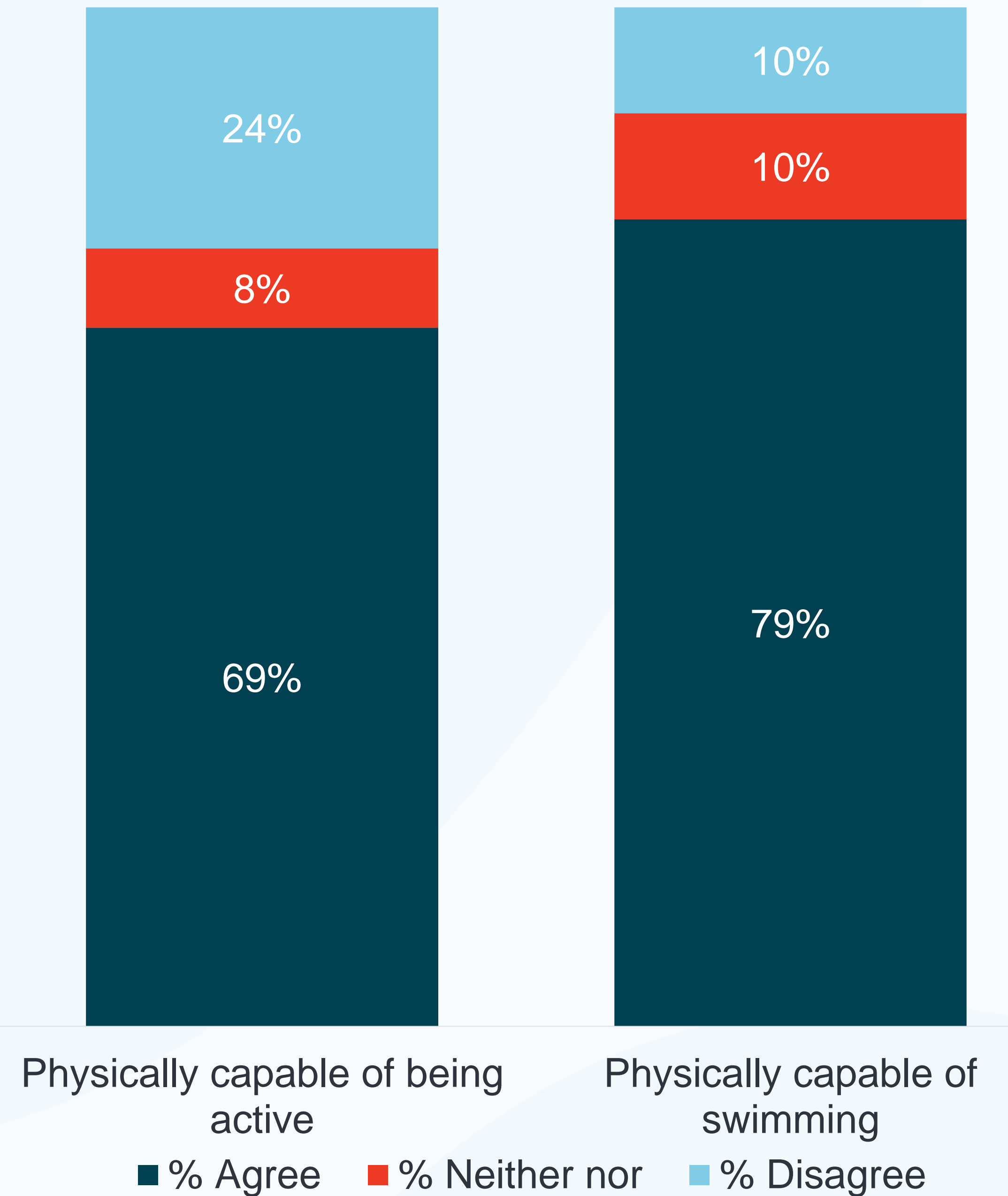
Ability



Those with limiting health conditions, who do not go swimming, feel they are more capable of swimming than being active generally.

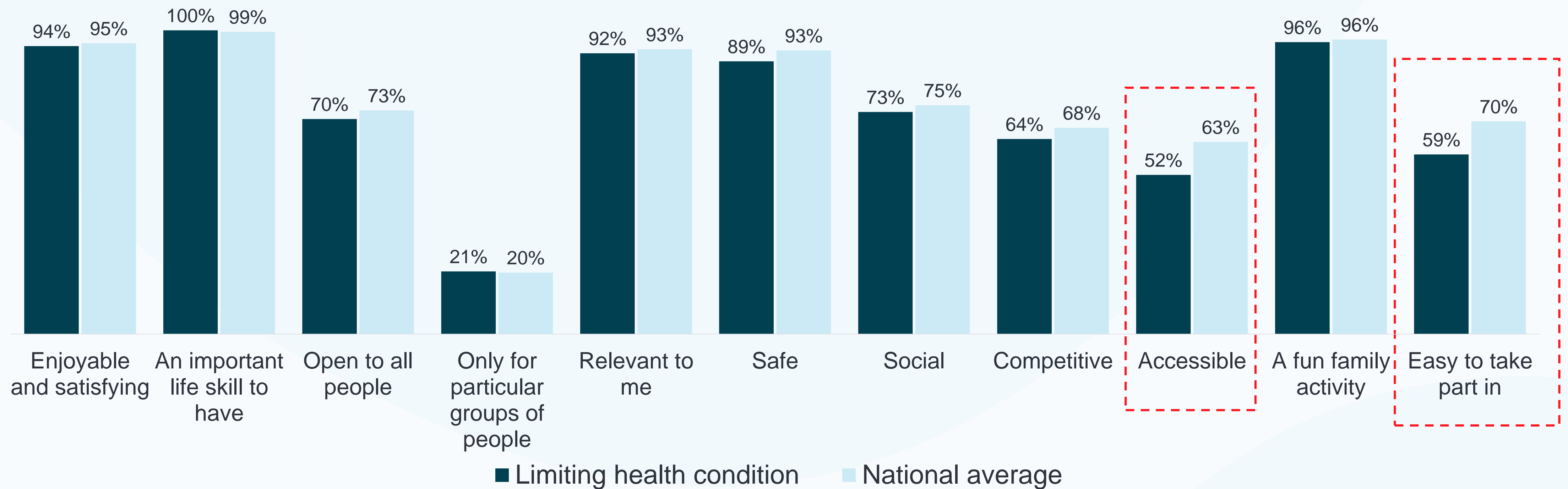
All health conditions show a higher capability to swim than to be active generally with physical health conditions showing high variances. High variances can also be seen for those with hearing and speech conditions.

Capability



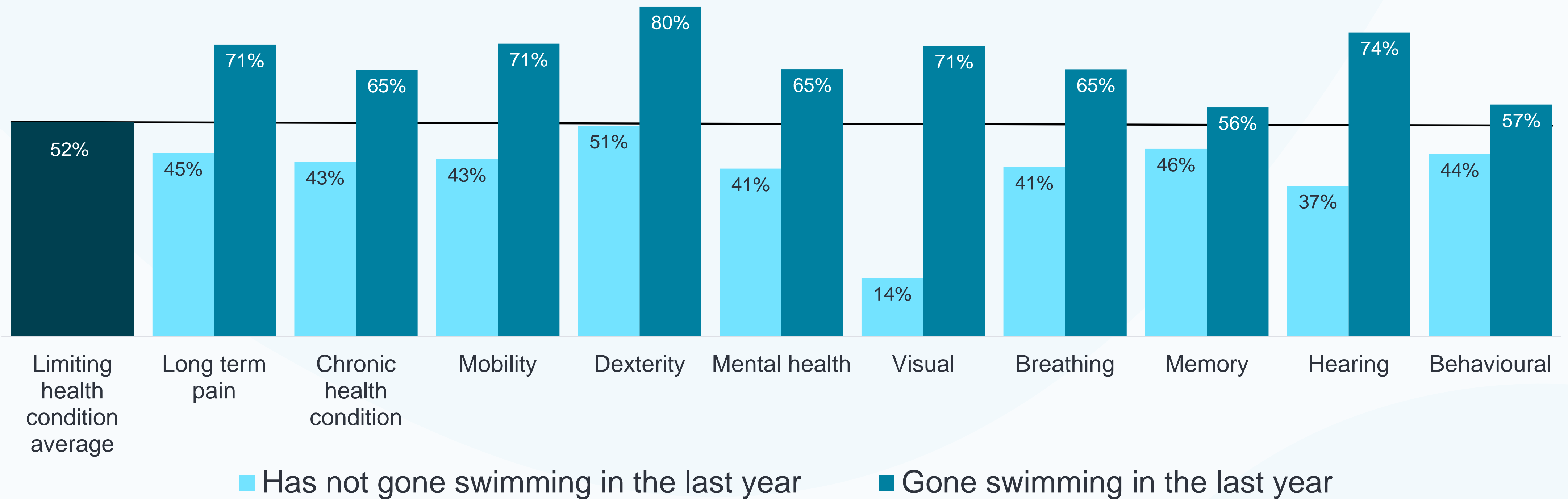
Perceptions of swimming vary most from national average for 'accessible' and 'easy to take part in'.

% agree that swimming is ...



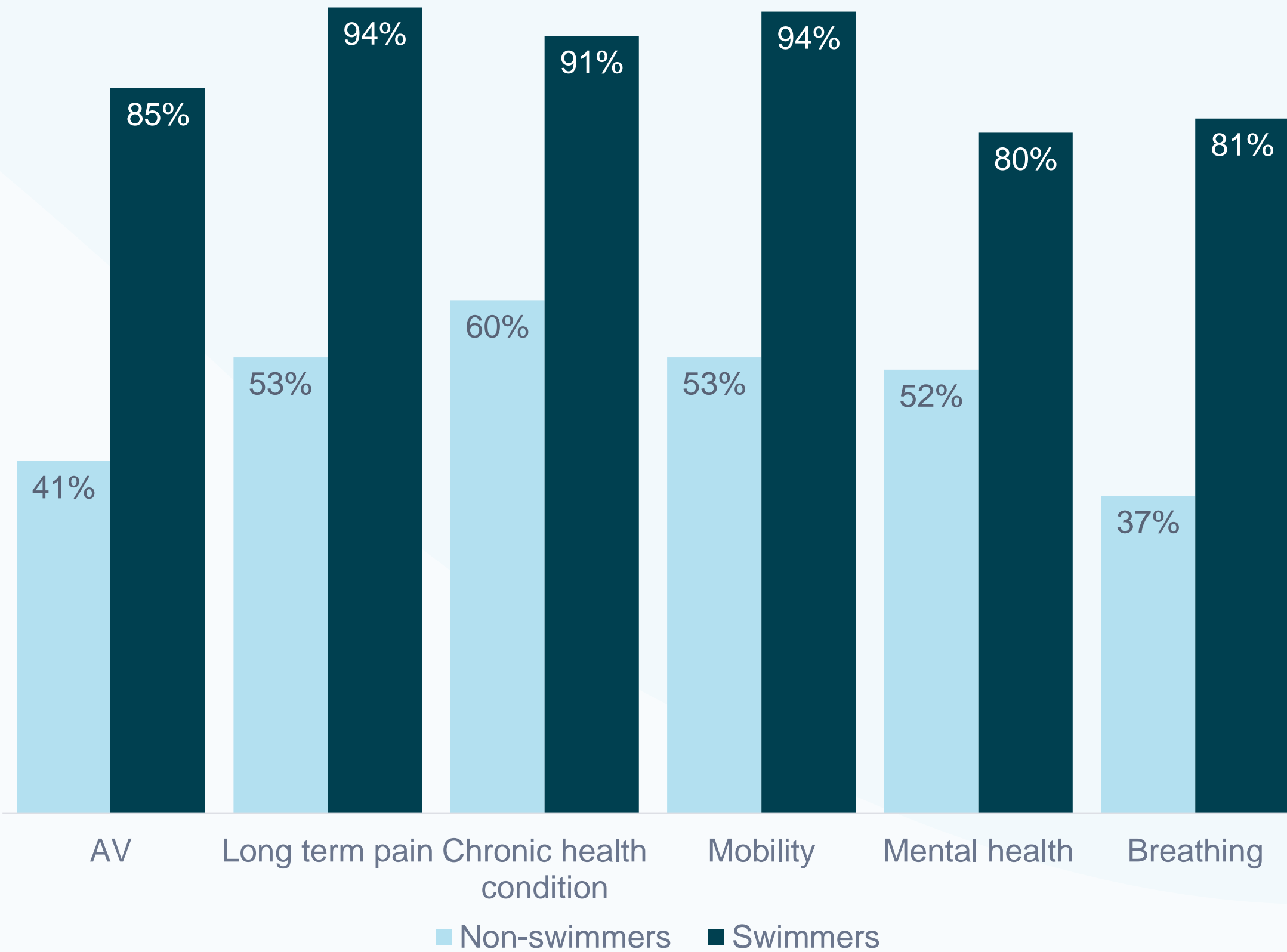
Clear correlation between swimmers v non-swimmers and seeing swimming as accessible, for those with limiting health conditions.

% agree that swimming is accessible

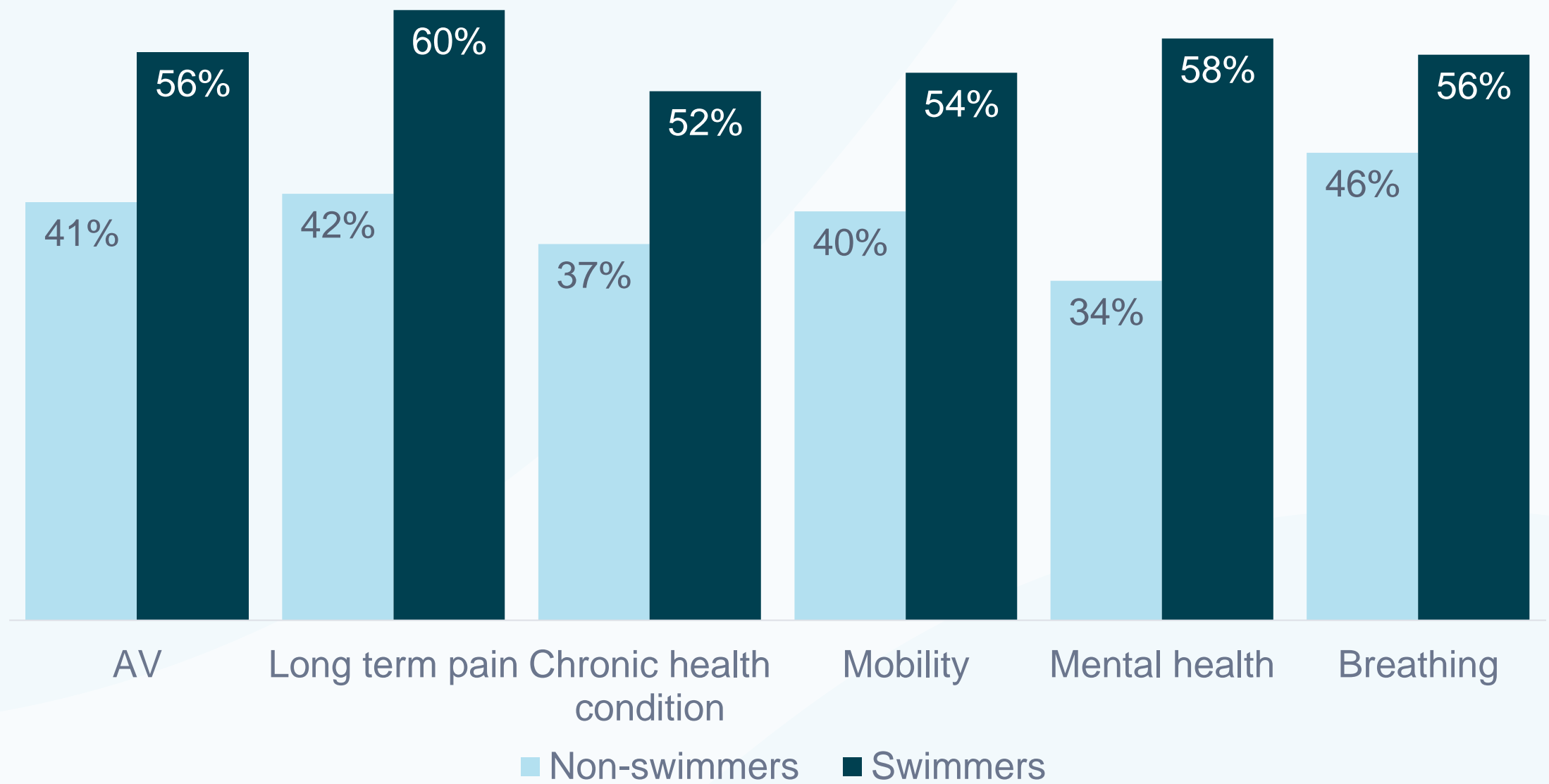


Men see swimming as more accessible than women do

Male % agree that swimming is accessible by health condition by non-swimmers and swimmers



Female % agree that swimming is accessible by health condition by non-swimmers and swimmers





54% of non-swimmers strongly believe swimming would be good for their current health issues



29% very likely to swim more if more info about session was available in advance



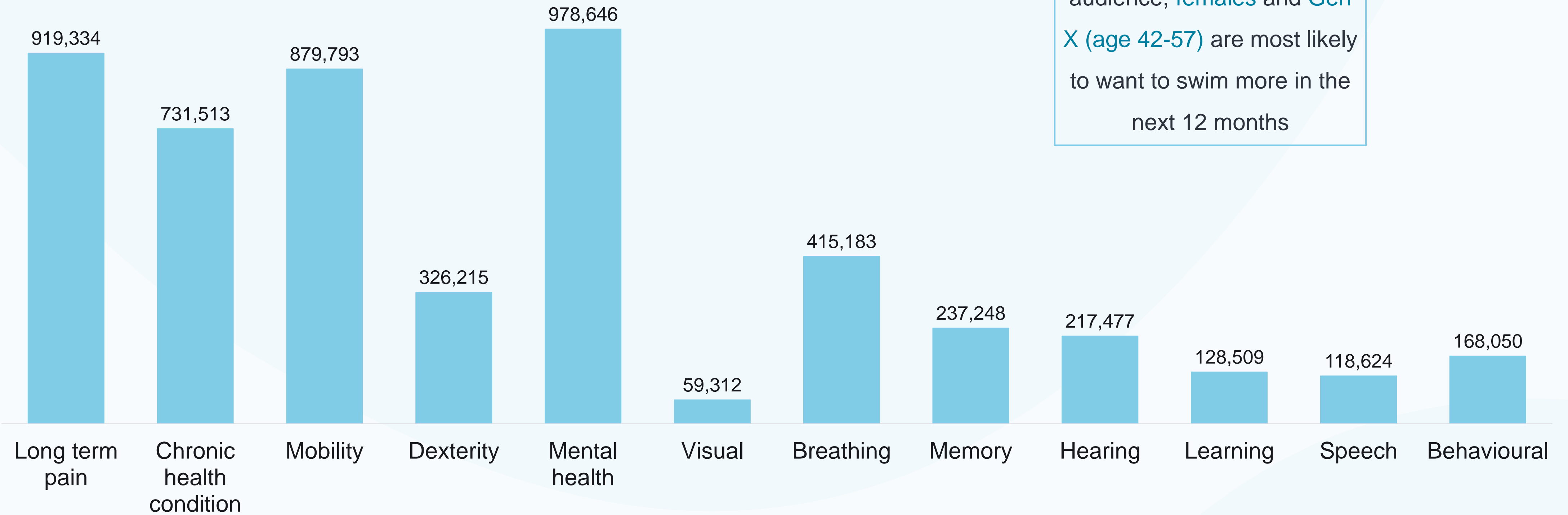
38% of non-swimmers do not agree that they are welcome at their local swimming pool



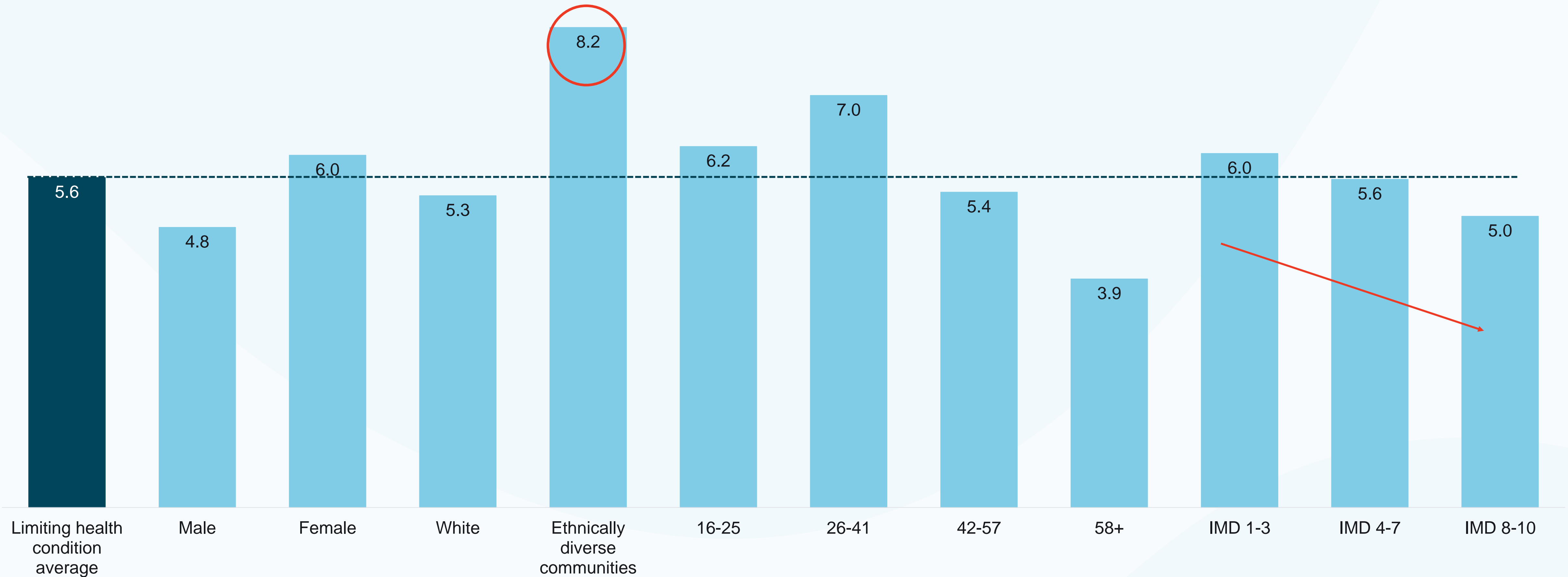
1.55m non-swimmers want to swim in the next 12 months

This chart shows the 1.55m non-swimmers who want to swim in the next 12 months, by health condition

Of the non-swimming LTHC audience, **females** and **Gen X (age 42-57)** are most likely to want to swim more in the next 12 months



On average those with limiting health conditions face 5.6 barriers which may prevent them from swimming more often



A model for changing behaviour

The COM-B model:

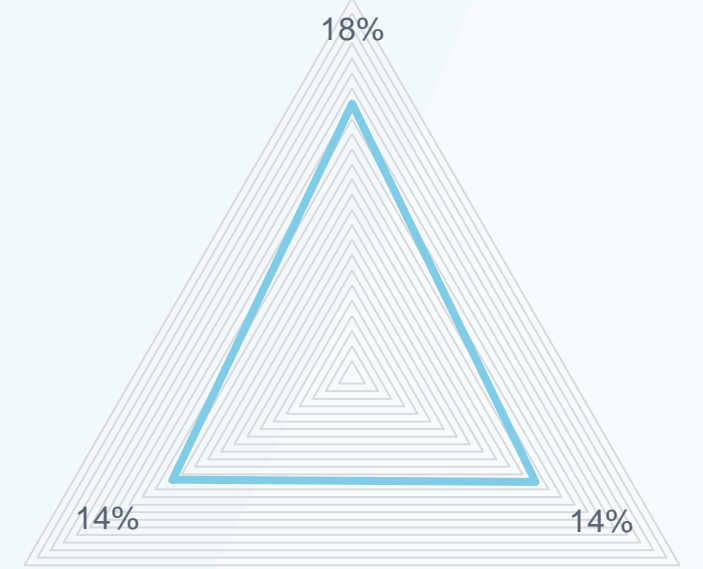
Behaviour = Capability +
Opportunity + Motivation

- **Capability:** Does an individual has the necessary skills and mental ability to do the desired behaviour?
- **Opportunity:** Factors that lie beyond the individual that might help enable a behaviour, or make it possible, such as the environment
- **Motivation:** What might energise and direct their behaviour?

- The COM-B model, developed by University College London, is used to firstly analyse and then ultimately tackle behavioural challenges – in this case, barriers to going swimming.
- The COM-B model suggests that people need sufficient levels of three interacting elements - capability (C), opportunity (O) and motivation (M) – in order to perform a behaviour (B). The three elements are interlinked and can feed into each other. For example, increased opportunity or higher capability might increase motivation.
- COM-B provides a structured framework and a common reference point for us to think about the behaviour we want to change (going swimming).

Limiting Health Conditions

Why aren't people with health conditions going swimming?



↑13.7% up 4.0% on national average

Capability

One barrier in particular is taking prominence: “my basic health won’t allow for it”, with 20% of our audience stating this, which is a 290% variance on the national average.

Those with limiting health conditions share another barrier, that they do not feel confident in or around water.

While not as prominent as those from South Asian communities, 17% of those with limiting health conditions feel they cannot wear what they want to when swimming.

↑18.0% up 2.8% on national average

Opportunity

The largest opportunity barrier for those that have limiting health conditions is that they have a lack of disposable income to go swimming – 43% of this groups state this a barrier. 40% state that swimming is too expensive.

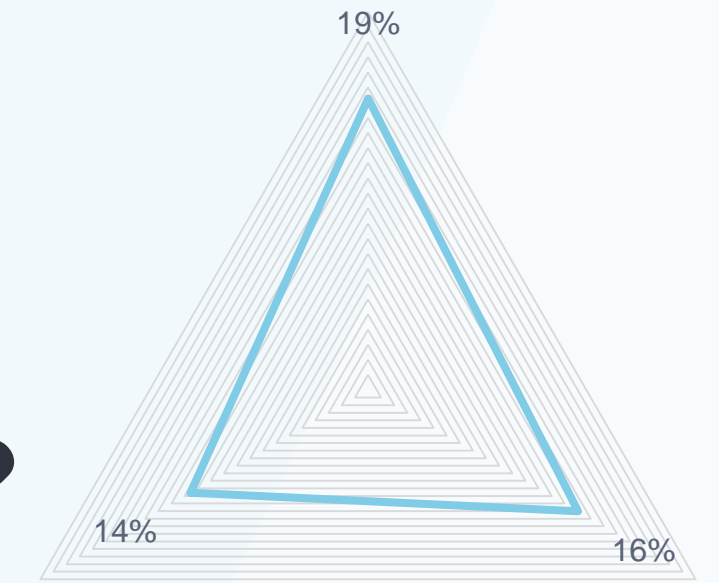
↑14.0% up 4.9% on national average

Motivation

Overall, on average, motivational barriers are highest for those with limiting health conditions. There are some significant differences in this set of barriers compared to the nation as well as other groups:

	National average	LTHC	% variance
I lack motivation as I am not satisfied with my life these days	19.0%	36.8%	94%
I lack motivation as I feel lonely or isolated most of the time	12.3%	30.4%	146%
I don't feel confident in instructors/ lifeguards helping someone with a disability	3.0%	11.0%	265%

Mental health



Why aren't people with mental health conditions going swimming?

↓ **13.6%** down 0.18% on LTHC average

Capability

For those with mental health conditions, the average barrier score for capability falls slightly below the average for our LTHC audience.

↑ **19.3%** up 1.25% on LTHC average

Opportunity

Social support is critical in encouraging these individuals to get into the water.

While barriers such as swimming being too expensive and having a lack of disposable income are top opportunity barriers, those with mental health conditions outline having no-one to go with as their top barrier.

Higher proportions of this group also highlight that none of their friends go swimming.

	LTHC average	Mental health conditions	% variance
I have no one to go with	29.6%	37.5%	26.5%
None of my friends go swimming	20.9%	25.4%	21.9%

↑ **16.0%** up 2.05% on LTHC average

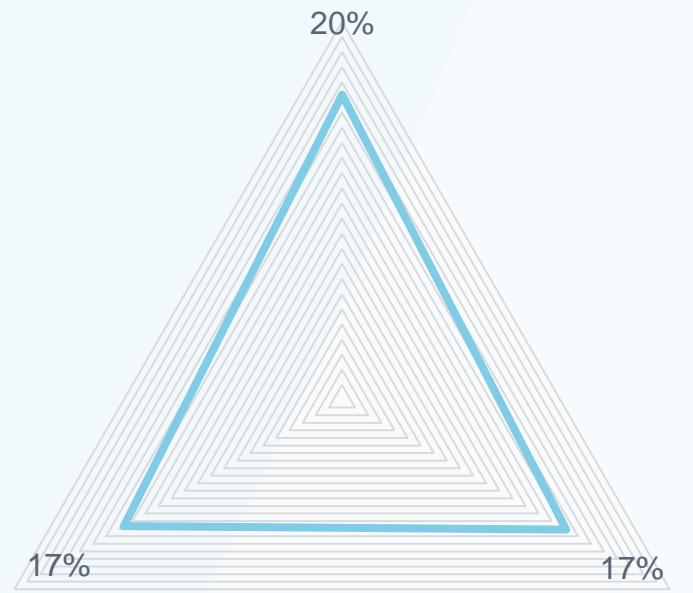
Motivation

Lacking motivation due to not feeling satisfied with their life and because they are feeling lonely and isolated are common barriers among a lot of groups, however when looking at those with mental health conditions these barriers are key:

	LTHC average	Mental health conditions	% variance
I lack motivation as I am not satisfied with my life these days	36.8%	49.1%	33.6%
I lack motivation as I feel lonely or isolated most of the time	30.4%	43.3%	42.3%

Links with not having anyone to swim with?

Chronic health conditions



Why aren't people with chronic health conditions going swimming?

↑16.6% up 2.9% on LTHC average

Capability

37% of those with chronic health conditions state their basic health will not allow them to go swimming more often, the highest % of any health condition.

Not feeling confident around water is also stated as a barrier.

↑20.2% up 2.1% on LTHC average

Opportunity

Having no-one to go swimming with scores highly for this group, but the most significant opportunity barrier for this group is the mood/ atmosphere on poolside not being appealing:

	LTHC average	Chronic health condition	% variance
The mood/ atmosphere on poolside is not appealing to me	21%	30%	47%

Monetary barriers (having a lack of disposable income and swimming being too expensive) score below the national averages for this group.

↑17.1% up 3.1% on LTHC average

Motivation

Almost every motivation barrier scores higher than the LTHC average.

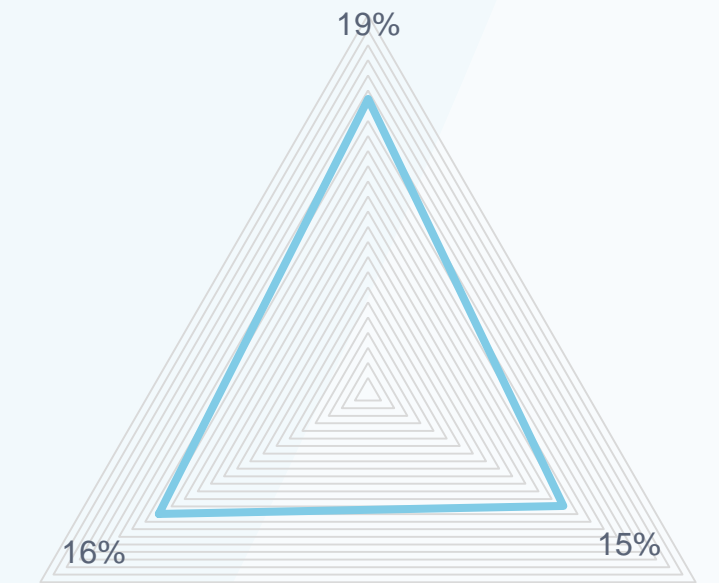
The largest variance on the average comes when looking at the individuals confidence in the instructors ability to help them with their disability:

	LTHC average	Chronic health condition	% variance
I don't feel confident in instructors/ lifeguards helping someone with a disability	11%	18%	67%

Those with chronic health conditions score highest in this regard.

Long term pain

Why aren't people with long term pain going swimming?



↑16.0% up 2.2% on LTHC average

Capability

31% of those the long term pain issues state that they cannot go swimming because their basic health will not allow for it which is significantly higher than the average for with limiting health conditions (20%).

↑19.4% up 1.4% on LTHC average

Opportunity

51% state having a lack of disposable income.

Not unlike those with chronic health conditions, the mood/atmosphere on poolside not being appealing also scores highly for this group:

	National average	Chronic health condition	% variance
The mood/ atmosphere on poolside is not appealing to me	21%	27%	28%

↑14.9% up 0.9% on LTHC average

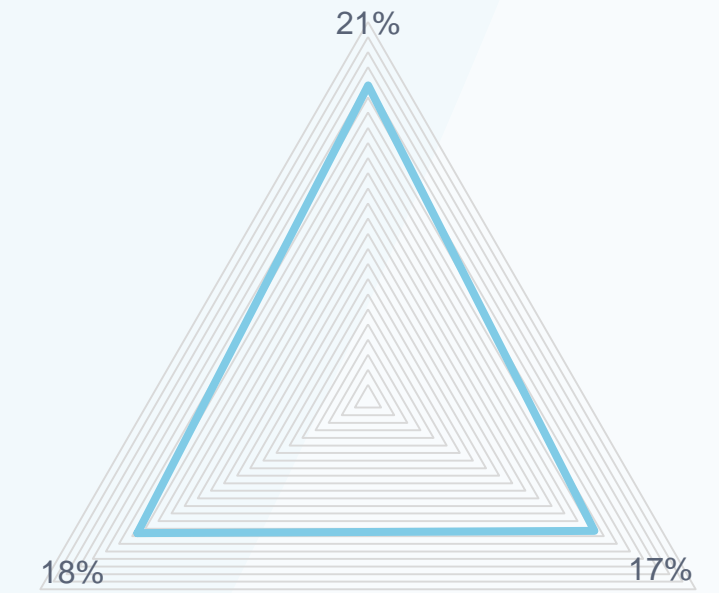
Motivation

Having confidence in the instructors ability to help them with their disability scores highly compared to the average:

	National average	Chronic health condition	% variance
I don't feel confident in instructors/ lifeguards helping someone with a disability	11%	15%	39%

Respiratory conditions

Why aren't people with respiratory conditions going swimming?



↑17.6% up 3.9% on LTHC average

Capability

Those with respiratory conditions are twice as likely to state that their basic health will not allow them go swimming (40%).

This is the highest proportional share of any of the LTHC groups.

	LTHC average	Breathing	% variance
My basic health won't allow for it	20.1%	40.0%	99.2%

↑20.8% up 2.8% on LTHC average

Opportunity

Over half (53%) of those with respiratory conditions state swimming being too expensive as a barrier.

Not having a disposable income is a barrier, as well as some social elements:

	LTHC average	Breathing	% variance
I have no one to go with	29.6%	41.4%	39.8%
None of my friends go swimming	20.9%	31.3%	50.0%
None of my family members go swimming	15.3%	23.5%	53.2%

↑17.3% up 3.3% on LTHC average

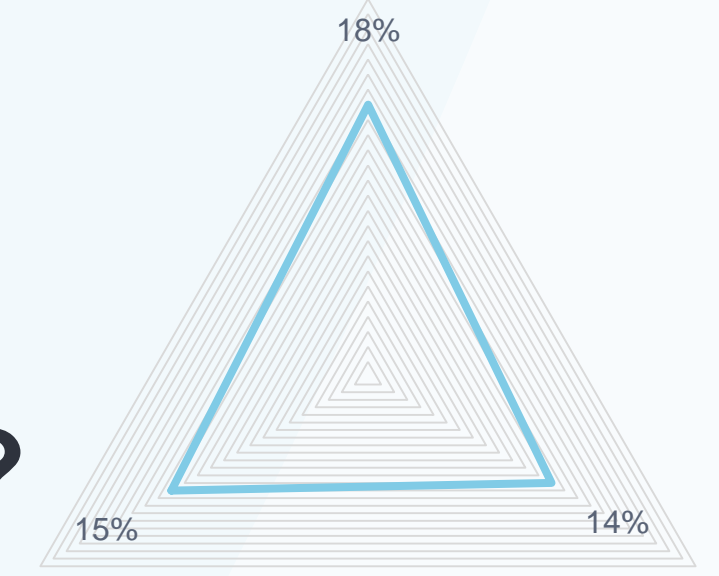
Motivation

Key barriers include not feeling satisfied with their life or feeling lonely and isolated, not unlike the others with a LTHC.

While not the highest of barriers, the concern with the safety of swimming is slightly more prominent for those with a respiratory condition:

	LTHC average	Breathing	% variance
I am worried about the safety of swimming	11.6%	15.7%	35.3%
I don't feel confident in instructors/ lifeguards helping someone with a disability	11.0%	15.7%	42.6%

Mobility



Why aren't people with mobility conditions going swimming?

↑14.9% up 1.2% on LTHC average

Capability

“My basic health won't allow for it” is stated to be a capability barrier for those with mobility conditions.

	My basic health won't allow for it
LTHC average	20.1%
Respiratory	40.0%
Long term pain	31.3%
Chronic health condition	37.2%
Mobility	29.8%
Mental health	18.2%

↓17.7% down 0.3% on LTHC average

Opportunity

Overall opportunity barriers scores lower than the LTHC average.

Crowded pools does have a significant % variance when compared as a barrier for those with any LTHCs.

	LTHC average	Mobility	% variance
There is never any space in the pool it's too crowded	25.9%	30.7%	18.8%

↑14.1% up 0.1% on LTHC average

Motivation

Barriers do not differ greatly from the average, in fact most are below the average.

However, following the same trend for other LTHC groups, not feeling confident in the instructors/lifeguards ability to help with a disability scores highly compared to the average:

	LTHC average	Mobility	% variance
I don't feel confident in instructors/ lifeguards helping someone with a disability	11.0%	16.5%	50.5%

