

CORPORATE AND COMMUNITY SERVICES

**Corporate Survey 2022**

# **Participation in Physical Activities**

APRIL 2022



**North Kesteven**  
DISTRICT COUNCIL

## Alternative Formats

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Phone: 01529 414155 (main switchboard)

Web: [www.n-kesteven.gov.uk](http://www.n-kesteven.gov.uk)

Email: [equality@n-kesteven.gov.uk](mailto:equality@n-kesteven.gov.uk)

Corporate Information Manager  
North Kesteven District Council  
Kesteven Street  
Sleaford  
Lincolnshire  
NG34 7EF



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## Introduction

The Corporate Survey was carried out in March-April 2022. It was an online survey, with email invitations to complete it sent to 11,949 email addresses that had signed up to receive consultation surveys. In total, 949 responses were received, giving a response rate of 8%.

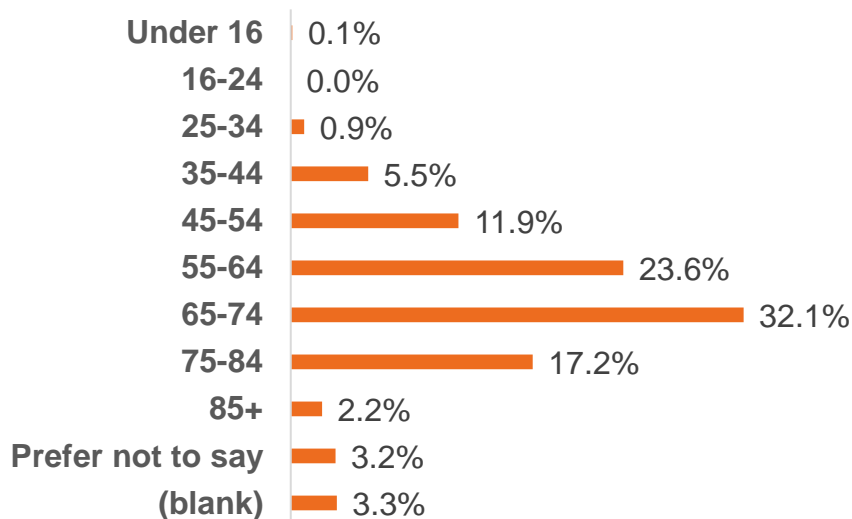
This report includes analysis of the responses provided to the questions on physical activity.

In summary:

- 48.5% of respondents were 'active', 16.5% 'fairly active' and 35.0% 'inactive' according to Sport England's definitions.
- Level of activity of respondents generally decreases with age, with all age groups having a lower percentage classified as 'active' than the latest Active Lives Survey results for all England.
- The most popular activity was walking, with almost 4 in 5 respondents having been on a continuous walk lasting at least 10 minutes in the 7 days before the survey.
- Cycling was more popular with men, whilst sport, fitness activities and dance were more popular with women.

## Demographics of respondents

As with previous years' surveys, the responses were skewed towards the older age groups. Only 6.5% of responses received were from those aged under 45, when 38% would have been representative of the estimated adult population in the district.



Half (50.6%) of respondents were male, 41.0% were female, whilst the remainder either did not provide their gender (7.8%) or their response was unclear (0.6%).

Responses were received from all 26 wards, though this varied from 9 in Sleaford Castle to 73 in Heighington and Washingborough.

Please note, the survey results have not been weighted.

# Survey Results

## Levels of Activity

Physical activity includes the following activities:

- Walking for leisure or travel
- Cycling for sport and leisure or travel
- Fitness activities, Dance, and Sporting Activities

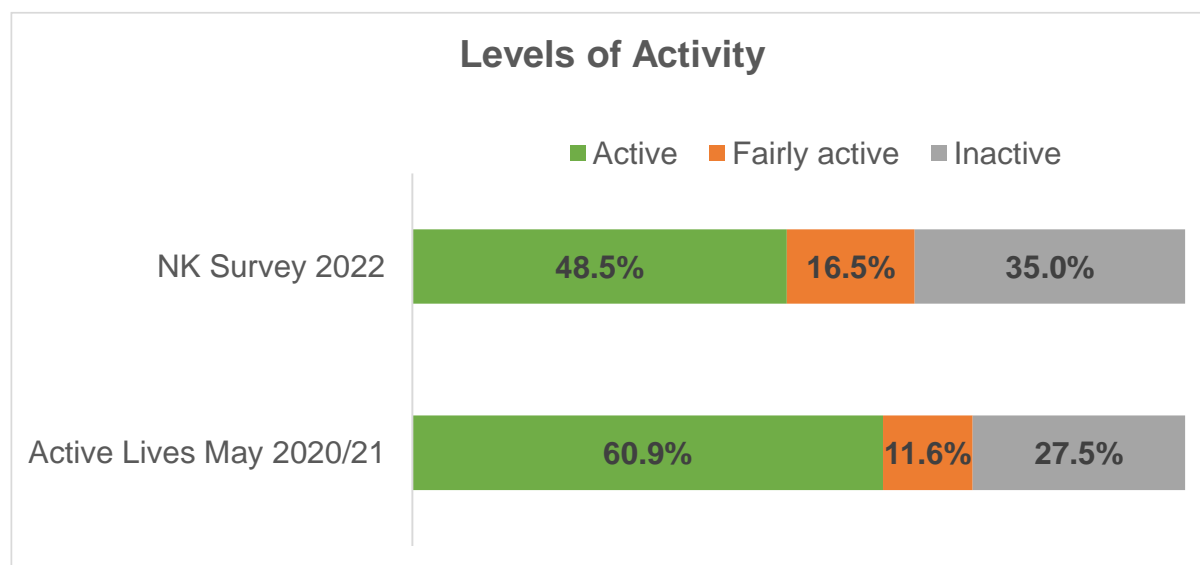
of at least moderate intensity in bouts of 10 minutes or more. Vigorous intensity activity minutes count as double.

The three levels of activity defined by Sport England are:

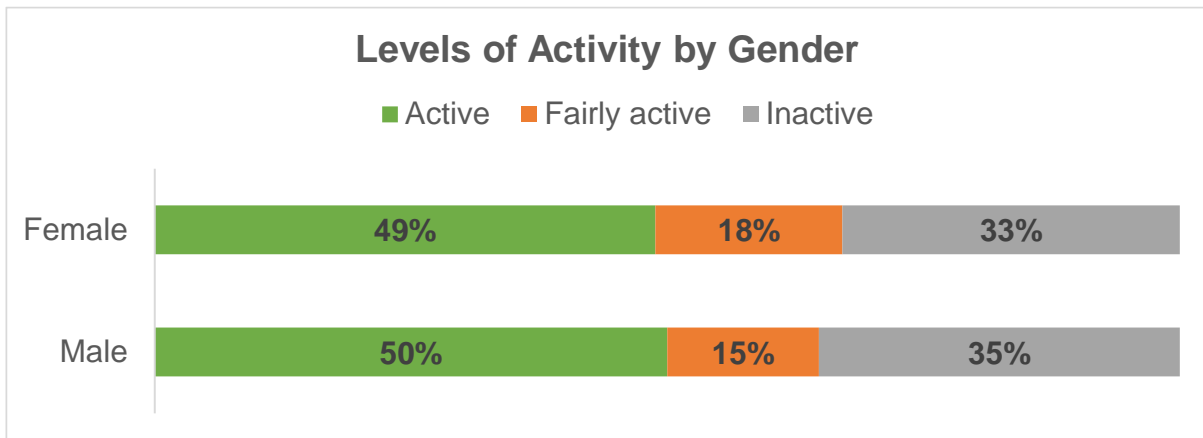
- **Active** – at least 150 minutes a week
- **Fairly Active** – an average of 30-149 minutes a week
- **Inactive** – less than 30 minutes a week

Comparisons in this section are made against the results from Sport England's Active Lives Adult Survey May 20/21, published in October 2021 and available at: <https://www.sportengland.org/know-your-audience/data/active-lives>  
Please note that the results of the Active Lives Survey are weighted.

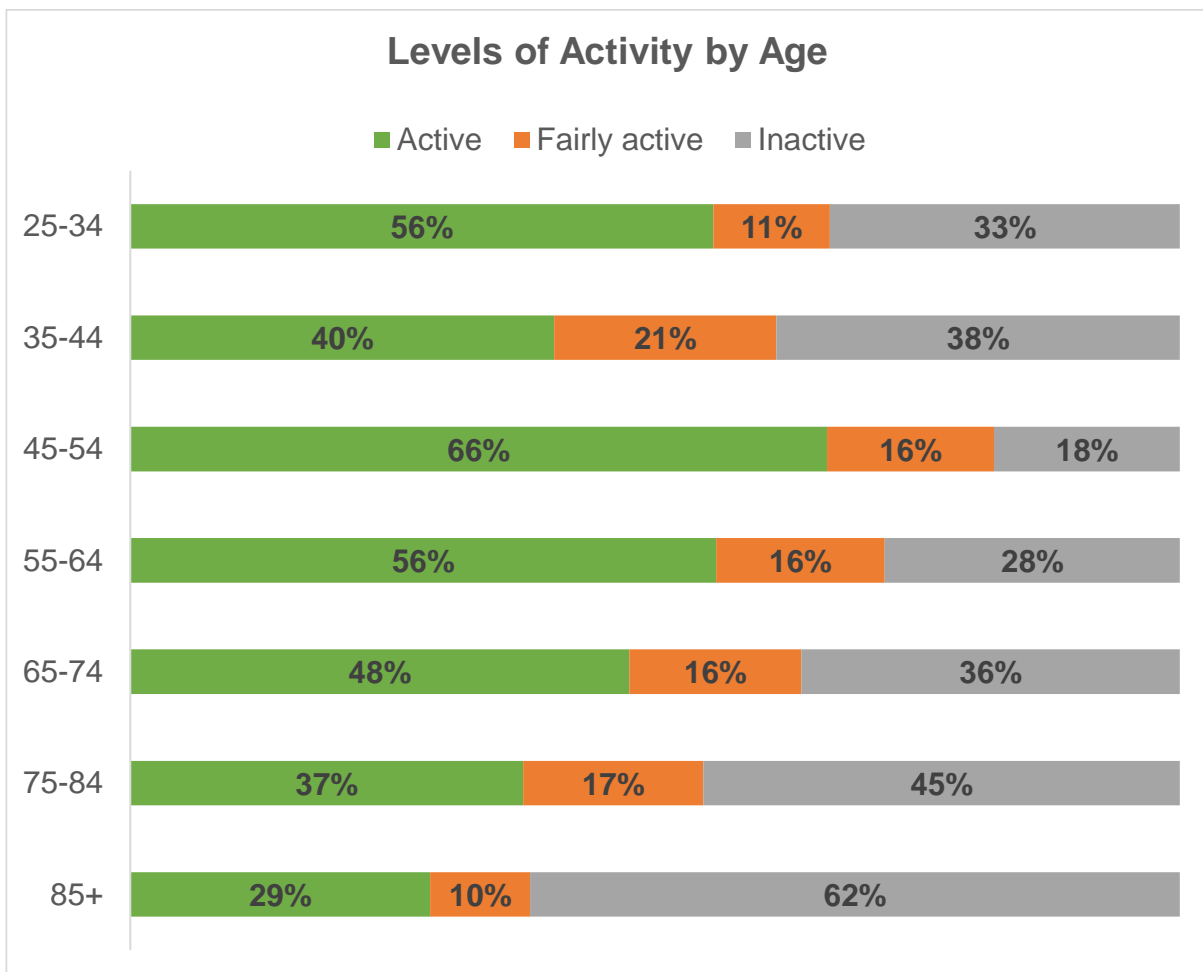
Overall, the results show that NK residents are less active than England, with only 48.5% classed as 'active' compared to 60.9%.



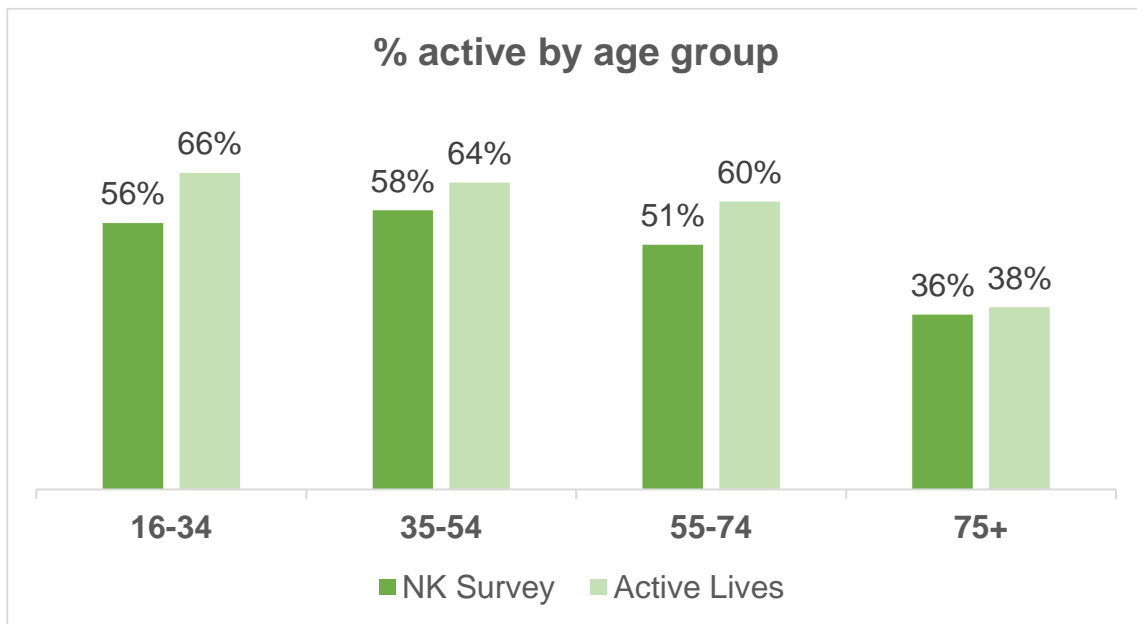
As in the Active Lives Survey (ALS), men are slightly more likely to be 'active' than women. For comparison, in the Active Lives Survey 62% of men and 60% of women were classified as 'active'.



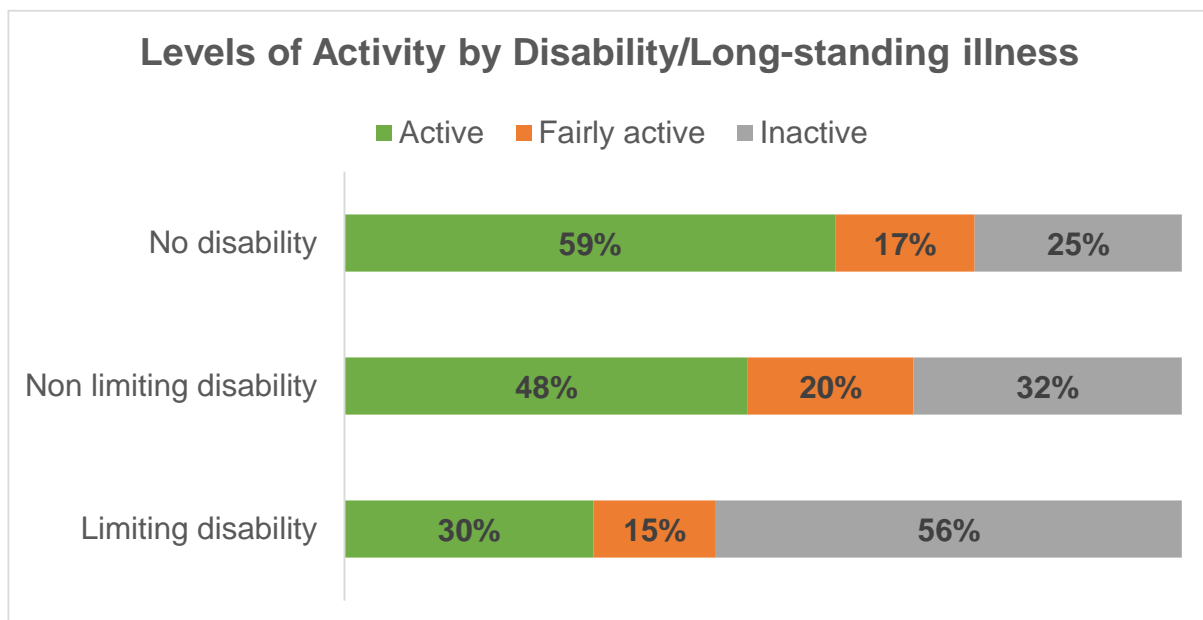
Those aged 45-55 were the most active, with the percentage achieving the 'active' level of activity decreasing with increasing age. Please note that there were no respondents aged 16-24 in the NK Corporate Survey.



Comparing with the ALS, all age groups in the NK survey were less active than for England overall.



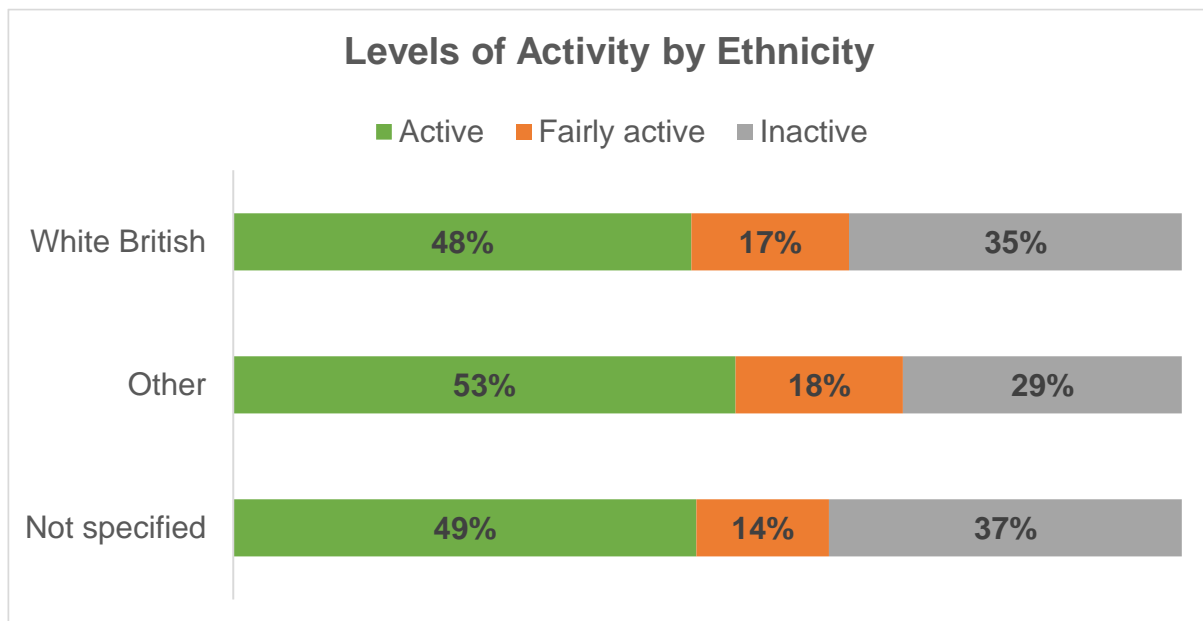
Respondents with a disability or long-standing illness, particularly that limits their activities, are less likely to be active.



In the ALS, 66% of those with no disability or long-term health condition were active (59% NK survey) compared to 45% for those with a disability or long-term health condition (34% NK – limiting and non-limiting disability).



92% of respondents to the NK Survey gave their ethnicity as 'White British'. Due to the low numbers in some of the other ethnic groups the activity data is only given for the categories below.



The map on the following page shows the percentage of the respondents who were 'active' for each ward. Please note that the number of responses from each ward varied from 9 to 73, so the results are likely to be more representative in some areas than others.

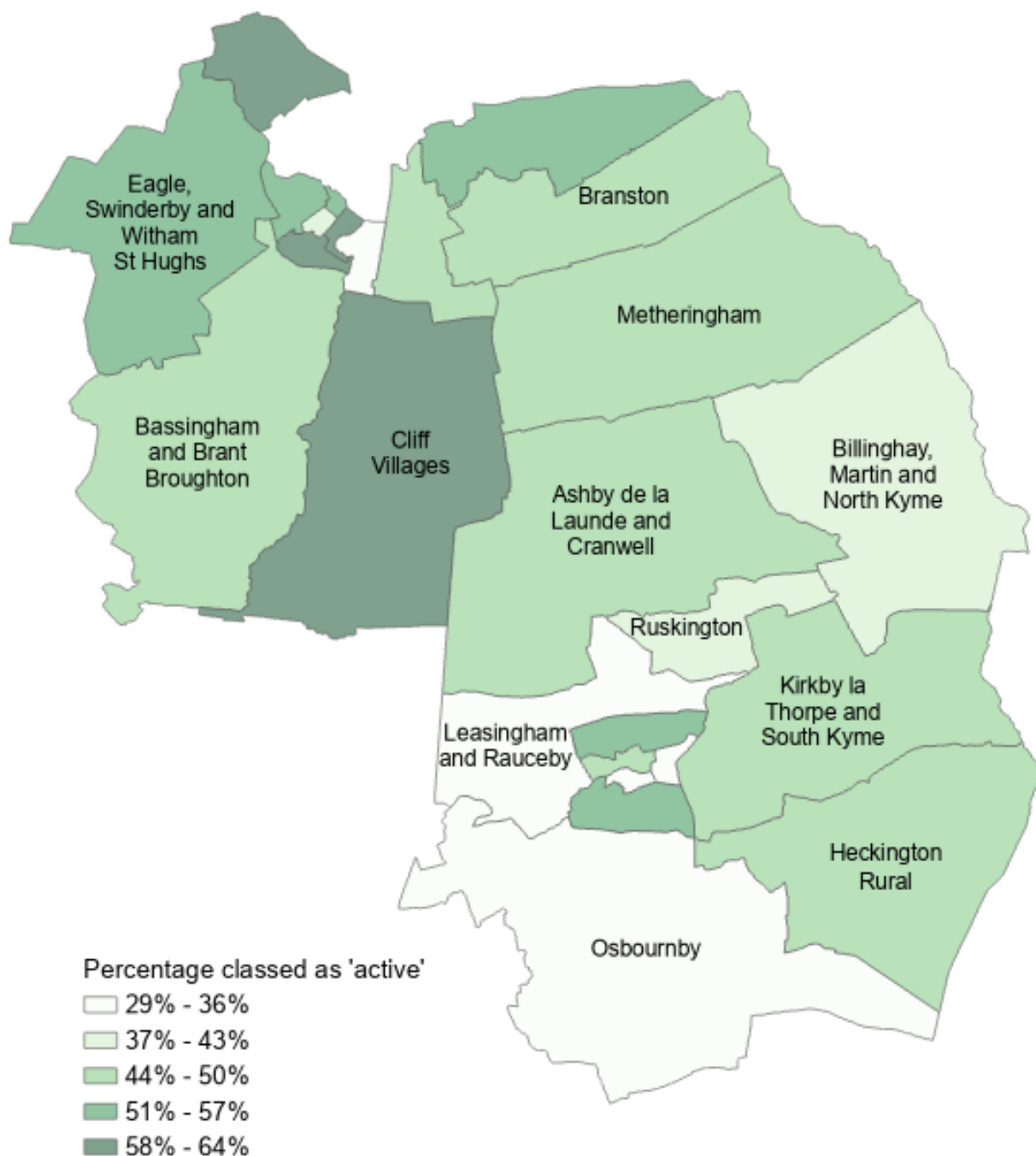
The most active wards are:

- Skellingthorpe – 64% 'active'
- North Hykeham Mill – 62%
- North Hykeham Witham - 60%
- Cliff Villages - 60%

The least active are:

- Osbournby – 29% 'active'
- Sleaford Navigation – 30%
- Leasingham and Rauceby – 30%
- Waddington West – 32%
- Sleaford Castle - 33%

## Percentage of survey respondents classed as 'active' by ward

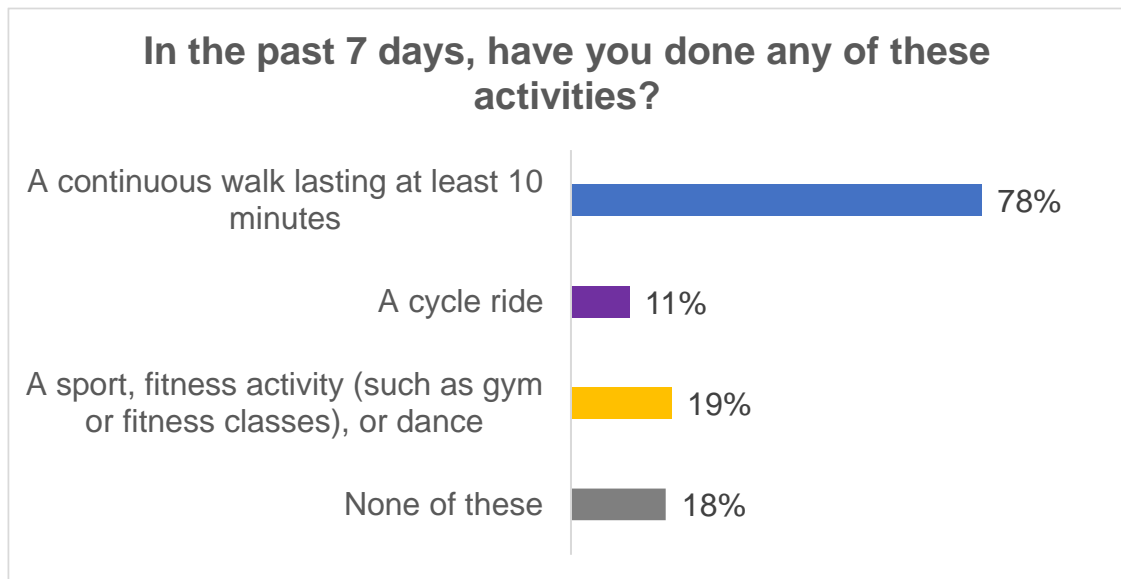


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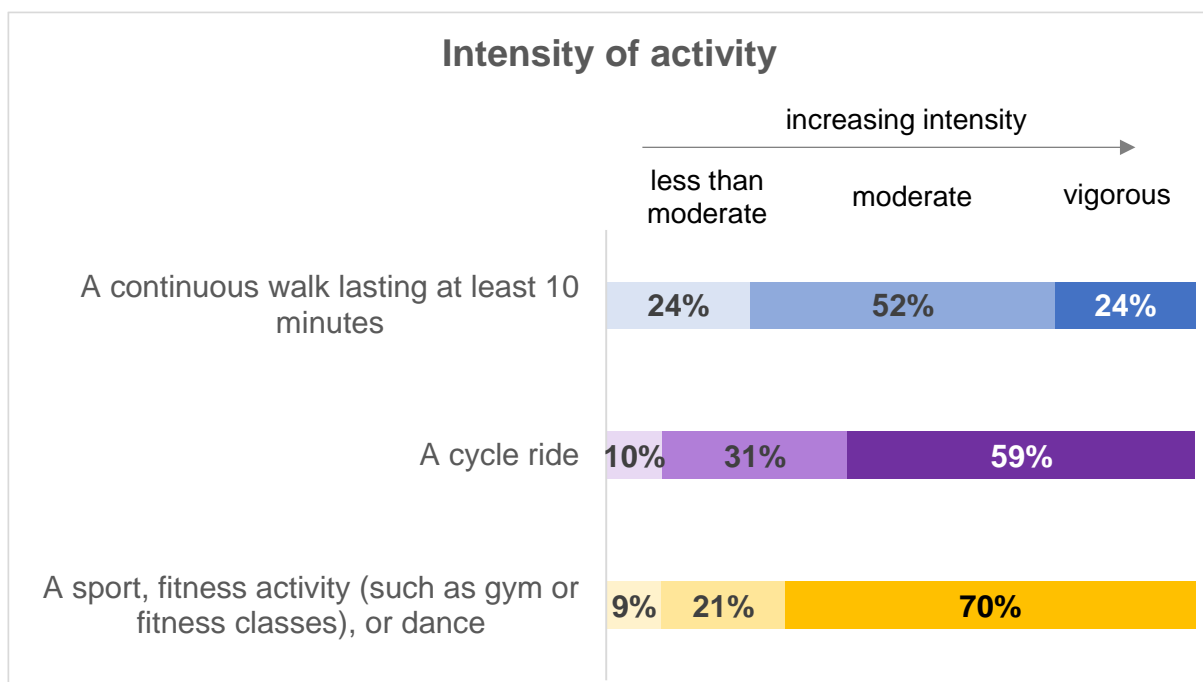
## Type of Activity

Almost 4 in 5 respondents had been on a continuous walk lasting at least 10 minutes, making it the most popular physical activity, followed by sport/fitness/dance activities, and then cycling.

Just under 1 in 5 had not done any of these activities in the past 7 days.

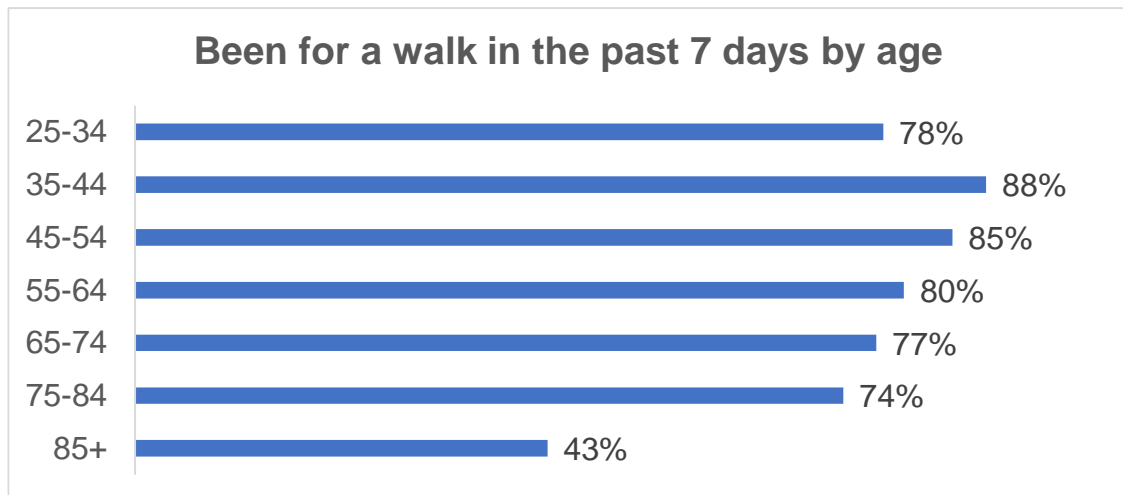
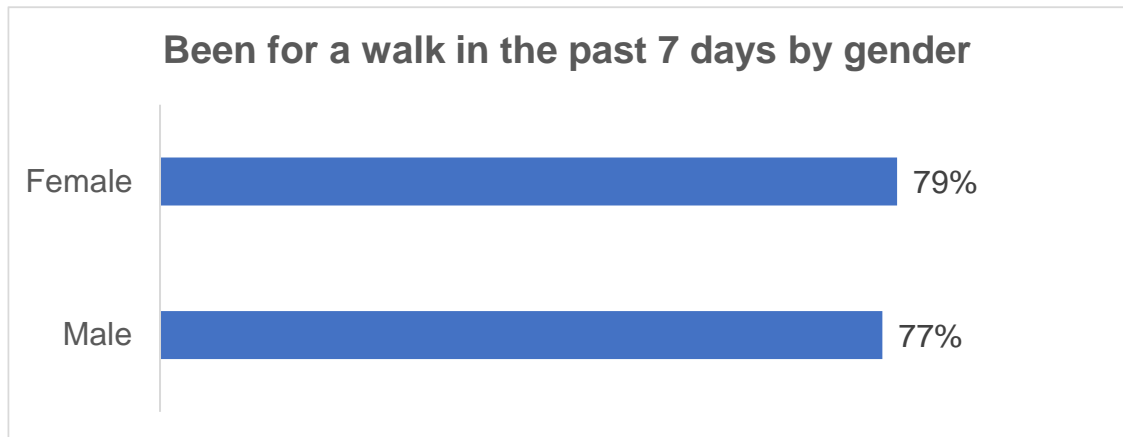


Intensity of activity varied across all activities, with sport, fitness activities and dance most likely to be completed vigorously, following by cycling and then walking.

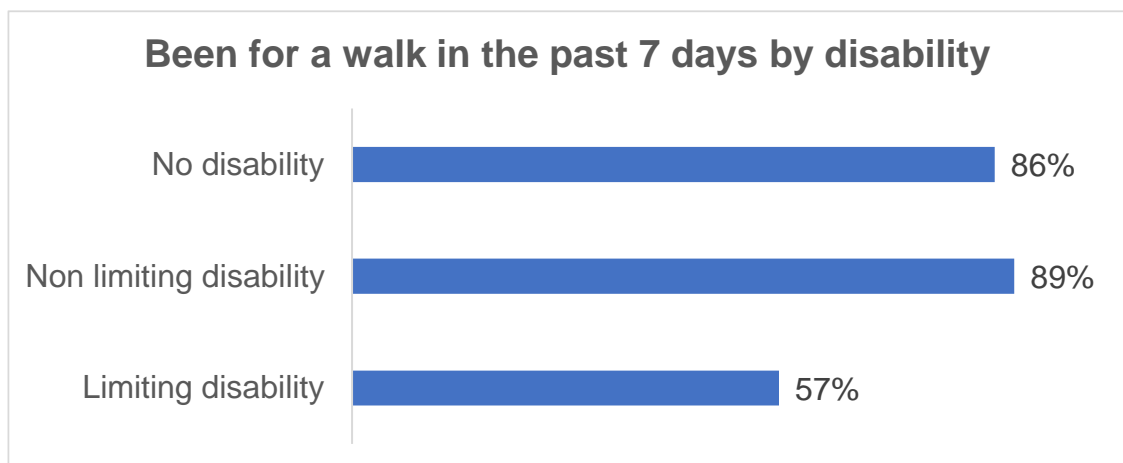


## Walking

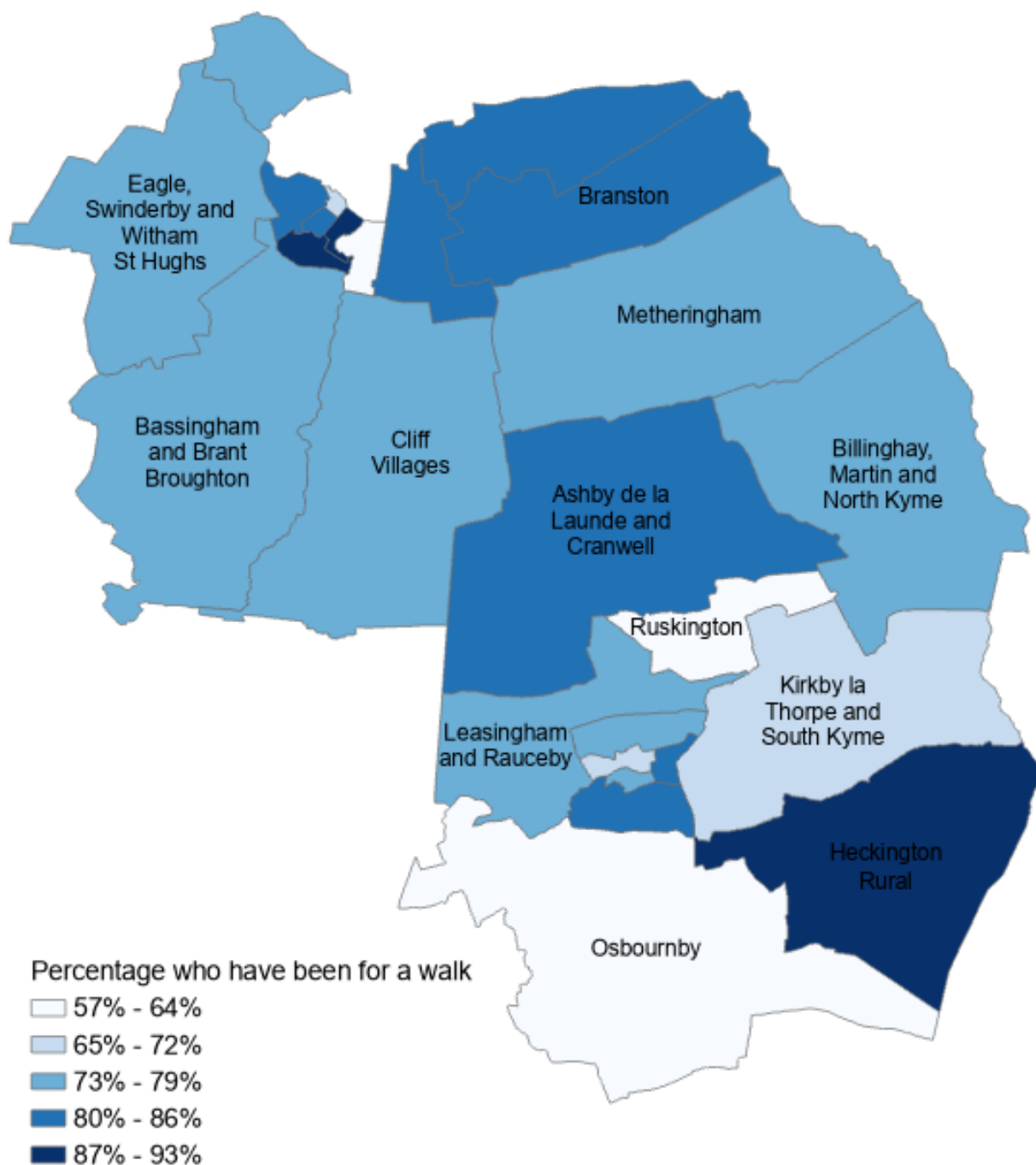
Walking is popular with both men and women, with the likelihood of having been for a walk in the last 7 days generally decreasing with increasing age.



Respondents with a limiting disability are approximately a third less likely to have been on a walk than those without a disability.



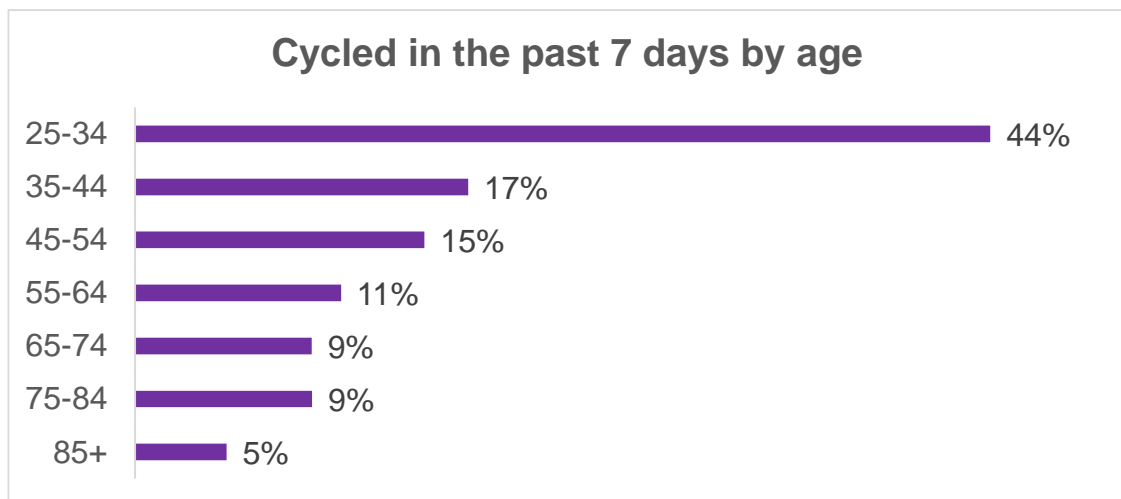
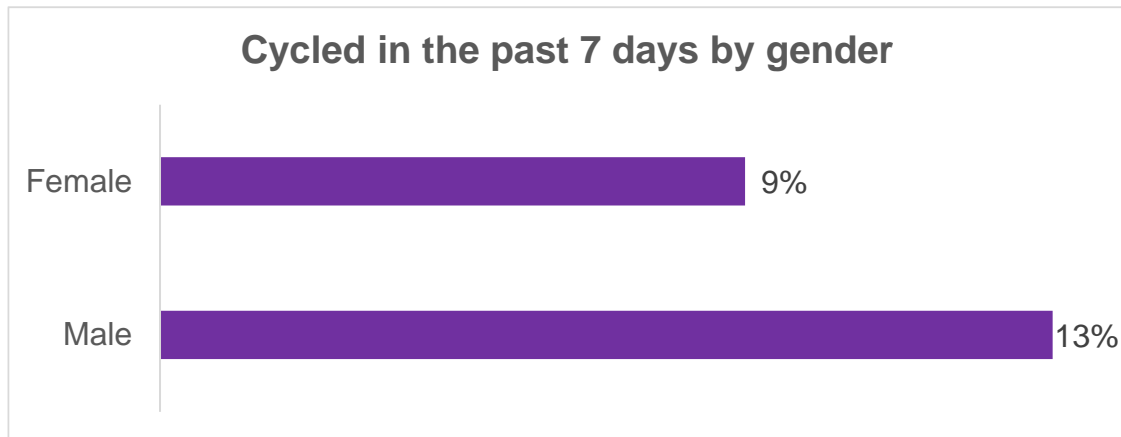
## Percentage of survey respondents who had been for a walk in the past 7 days by ward



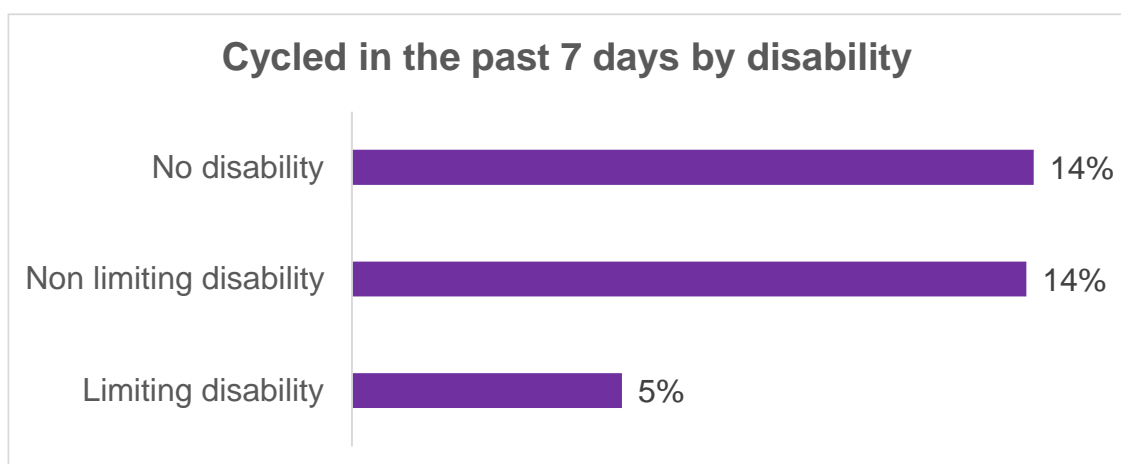
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## Cycling

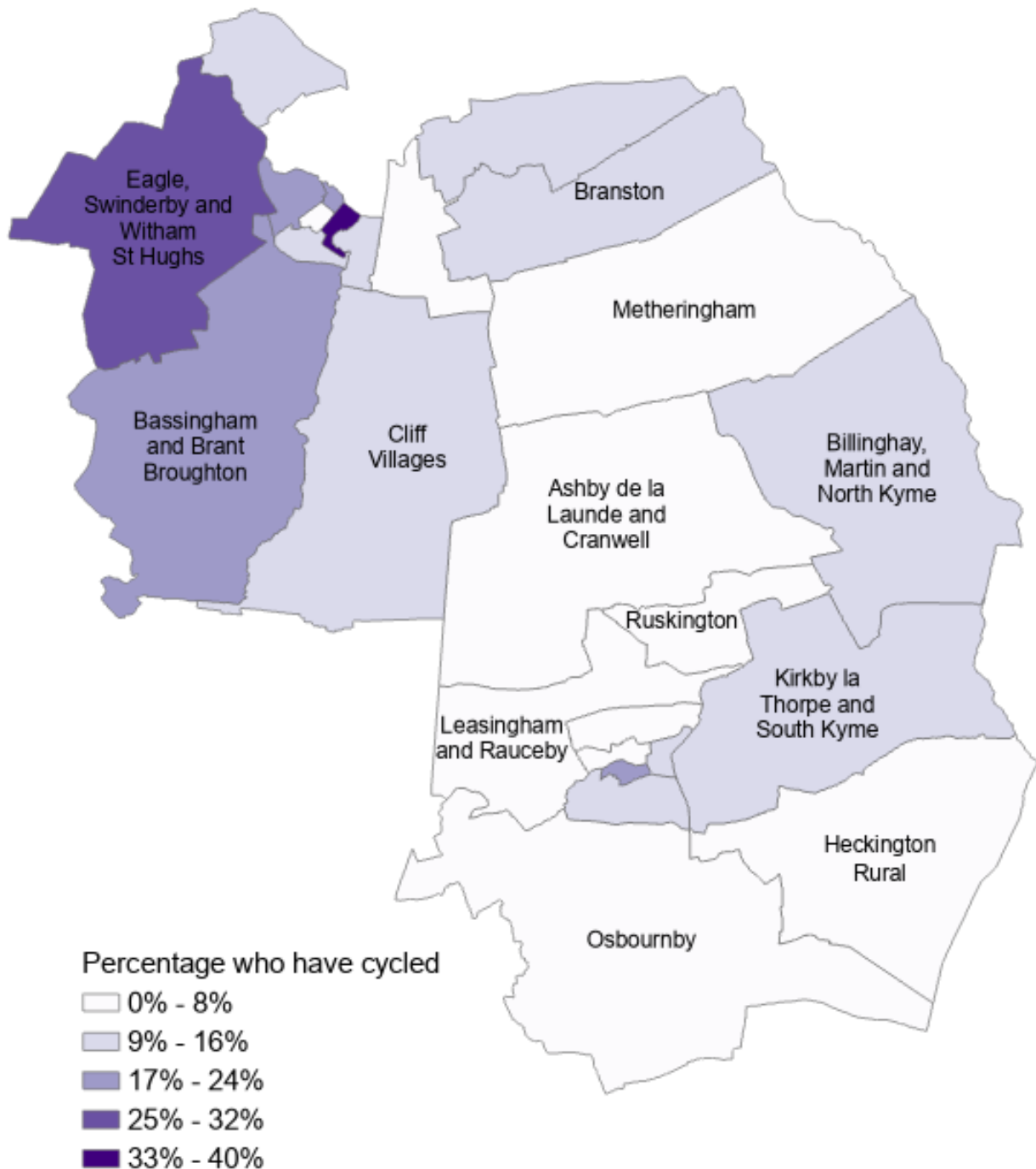
Cycling is more popular with men than women, with the likelihood of having cycled in the last 7 days generally decreasing with increasing age.



Respondents with a limiting disability are approximately two-thirds less likely to have cycled than those without a disability.



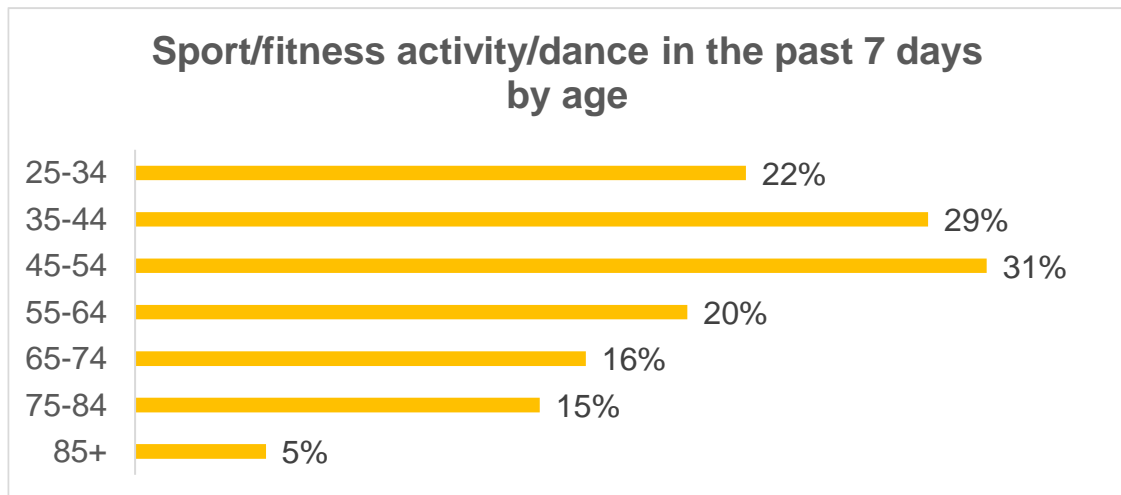
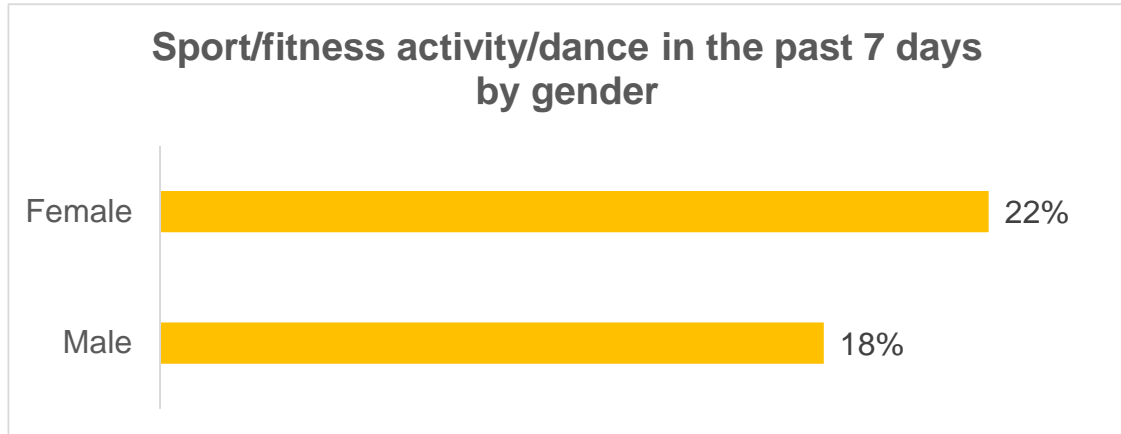
## Percentage of survey respondents who cycled in the past 7 days by ward



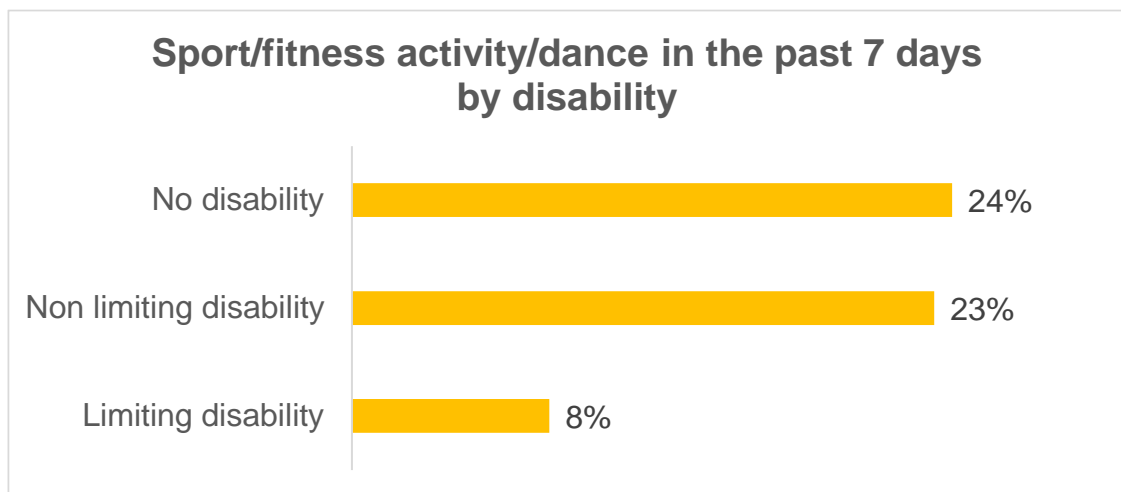
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## Sport, fitness activities and dance

These activities are more popular with women than men, with the likelihood of having participated in any of these in the last 7 days generally decreasing with increasing age.

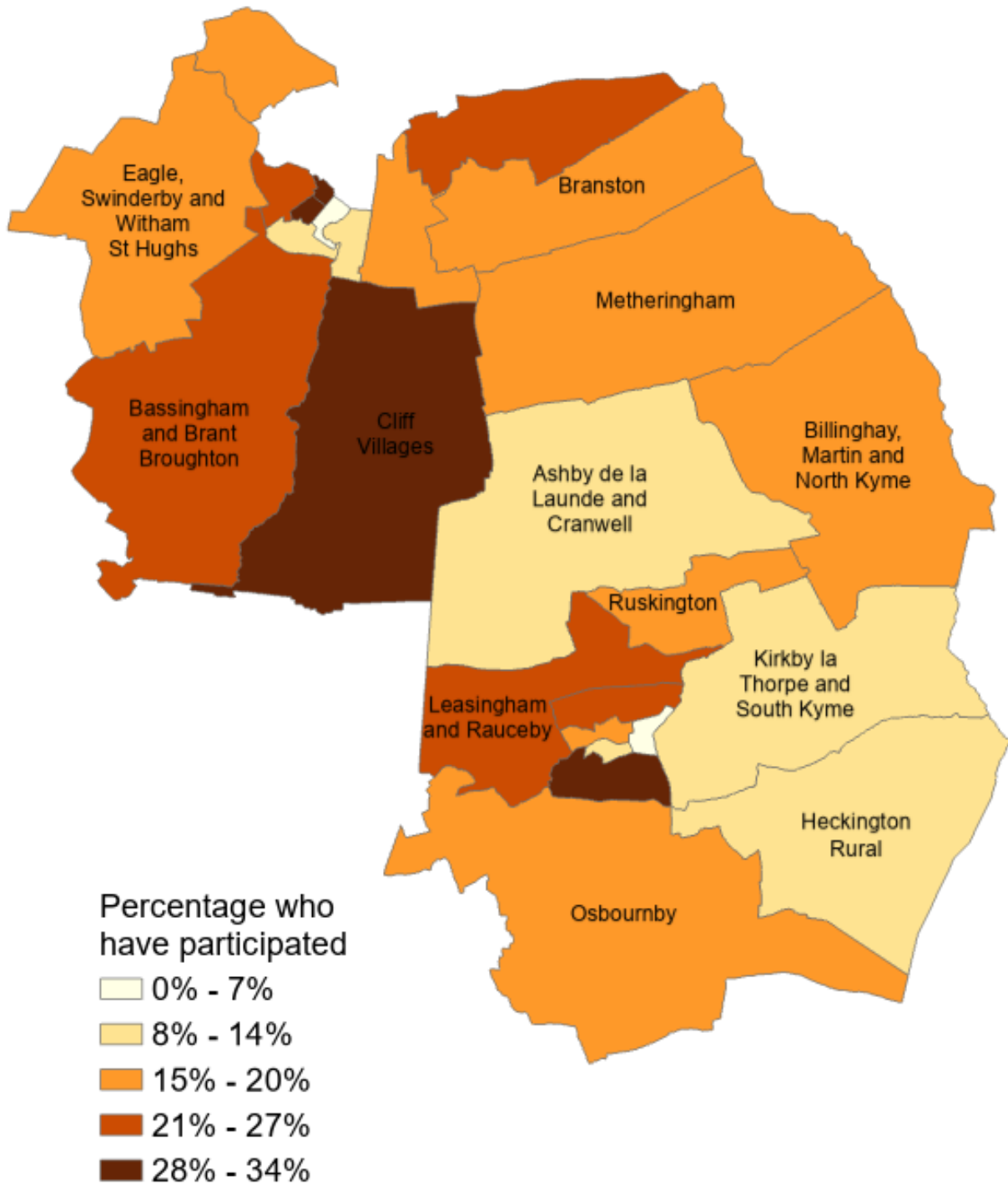


Respondents with a limiting disability are approximately two-thirds less likely to have participated in any of these activities than those without a disability.





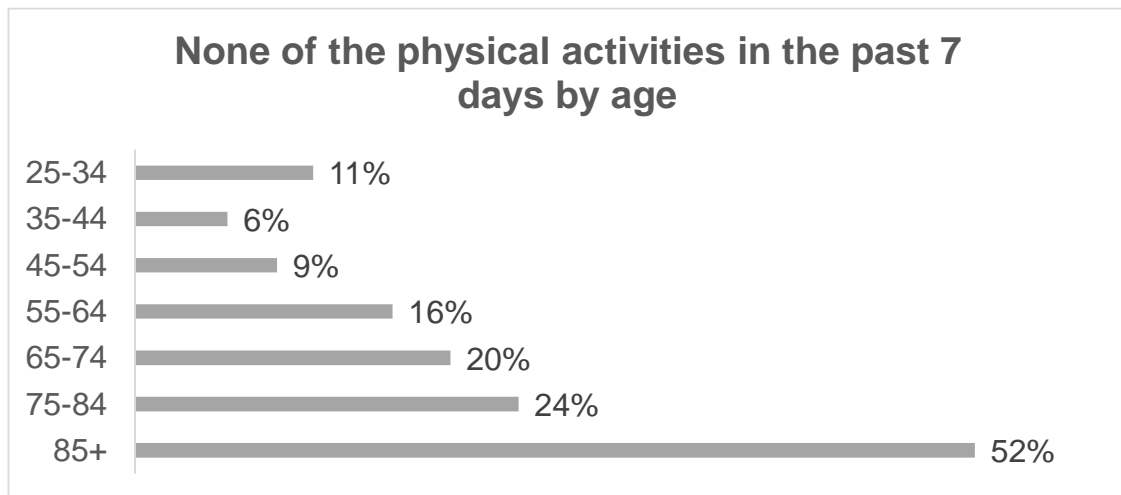
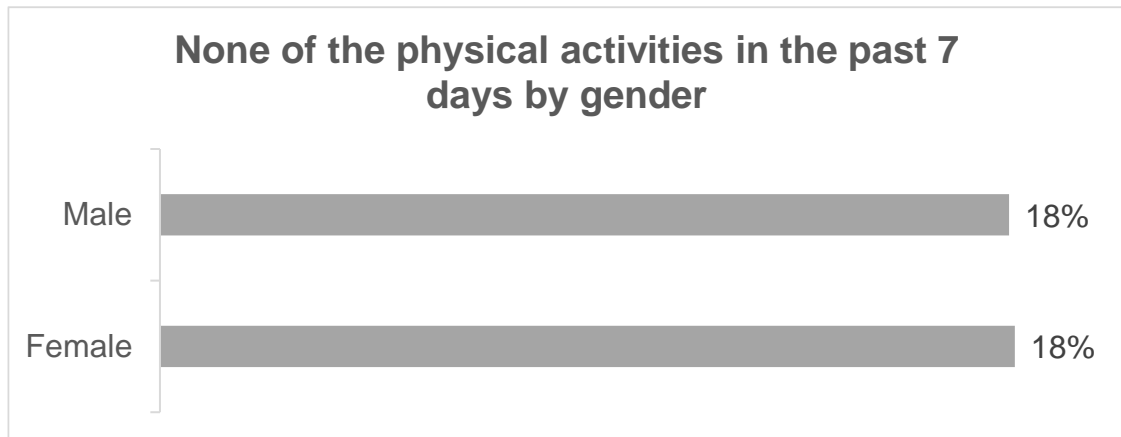
## Percentage of survey respondents who participated in sport, fitness activities or dance in the past 7 days by ward



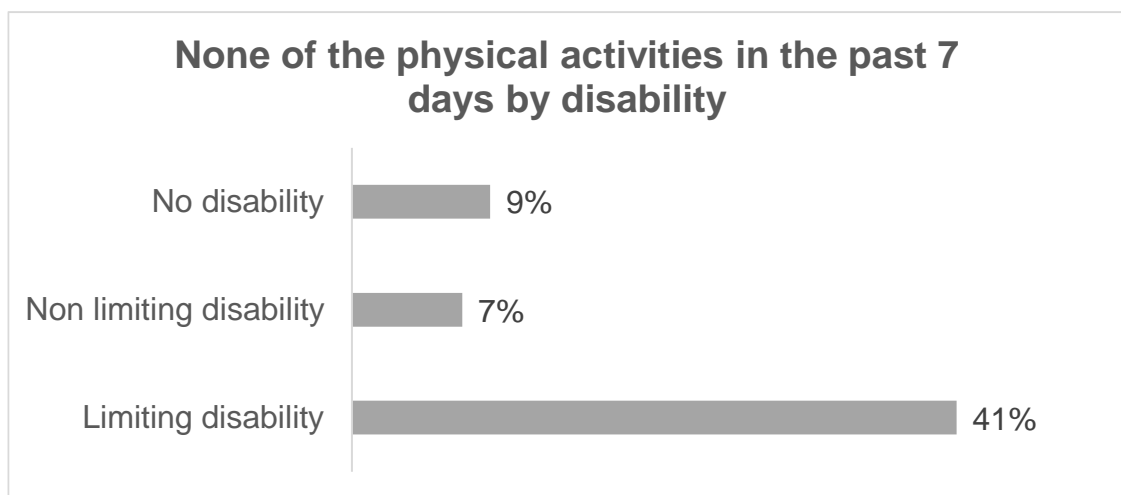
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## None of the physical activities listed

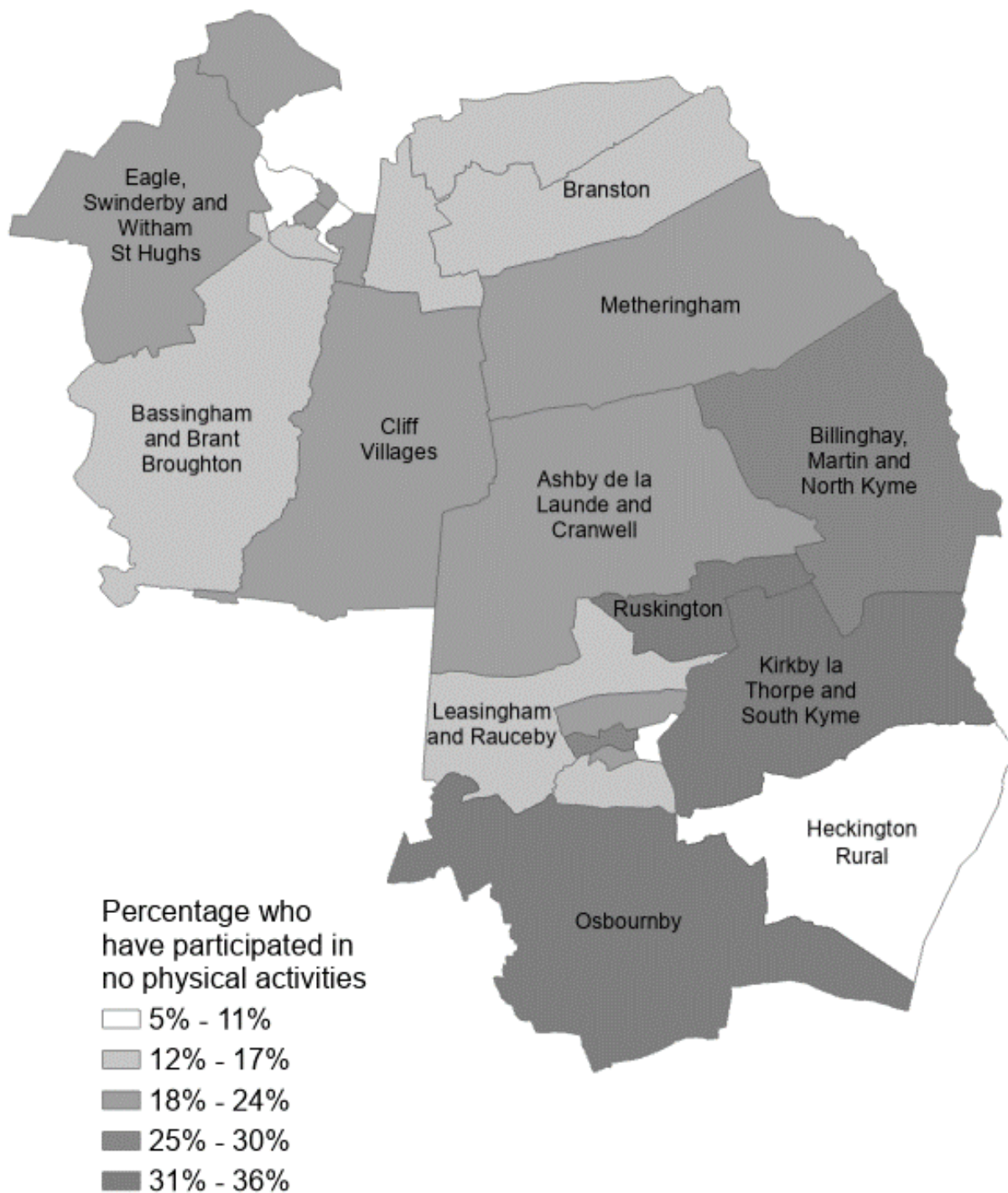
Women and men were equally likely to have not done any of the physical activities listed in the last 7 days, with likelihood of having done none of the activities generally increases with increasing age.



Respondents with a limiting disability are approximately 4 times more likely to have not participated in any of these activities than those without a disability.



## Percentage of survey respondents who participated in no physical activities in the past 7 days by ward



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**North Kesteven**  
DISTRICT COUNCIL

District Council Offices, Kesteven Street, Sleaford, Lincolnshire NG34 7EF

Telephone Number: (01529) 414155

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