

**Active Lives Adult Survey
November 2021/22
Summary Findings**

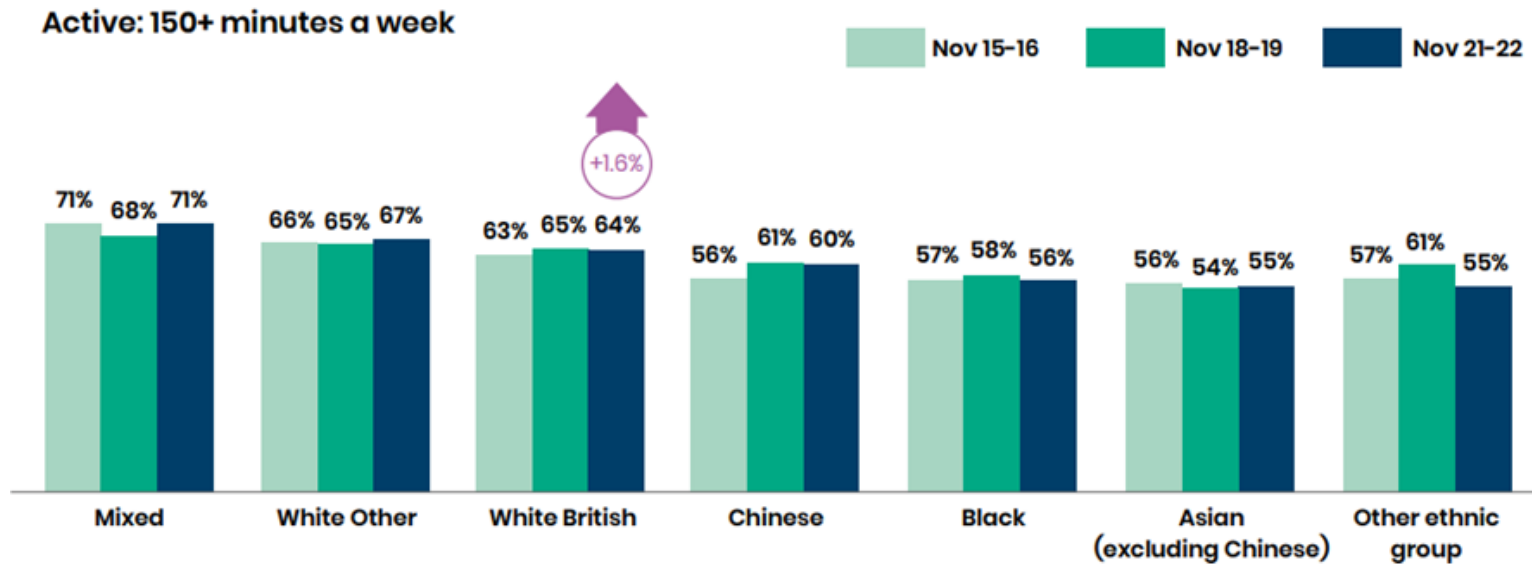
Introduction

- The Active Lives Adult Survey, is conducted biannually. Active Lives Adult survey initially began in November 2015, and replaced the Active People Survey.
- This report presents data from the Active Lives Adult Survey November 2021/22 for adults aged 16+ in England. The results were first published in April 2023.
- This summary emphasises key national statistics concerning engagement in sports and physical activities, along with well-being metrics, particularly for individuals belonging to ethnically diverse communities.

Definitions

- The UK Chief Medical Officers' Physical Activity Guidelines recommends either 150 minutes of moderate-intensity activity or 75 minutes of vigorous-intensity activity per week, coupled with resistance training at least twice a week.
- In Sport England's Active Lives Adult Survey, activity levels are categorised as "active" (averaging 150+ minutes per week), "fairly active" (averaging 30-149 minutes per week), and "inactive" (averaging less than 30 minutes per week).
- The Chief Medical Officers also advises adults to engage in muscle-strengthening activities on at least two days per week.

150 Minutes Activity a Week – 2021/22

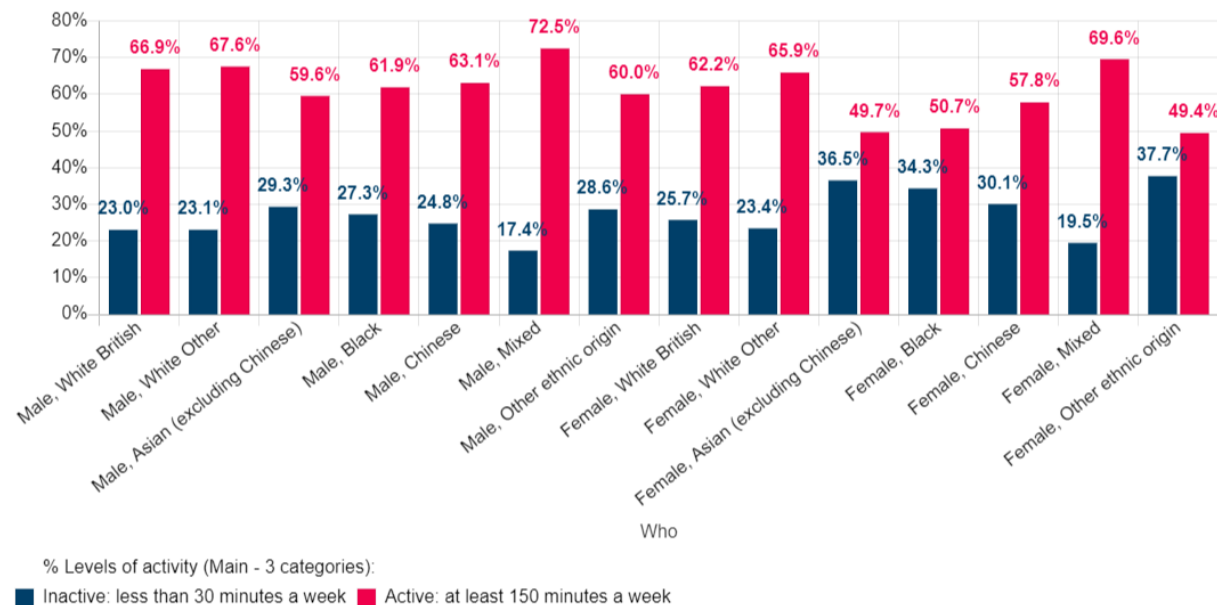


- During the pandemic there was a widespread decline in activity levels. However, many groups have bounced back to levels seen in November 2018-19, except for adults from Other ethnicities who still exhibit a deficit of 6.2%.
- The most active ethnic group is Mixed (71%), followed by White Other (67%).
- The least active ethnic group are Asian (excluding Chinese) (55%), and Other ethnic group (55%).

150 Minutes Activity/Inactivity a Week (by gender & ethnicity)

- Across all ethnic groups, males exhibit a higher percentage of activity than women in relation to their respected ethnicities.
- In terms of active males, Mixed (72.5%) are the most active, followed by White Other (67.8%). In terms of active females, Mixed females are the most active, followed by White Other (65.9%).
- In relation to inactivity and males, Asian (excluding Chinese) (29.3%) are the most inactive, followed by Black (27.3%) males. When it comes to inactivity and females, Other ethnic origin (37.7%) are the most inactive, with Asian (excluding Chinese) (36.5%) being the second most inactive ethnicity.

Levels of activity (Main - 3 categories)
Gender and Ethnicity
Nov 21-22



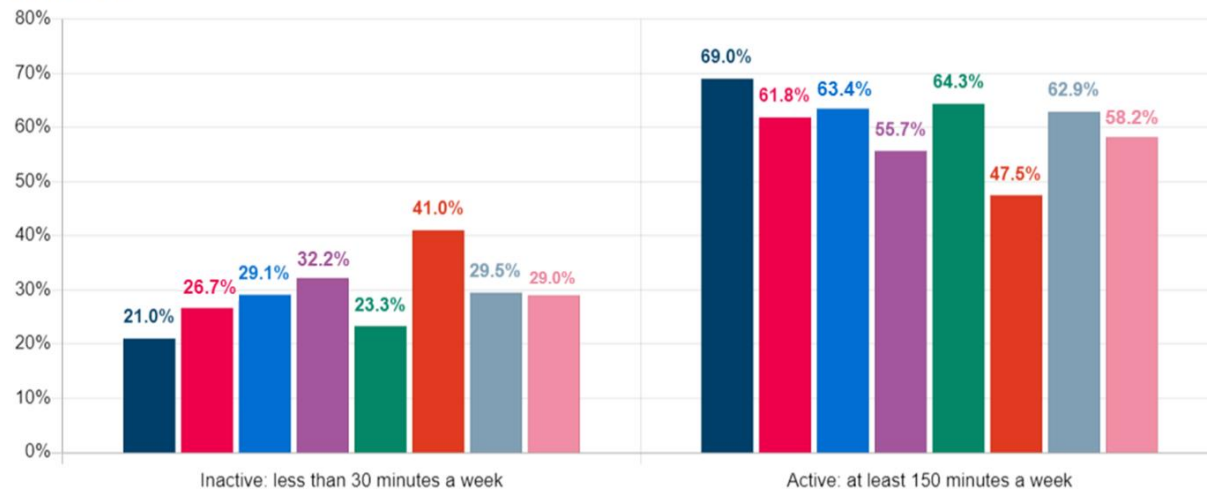
150 Minutes Activity (by religion)

- In relation to religion and activity, those that do not conform to a religion (69.0%) are the most active, followed by Jewish (64.3%) adherents. The religion that is the least active are Muslims (47.5%), with the second least active religion being Hindus (55.7%)
- The most inactive religion are Muslims (41.0%), followed by Hindus (32.2%). With the least inactive religion being those who have no religion (21.0%), with Jewish (23.3%) adults coming in second last.
- When considering both active and inactive individuals, a pattern emerges, indicating that Muslims and Hindus are the least active, while those with no religious affiliation and Jewish individuals are the most active.

Levels of activity (Main - 3 categories)

Faith

Nov 21-22

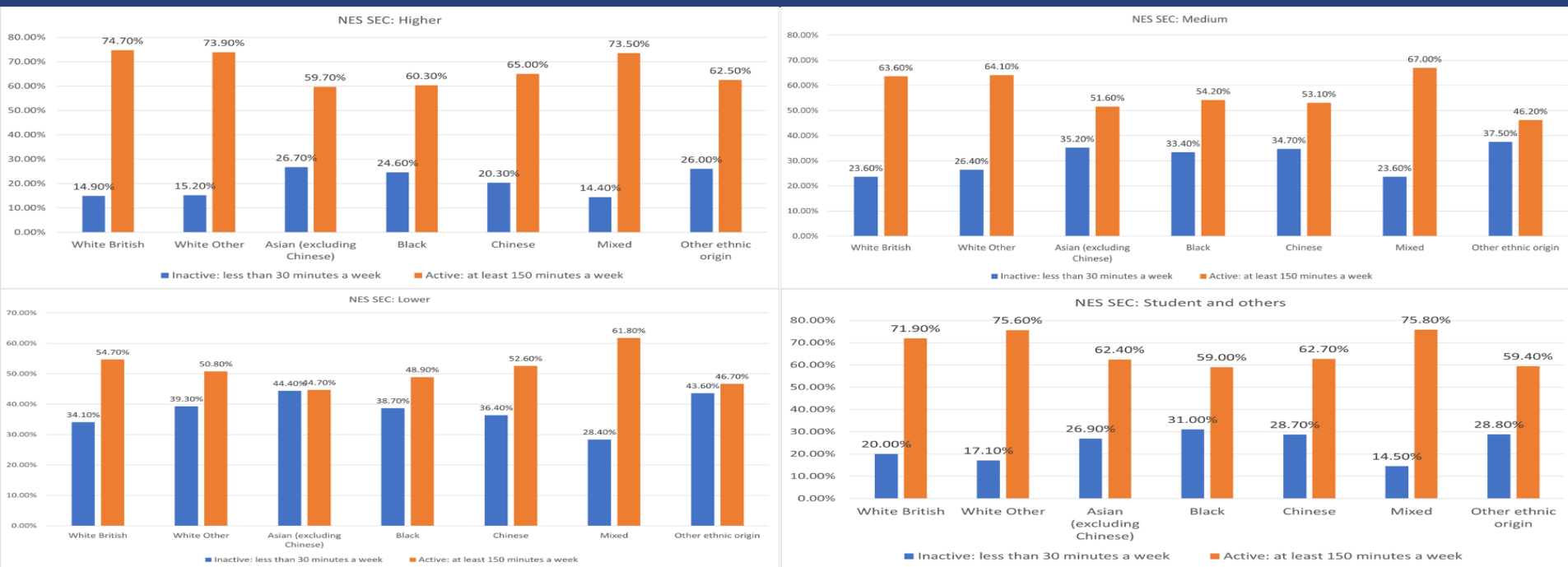


Levels of activity (Main - 3 categories)

% Levels of activity (Main - 3 categories) by Faith:

■ No Religion ■ Christian ■ Buddhist ■ Hindu ■ Jewish ■ Muslim ■ Sikh ■ Other faith

150 Minutes Activity (by social status)



- A correlation exists between social status and activity levels, where individuals with higher social status exhibit lower inactivity and higher activity rates.
- The most active ethnicity by higher social status is White British (74.70%), with the least active being Asian (excluding Chinese) (59.70%).
- The most active ethnicity by medium social status is Mixed (67.00%), with the least active being Other ethnic origin (46.20%).
- The most active ethnicity by lower social status is Mixed (61.80%), with the least active being Asian (excluding Chinese) (44.70%).
- The most active ethnicity in relation to being a student/others is Mixed (75.80%), with the least active being Black (59.00%).

150 Minutes Activity (by level of deprivation)

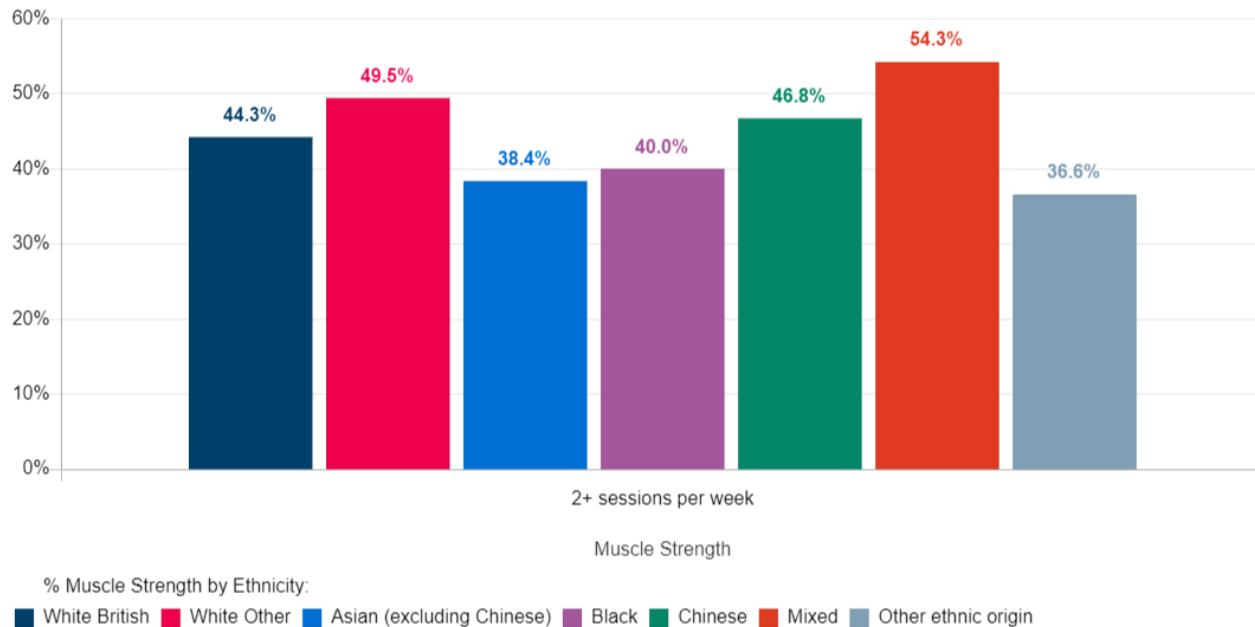
- With the expectation of the Black and Chinese ethnic groups, there is a clear trend: the lower the level of deprivation, the higher the level of activity.
- In terms of the most deprived areas, the most active ethnicity is Mixed (66.60%), followed by White Other (63.60%). The least active ethnic group is Asian (excluding Chinese) (49.70%), followed by Other ethnic origin (49.80%).
- When it comes to medium levels of deprivation, the most active ethnicity is Mixed (71.90%), followed by White Other (67.30%). The least active ethnic group is Other ethnic origin (54.90%), with Asian (excluding Chinese) (57.00%), coming in second last.
- In terms of the least deprived areas, Mixed (74.80%) are the most active followed by White Other (69.90%). In terms of ethnicity that is the least active, Black (57.60%), followed by Asian (excluding Chinese) (63.20%)

Ethnicity	Level of deprivation	Active: at least 150 minutes a week
White British	Most deprived areas	56.40%
White Other	Most deprived areas	63.60%
Asian (excluding Chinese)	Most deprived areas	49.70%
Black	Most deprived areas	52.90%
Chinese	Most deprived areas	59.60%
Mixed	Most deprived areas	66.60%
Other ethnic origin	Most deprived areas	49.80%
White British	Mid deprived areas	64.90%
White Other	Mid deprived areas	67.30%
Asian (excluding Chinese)	Mid deprived areas	57.00%
Black	Mid deprived areas	60.50%
Chinese	Mid deprived areas	61.80%
Mixed	Mid deprived areas	71.90%
Other ethnic origin	Mid deprived areas	54.90%
White British	Least deprived areas	68.60%
White Other	Least deprived areas	69.90%
Asian (excluding Chinese)	Least deprived areas	63.20%
Black	Least deprived areas	57.60%
Chinese	Least deprived areas	59.20%
Mixed	Least deprived areas	74.80%
Other ethnic origin	Least deprived areas	65.50%

Muscle Strength

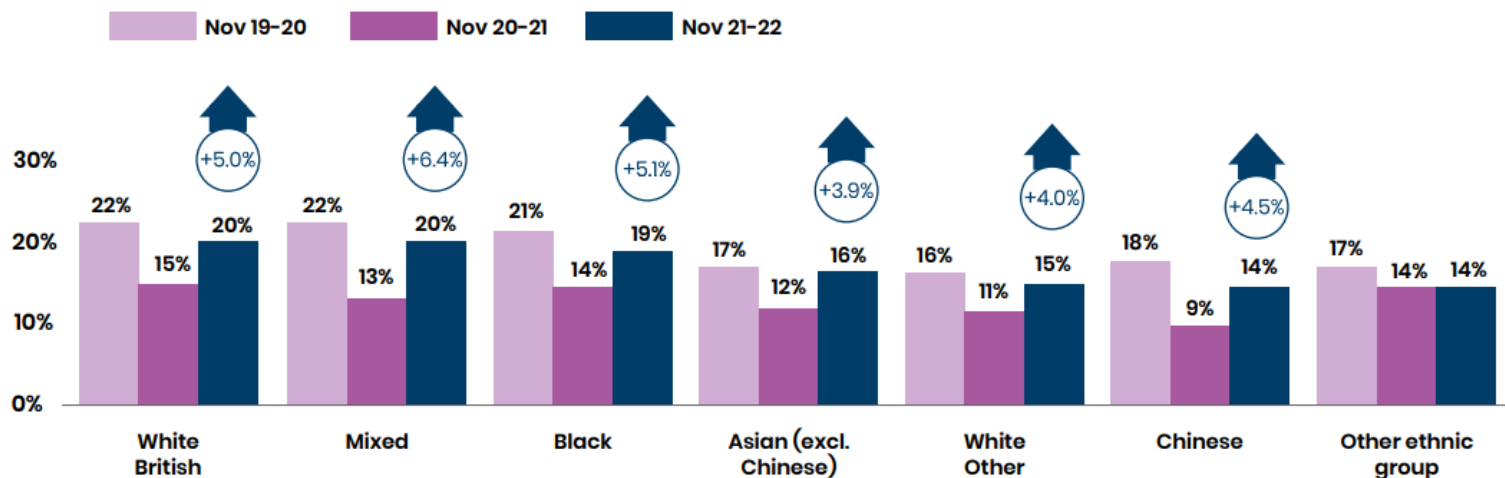
- In terms of muscle strength, Sport England reports that 44% of adults meet the overall muscle strength requirement.
- Asian (excluding Chinese) (38.4%), Black (40.0%), and Other ethnic origin (36.6%), are the least likely ethnic groups to meet the muscle strength guidelines.

Muscle Strength
Ethnicity
Nov 21-22



Volunteering

Any volunteering in the last 12 months



- Overall, 19% of adults in England have given up some of their time to volunteer.
- Asian (excluding Chinese) (16%), White Other (15%), Chinese (14%), and Other ethnic group (14%), are the ethnicities that are the least likely to engage in volunteering activities.
- The Other ethnic group is the only ethnicity that did not see an increase in volunteering rates from the previous year.

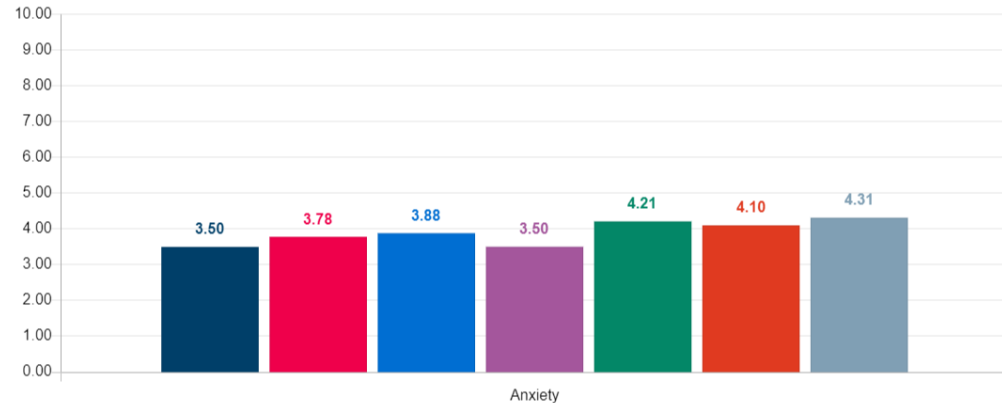
Mental Wellbeing (1)

- There are four indicators used to assess well-being: anxiety, happiness, life satisfaction and the feeling that one's life is worthwhile
- Anxiety and happiness serve as immediate measures of assessing one's mental wellbeing.
- When it comes to anxiety Chinese (4.21) have the highest average score, followed by Mixed (4.10). Whilst White British (3.50) and Black (3.50) have the lowest average anxiety levels.
- In relation to happiness, White British (7.05) have the highest average happiness levels, followed by Black (6.97) individuals. Mixed (6.49) have the lowest average happiness levels, with Other ethnic origin (6.68) have the second lowest average happiness levels.

Anxiety: How anxious did you feel yesterday? average score (0-10)

Ethnicity

Nov 21-22



Anxiety: How anxious did you feel yesterday?

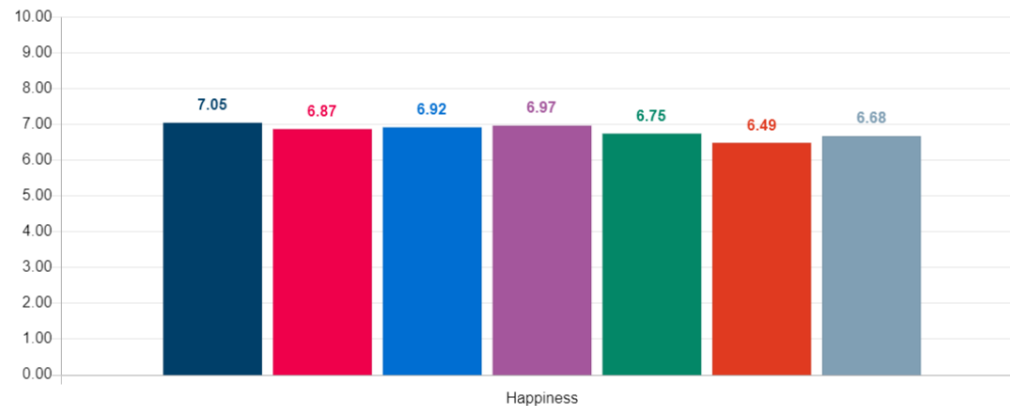
Anxiety: How anxious did you feel yesterday? by Ethnicity:

White British White Other Asian (excluding Chinese) Black Chinese Mixed Other ethnic origin

Happiness: How happy did you feel yesterday? average score (0-10)

Ethnicity

Nov 21-22



Happiness: How happy did you feel yesterday?

Happiness: How happy did you feel yesterday? by Ethnicity:

White British White Other Asian (excluding Chinese) Black Chinese Mixed Other ethnic origin

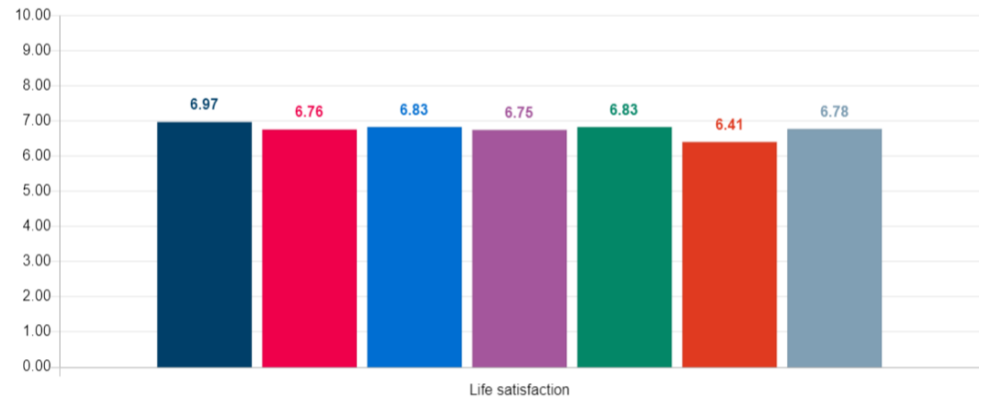
Mental Wellbeing (2)

- Life satisfaction serves as a medium-term marker, and the feeling that one's life is worthwhile as a longer-term indicator of mental wellbeing.
- White British (6.97) have the highest average life satisfaction levels, followed by Chinese (6.83). On the other hand, Mixed (6.41) have the lowest average life satisfaction, and Black (6.75) have the second lowest average life satisfaction.
- When it comes to worthwhileness, White British (7.18) and Black (7.18) have the highest average levels. Mixed (6.74) have the lowest average level of worthwhileness, followed by Chinese (6.92).

Life Satisfaction: How satisfied are you with life nowadays? average score (0-10)

Ethnicity

Nov 21-22



Life Satisfaction: How satisfied are you with life nowadays?

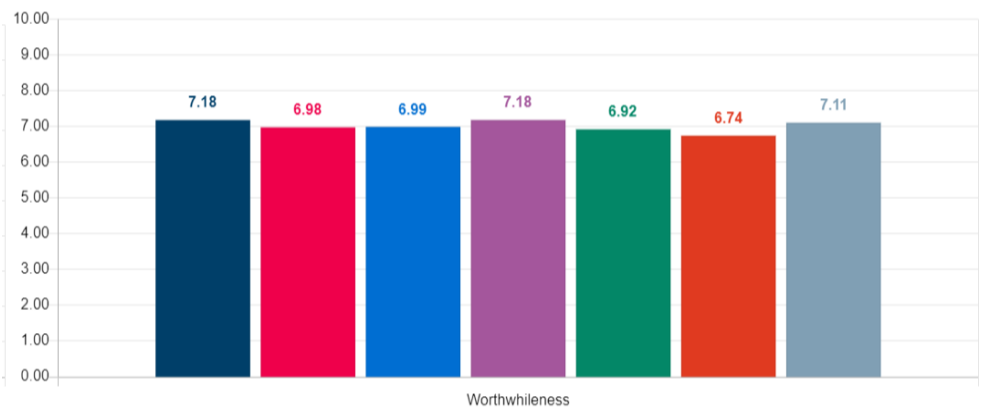
Life Satisfaction: How satisfied are you with life nowadays? by Ethnicity:

White British White Other Asian (excluding Chinese) Black Chinese Mixed Other ethnic origin

Worthwhileness: To what extent are the things you do in your life worthwhile? average score (0-10)

Ethnicity

Nov 21-22



Worthwhileness: To what extent are the things you do in your life worthwhile?

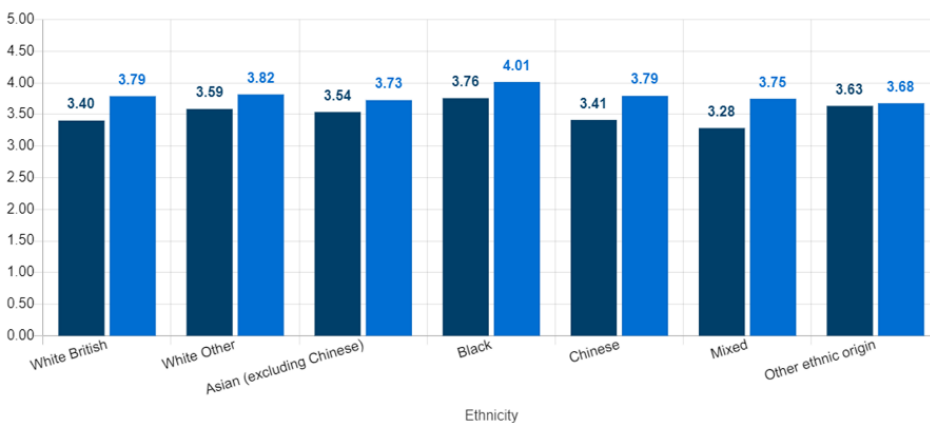
Worthwhileness: To what extent are the things you do in your life worthwhile? by Ethnicity:

White British White Other Asian (excluding Chinese) Black Chinese Mixed Other ethnic origin

Individual Development

Goals: I can achieve most of the goals I set myself : Goals: I can achieve most of the goals I set myself average score (1-5) by Levels of activity (Main - 3 categories)

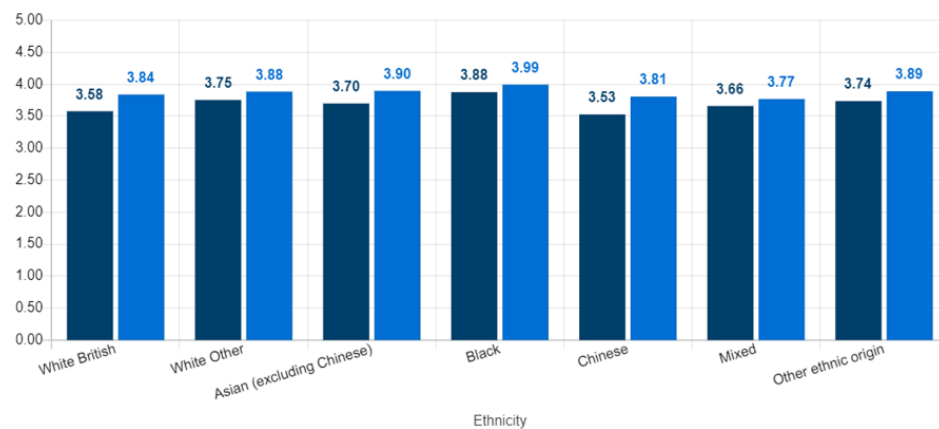
Ethnicity
Nov 21-22



Goals: I can achieve most of the goals I set myself by Levels of activity (Main - 3 categories):
 ■ Inactive: less than 30 minutes a week ■ Active: at least 150 minutes a week

Resilience: If I find something difficult, I keep trying until I can do it : Resilience: If I find something difficult, I keep trying until I can do it average score (1-5) by Levels of activity (Main - 3 categories)

Ethnicity
Nov 21-22



Resilience: If I find something difficult, I keep trying until I can do it by Levels of activity (Main - 3 categories):
 ■ Inactive: less than 30 minutes a week ■ Active: at least 150 minutes a week

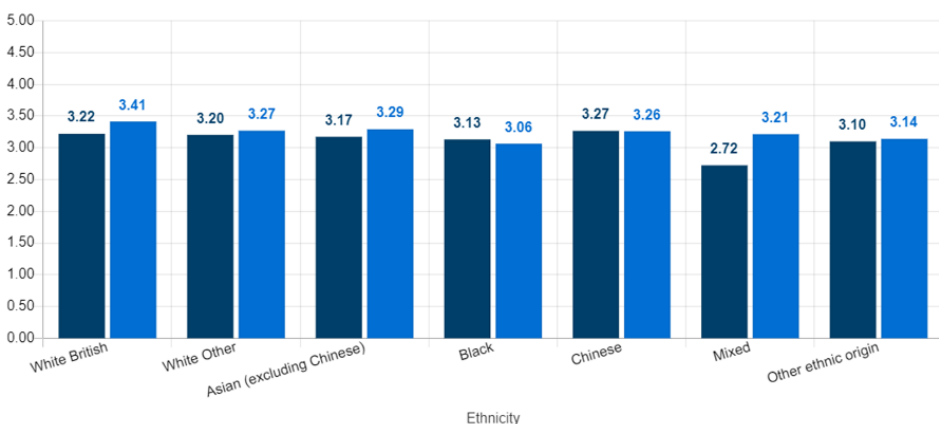
- Two indicators of individual development are goals and resilience. Regardless of ethnicity, individuals who are active exhibit higher rates of these indicators.
- In relation to goals and being active, Black (4.01) adults have the highest average active goal score, followed by White Other (3.82). However, Other ethnic origin (3.68) have the lowest active average score, followed by Asian (excluding Chinese) (3.73).
- In terms of resilience, Black (3.99) individuals have the highest average active score, Asian (excluding Chinese) (3.90) have the second highest score. Mixed (3.77) individuals have the lowest average active score, followed by Chinese (3.81).

Community Development

Social Trust: Most people in your local area can be trusted : Social trust: Most people in your local area can be trusted agreement average score (1-5) by Levels of activity (Main - 3 categories)

Ethnicity

Nov 21-22



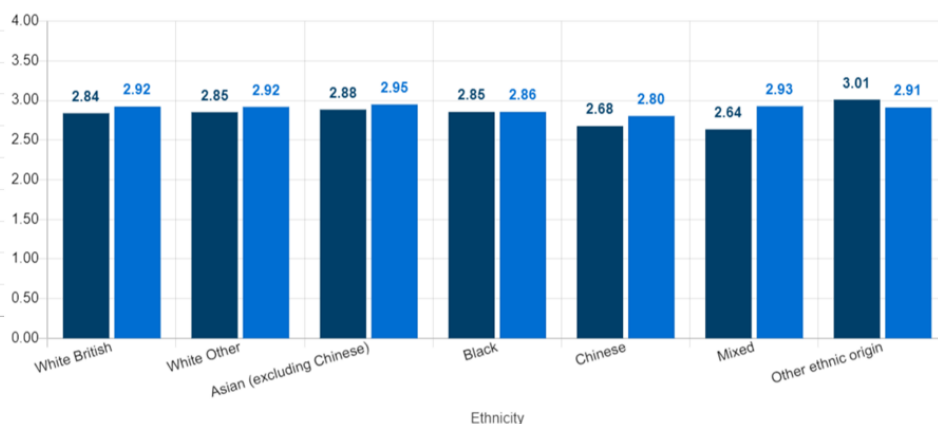
Social Trust: Most people in your local area can be trusted by Levels of activity (Main - 3 categories):

■ Inactive: less than 30 minutes a week ■ Active: at least 150 minutes a week

Community Integration: My local area is a place where people from different backgrounds get on well together : My local area is a place where people from different backgrounds get on well together average score (1-4) by Levels of activity (Main - 3 categories)

Ethnicity

Nov 21-22



Community Integration: My local area is a place where people from different backgrounds get on well together by Levels of activity (Main - 3 categories):

■ Inactive: less than 30 minutes a week ■ Active: at least 150 minutes a week

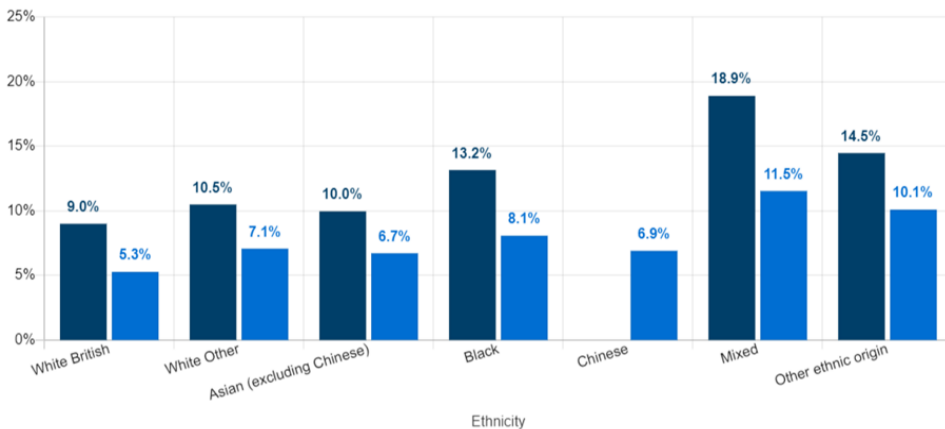
- Two indicators of community development are social trust and community integration. Individuals who are active demonstrate higher rates of these indicators regardless of ethnicity, except for who are of an Other ethnic origin.
- White British (3.41) have the highest average active social trust score, with Asian (excluding Chinese) (3.29) having the second highest average score. Black (3.06) adults have the lowest average active social trust score, followed by Other ethnic origin (3.14).
- When looking at community integration and being active, Asian (excluding Chinese) (2.95) have the highest average community integration score, followed by Mixed (2.93). Chinese (2.80) have the lowest community integration score, followed by the Black (2.86) ethnic group.

Loneliness (1)

Loneliness : Often / always by Levels of activity (Main - 3 categories)

Ethnicity

Nov 21-22

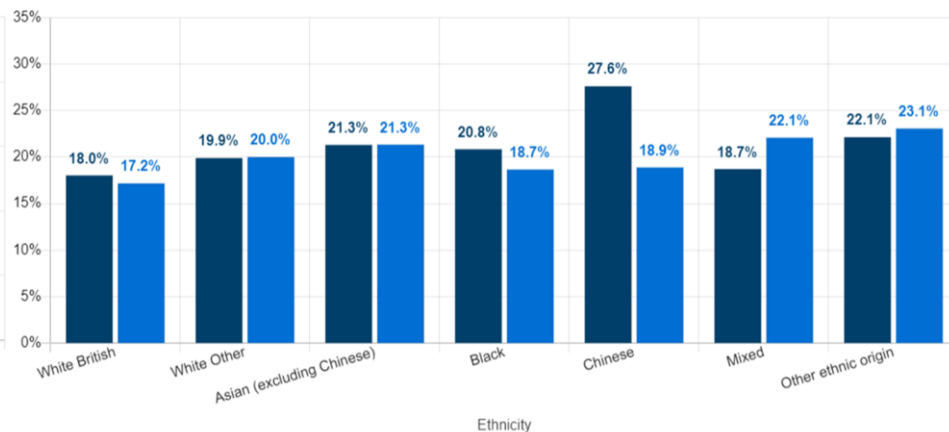


% Loneliness by Levels of activity (Main - 3 categories):
 ■ Inactive: less than 30 minutes a week ■ Active: at least 150 minutes a week

Loneliness : Some of the time by Levels of activity (Main - 3 categories)

Ethnicity

Nov 21-22



% Loneliness by Levels of activity (Main - 3 categories):
 ■ Inactive: less than 30 minutes a week ■ Active: at least 150 minutes a week

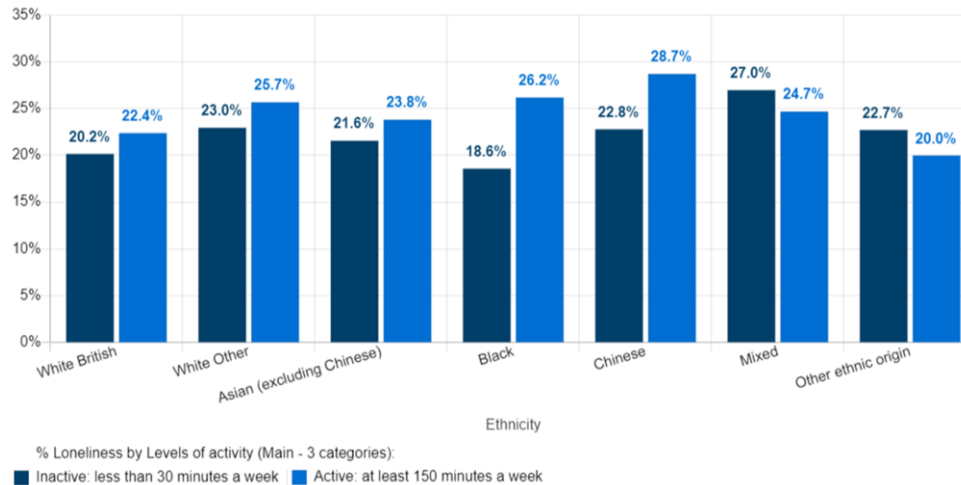
- Sport England findings have found a marginal decrease among individuals experiencing occasional loneliness, however there is an ongoing trend of overall increases in those feeling lonely often/always, some of the time, and occasionally, in comparison to November 2019-20
- In terms of feeling lonely often and being active, Mixed (11.5%) ethnicity have the highest loneliness levels, followed by Other ethnic origin (10.1%). White British (5.3%), and Asian (excluding Chinese) (6.7%) have the lowest loneliness levels.
- When it comes to feeling lonely some of the time and being active, Other ethnic origin (23.1%), and Mixed (22.1%) have the highest loneliness levels. Whilst White British (17.2%) and Black (18.7%) have the lowest loneliness levels.

Loneliness (2)

Loneliness : Occasionally by Levels of activity (Main - 3 categories)

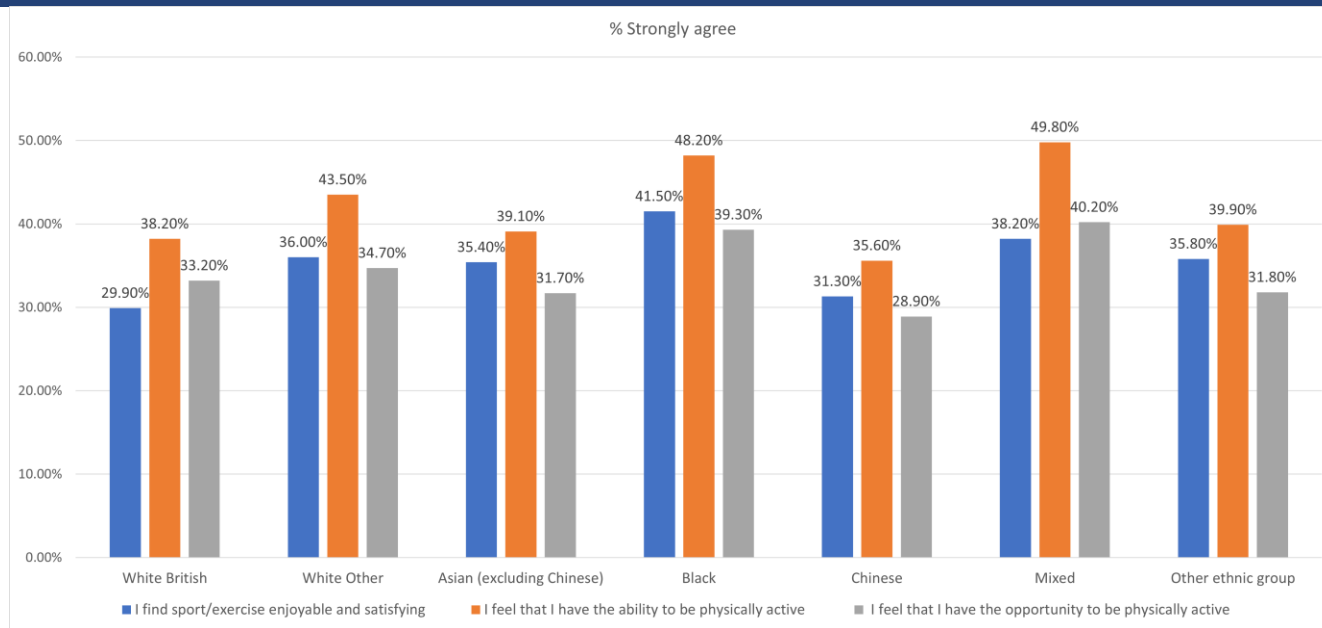
Ethnicity

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- Chinese (28.7%) have the highest loneliness levels in terms of being lonely occasionally and being active, followed by Black (26.2%) adults. Other ethnic origin (20.0%) have the lowest occasionally loneliness levels, followed by White British (22.4%).

Positive Attitudes



- There are three key areas that relate to having positive attitudes, capability, opportunity and lastly motivation.
- In terms of capability, Mixed (49.80%) have the highest percentage of adults who agree that they have the capability to be active. On the other hand, Chinese (35.60%) adults have the lowest .
- When it comes to opportunity, Mixed (40.20%) have the highest percentage of adults who agree that they have the opportunity to be active. Whilst, Chinese (28.90%) adults have the lowest.
- Black (41.50%) adults have the highest motivation levels. White British (29.90%) have the lowest.

Conclusions

- The data reveals persistent disparities, indicating that adults of Asian, Black, and other ethnic backgrounds have experienced a decline in physical activity levels.
- Gender differences are evident, with males consistently exhibiting higher activity levels than females across most ethnic groups.
- The correlation between social status and activity levels is apparent, emphasising the need for targeted interventions.
- Religious affiliations also play a role, with Muslims displaying the highest inactivity levels. Conversely, individuals without religious affiliation and Jewish individuals are identified as the most active religious groups.
- Additionally, a clear trend shows that lower levels of deprivation correspond to higher activity levels, highlighting the influence of socio-economic factors.

Recommendations

- Implement targeted interventions: Address disparities in physical activity levels among specific ethnic groups by designing interventions that consider cultural preferences and barriers unique to each group.
- Develop gender-specific strategies: Recognise variations in activity levels between males and females within ethnic groups and create tailored strategies to encourage physical activity among both genders.
- Tailor programs for cultural and religious sensitivity: Design physical activity programs that are culturally and religiously sensitive, taking into account the unique preferences and constraints of different religious and ethnic communities.

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Contact Us:

E: info@sportingequals.org.uk

T: 0121 777 1375