

Get Berkshire Active Survey

Physical Activity
in Berkshire during
the Covid-19 restrictions:
Older Adults

June 2020

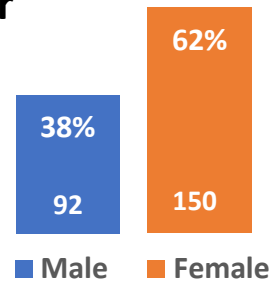


Executive Summary: Berkshire Older Adults

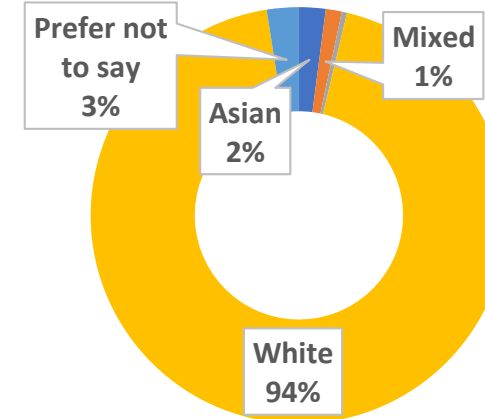
- 30% of respondents were over the age of 65 and therefore considered an 'Older Adult'
- 52% of people were active at least 5 days of the week during the restrictions which was the same as the overall Berkshire rate (this is enough to meet the CMO recommended 150 minutes per week of physical activity)
- 12% people had not done any physical activity in the previous week, for Berkshire it was 10%
- People were less active during the restrictions than before (36% said they were now doing less compared to 31% who said they were doing more)
- Exercising to manage physical health was the main reason for exercising more during the restrictions (85%), over two thirds (69%) said they think it is important to keep physically active
- Walking was the most common activity done during the restrictions, closely followed by gardening
- TV programmes/news was the most common source of information (38%), 18% used Facebook as a source compared to 30% of Berkshire overall

Demographics: Berkshire Older Adults

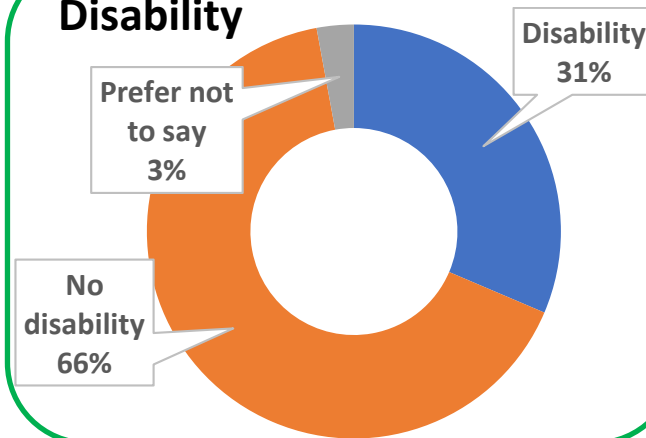
Gender



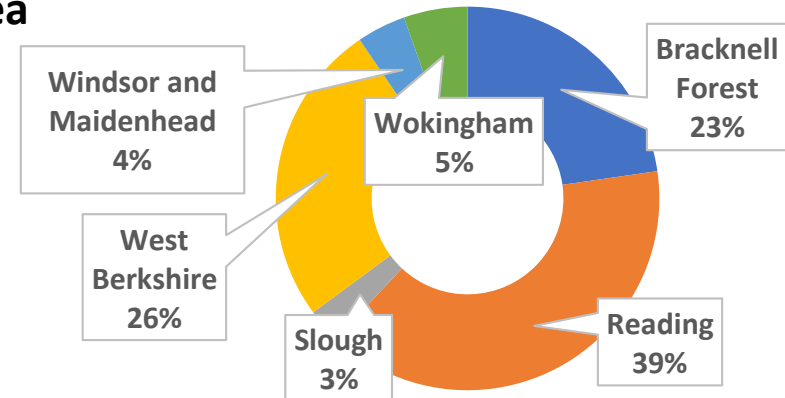
Ethnicity



Disability

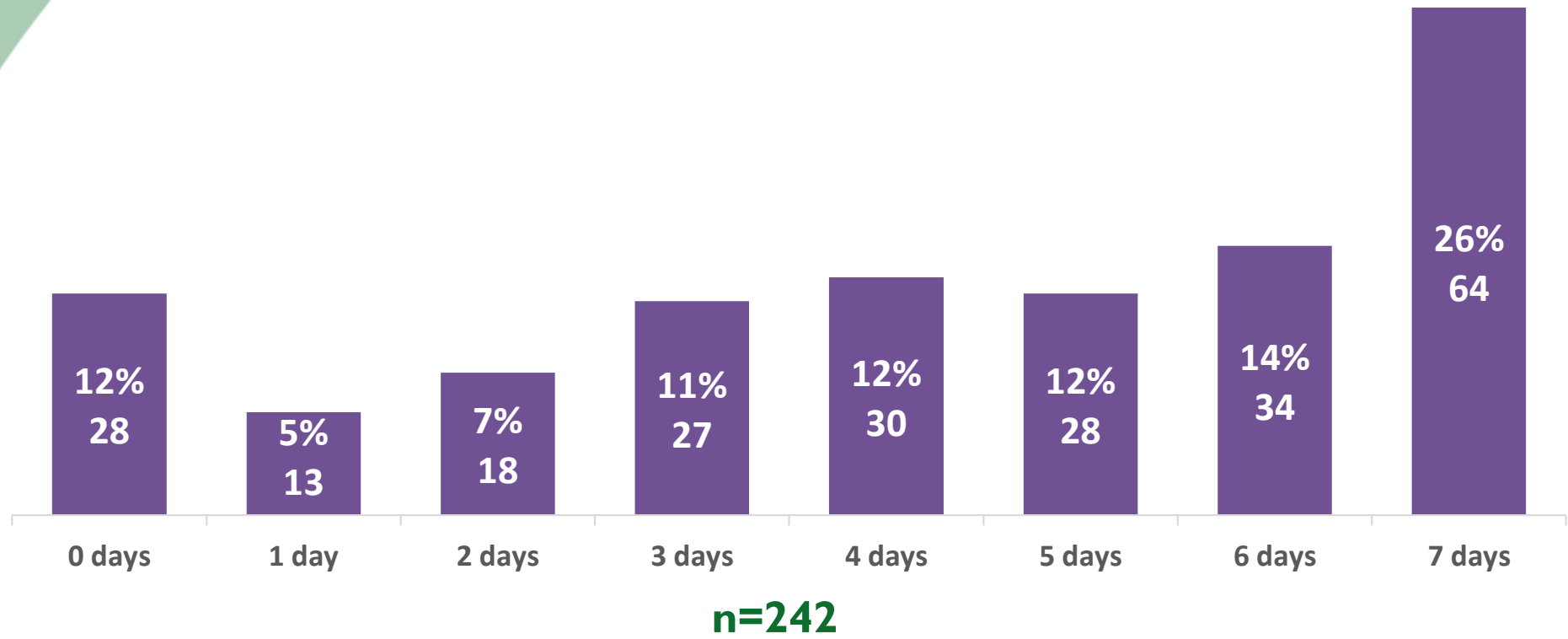


Area



The survey was carried out online by a total of 242 Berkshire residents aged 16 and over between 27th April and 18th May 2020.

Physical activity during the Covid-19 restrictions: Berkshire Older Adults



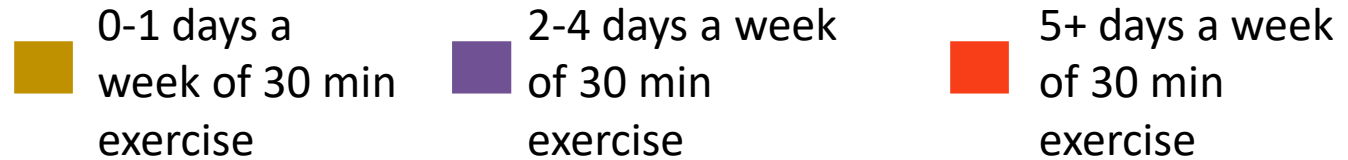
Q: Thinking back over the past 7 days, how many days of the week have you done a total of 30 mins of more of physical activity which was enough to raise your breathing rate?

(This may include sport, exercise and brisk walking or cycling for recreation or to get to and from places but should not include housework or physical activity that is part of your job.)



Physical activity pre and during Covid-19 restrictions: Berkshire Older Adults

Pre Covid-19



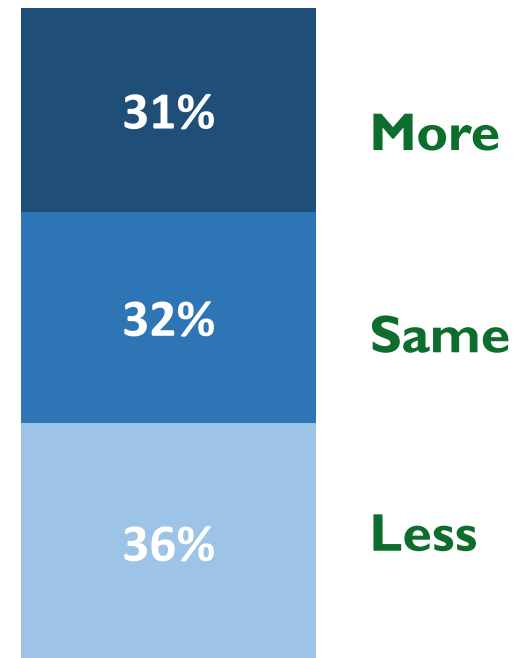
During Covid-19



Q: Pre Covid-19 restrictions and thinking back over the past 7 days, how many days of the week have you done a total of 30 mins of more of physical activity which was enough to raise your breathing rate?

(This may include sport, exercise and brisk walking or cycling for recreation or to get to and from places but should not include housework or physical activity that is part of your job.)

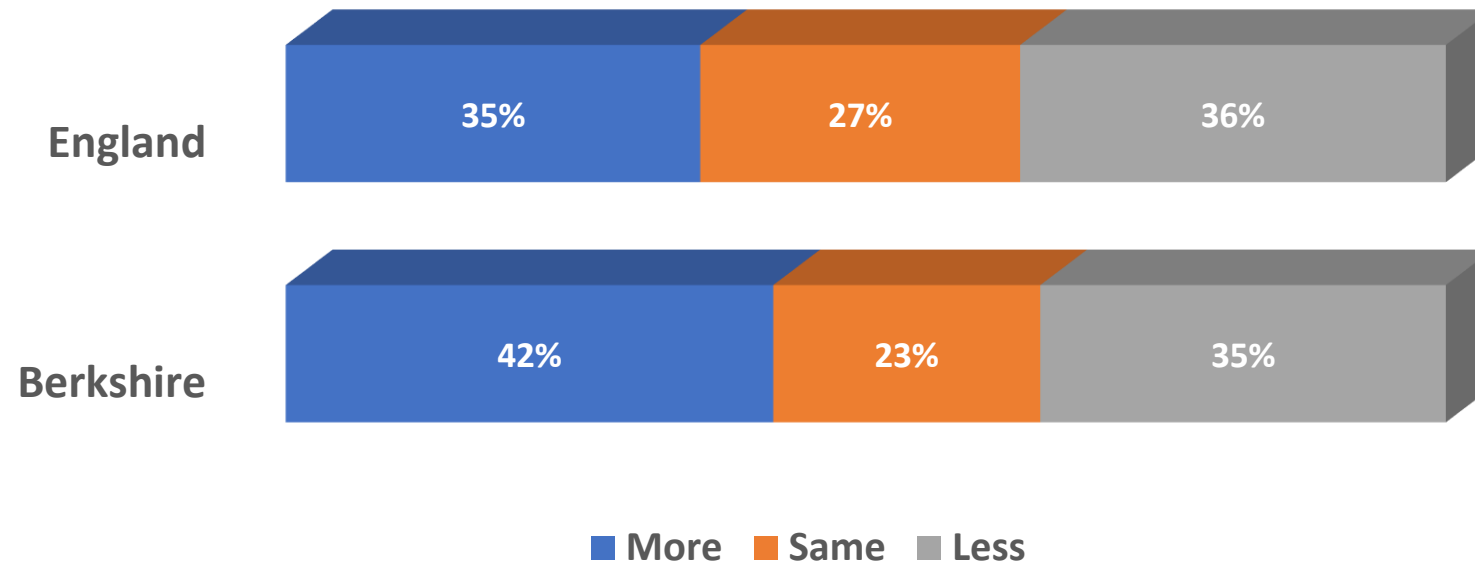
Physical activity perception pre and during Covid-19 restrictions: Berkshire Older Adults



n=242

Q: Do you feel like you are currently doing more, less or the same amount of physical activity than before the Covid-19 restrictions were put into place?

Physical activity perception pre and during Covid-19 restrictions compared to Sport England results

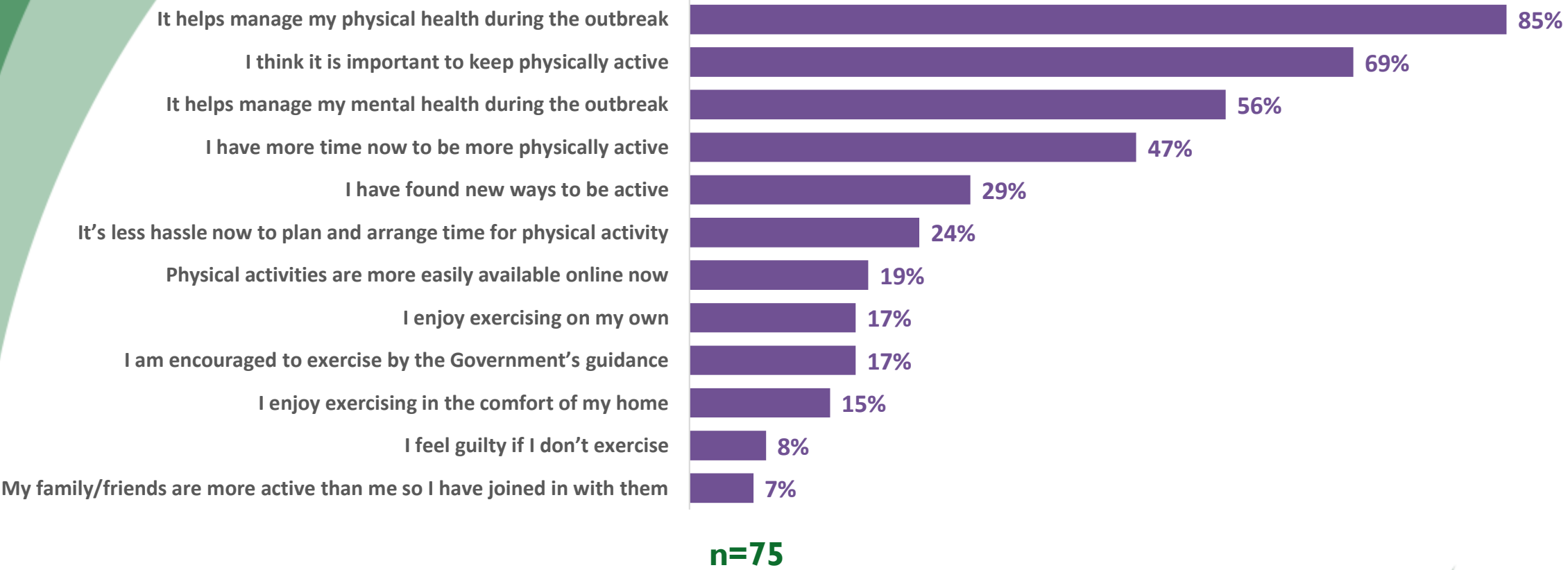


GBA Q: Do you feel like you are currently doing more, less or the same amount of physical activity than before the Covid-19 restrictions were put into place?

Sport England Q: In the past week, do you think you have done more, less or the same amount of physical activity and exercise, compared to a typical week before the COVID-19 restrictions were introduced.

GBA asked this question to respondents who completed the survey between 27th April and 18th May 2020, Sport England (via Savanta ComRes) asked respondents 1st-4th May 2020.

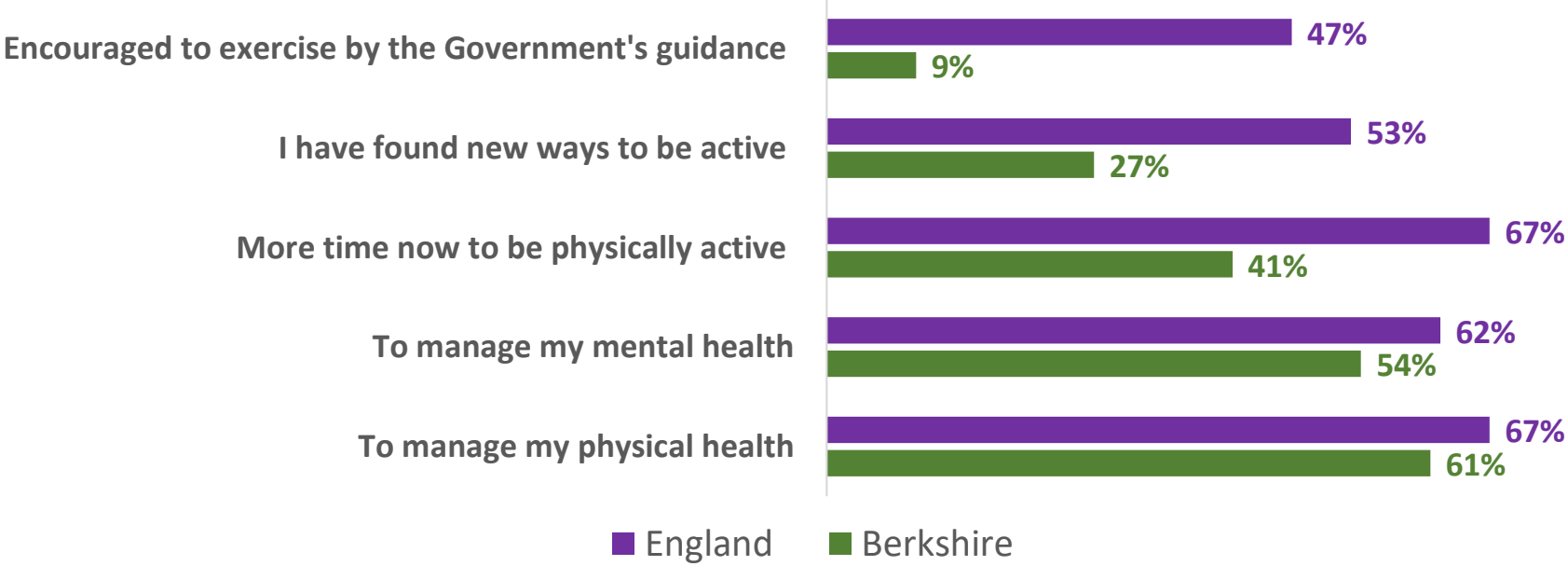
Reasons for doing more physical activity during the Covid-19 restrictions: Berkshire Older Adults



Q: If you said you are doing more physical activity now, please could you say why you think you are more active during the Covid-19 restrictions. Please tick all that apply.



Reasons for doing more physical activity during the Covid-19 restrictions: compared to Sport England results

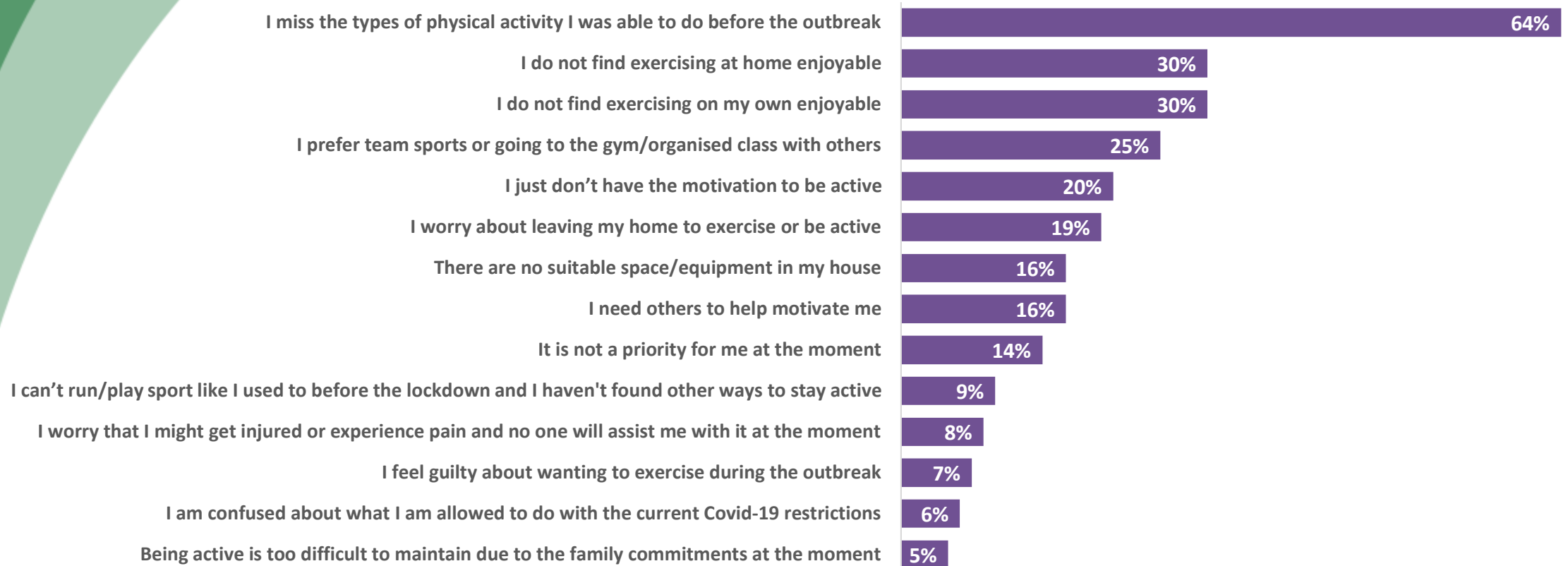


GBA Q: If you said you are doing more physical activity now, please could you say why you think you are more active during the Covid-19 restrictions. Please tick all that apply.

Sport England Q: Current feelings about physical activity and coronavirus, % of those that agreed with the statements.



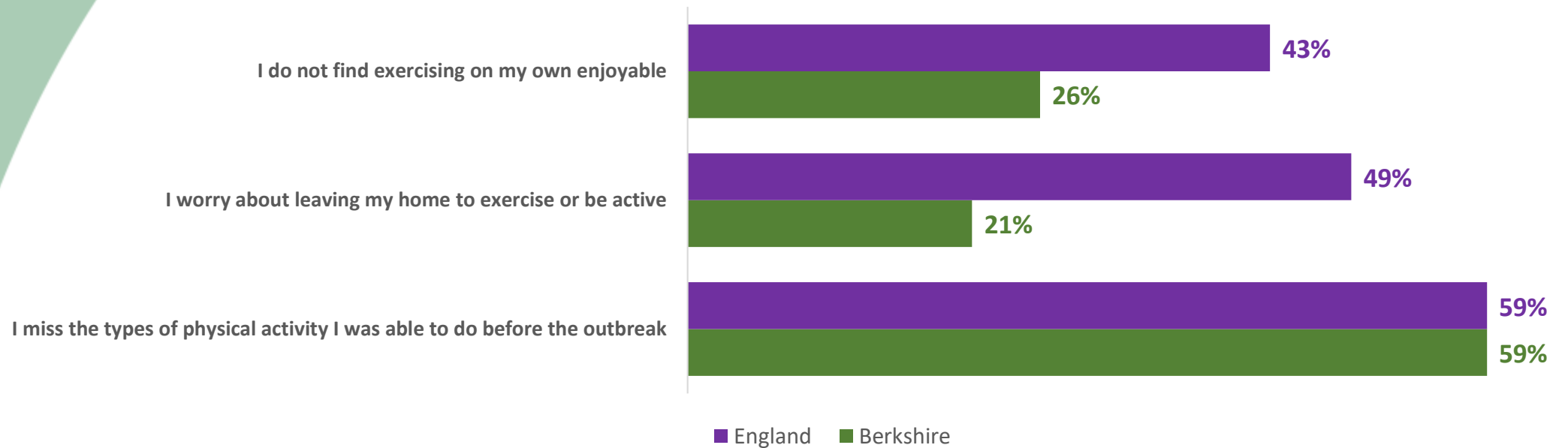
Reasons for doing less physical activity during the Covid-19 restrictions: Berkshire Older Adults



n=88

Q: If you said you are doing less physical activity now, please could you say why you think you are less active during the Covid-19 restrictions. Please tick all that apply.

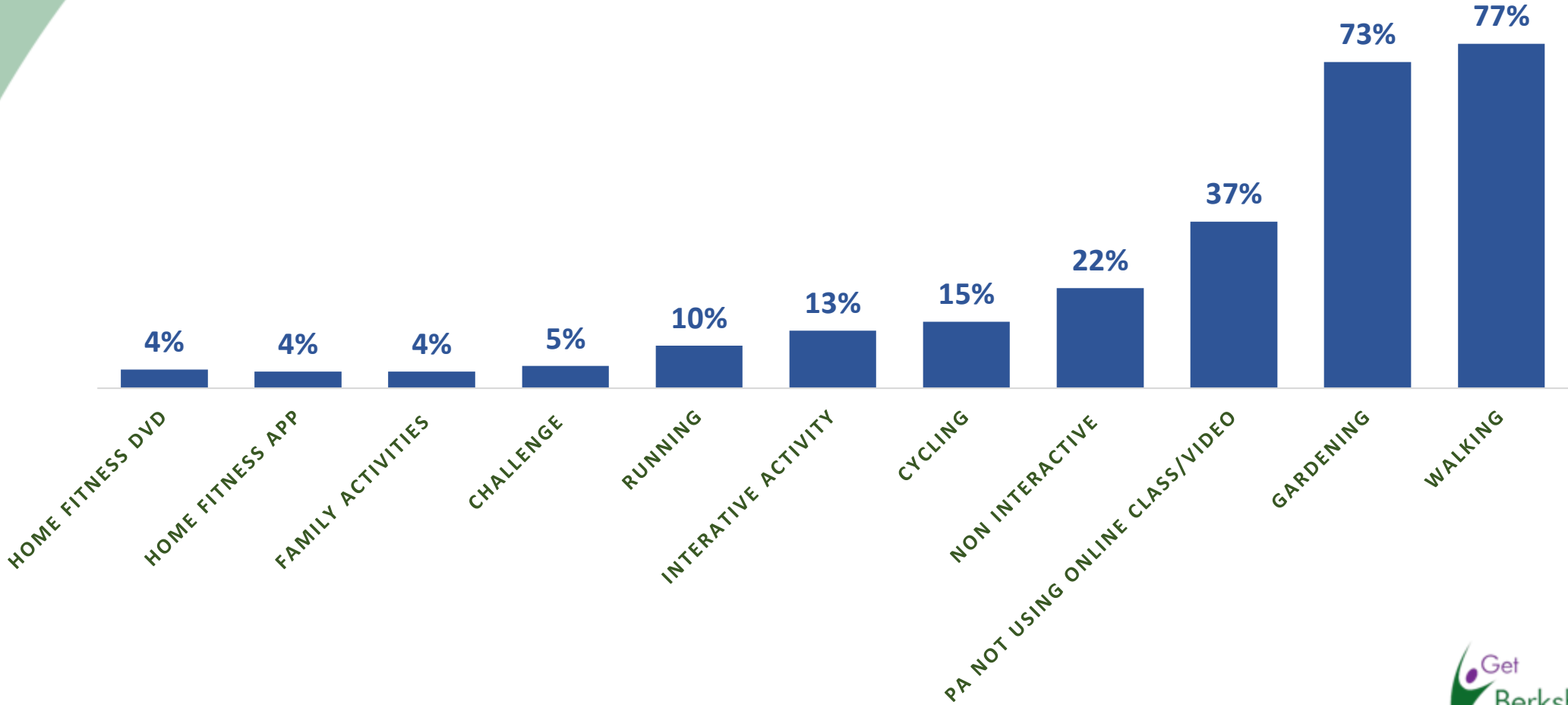
Reasons for doing less physical activity during the Covid-19 restrictions compared to Sport England results



GBA Q: If you said you are doing less physical activity now, please could you say why you think you are more active during the Covid-19 restrictions. Please tick all that apply.

Sport England Q: Current feelings about physical activity and coronavirus, % of those that agreed with the statements.

Most common physical activities during the Covid-19 restrictions: Berkshire Older Adults

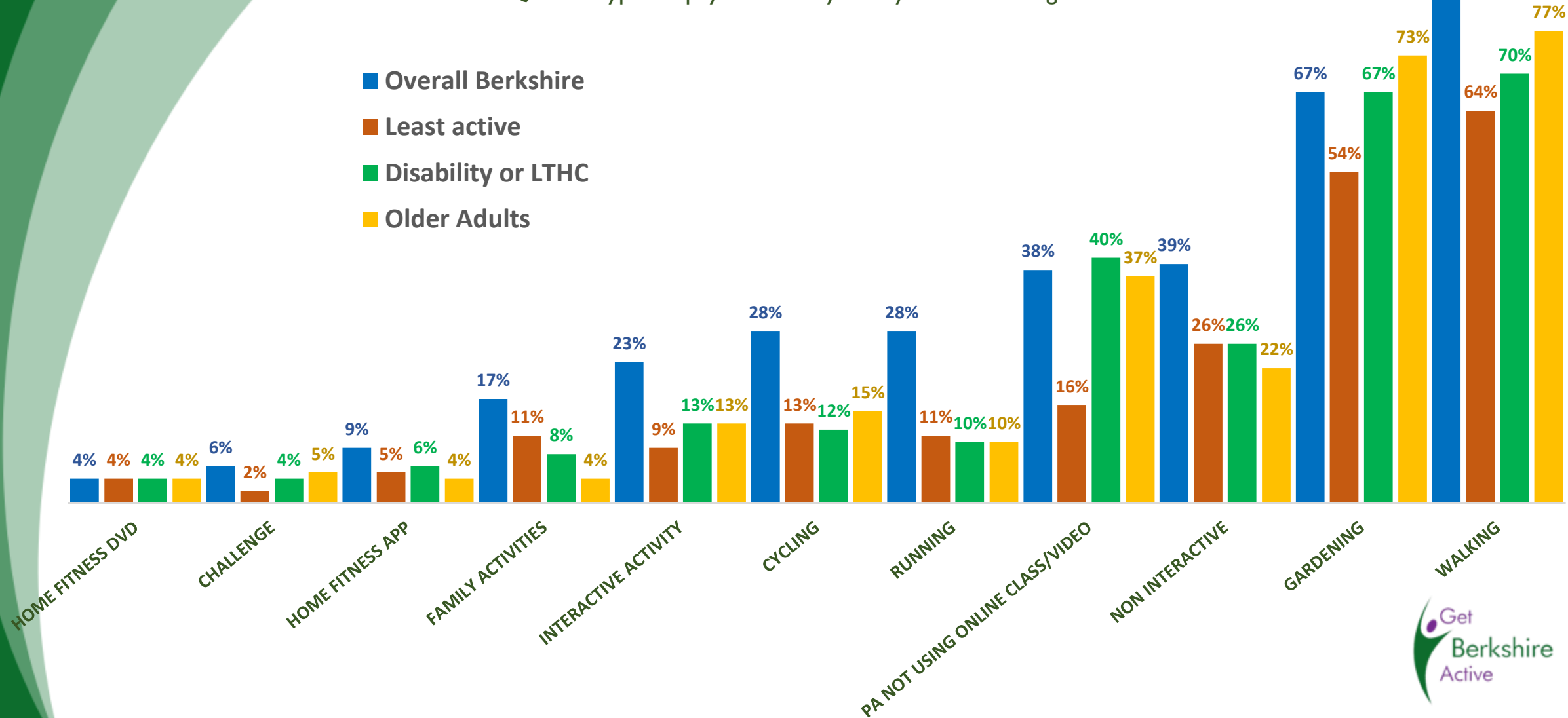


Q:What types of physical activity have you done during the Covid-19 restrictions?

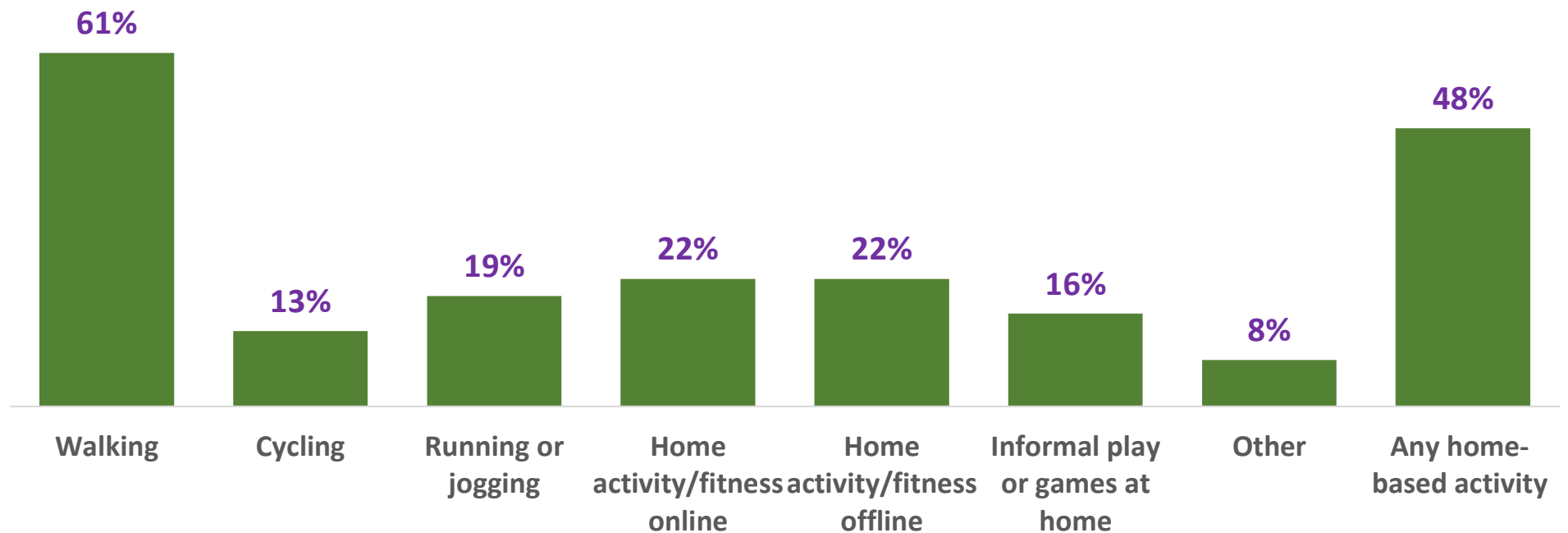


Most common physical activities during the Covid-19 restrictions: Overall Berkshire, least active, disability or LTHC and Older Adults

Q: What types of physical activity have you done during the Covid-19 restrictions?

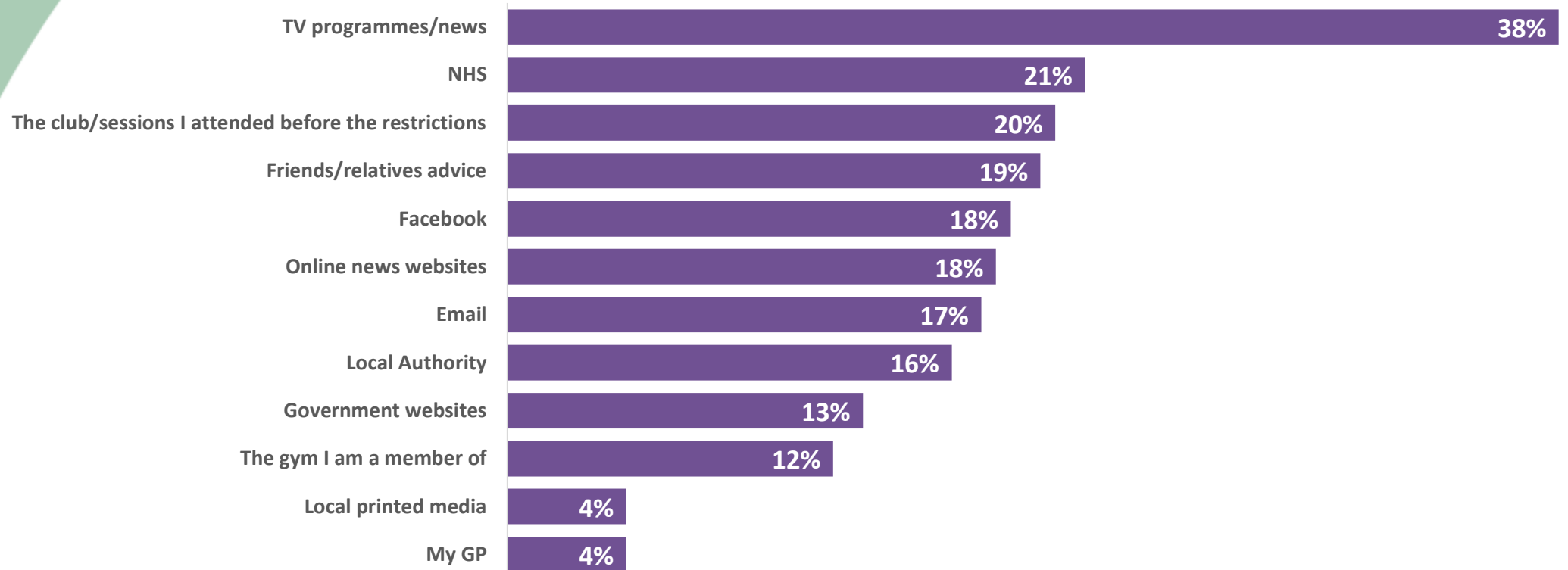


Most common physical activities during the Covid-19 restrictions from Sport England results



Q: Which, if any, of the following physical activities have you done in the past week?

Sources of information about physical activities during the Covid-19 restrictions: Berkshire Older Adults



n=185

Q: Which, if any, of the following sources of information about staying active during the restrictions have you used?