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
- Male: 38% (92)  
- Female: 62% (150)

Ethnicity
- White: 94%  
- Prefer not to say: 3%  
- Asian: 2%  
- Mixed: 1%

Disability
- No disability: 66%  
- Prefer not to say: 3%  
- Disability: 31%

Area
- Reading: 39%  
- Slough: 3%  
- West Berkshire: 26%  
- Windsor and Maidenhead: 4%  
- Wokingham: 5%  
- Bracknell Forest: 23%

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 or 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

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.)

Pre Covid-19

- 0-1 days a week of 30 min exercise: 10%
- 2-4 days a week of 30 min exercise: 42%
- 5+ days a week of 30 min exercise: 41%

During Covid-19

- 0-1 days a week of 30 min exercise: 16%
- 2-4 days a week of 30 min exercise: 32%
- 5+ days a week of 30 min exercise: 52%
Physical activity perception pre and during Covid-19 restrictions: Berkshire Older Adults

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?

n=242

- 36% Less
- 32% Same
- 31% More
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.

- It helps manage my physical health during the outbreak (85%)
- I think it is important to keep physically active (69%)
- It helps manage my mental health during the outbreak (56%)
- I have more time now to be more physically active (47%)
- I have found new ways to be active (29%)
- It’s less hassle now to plan and arrange time for physical activity (24%)
- Physical activities are more easily available online now (19%)
- I enjoy exercising on my own (17%)
- I am encouraged to exercise by the Government’s guidance (17%)
- I enjoy exercising in the comfort of my home (15%)
- I feel guilty if I don’t exercise (8%)
- My family/friends are more active than me so I have joined in with them (7%)

n=75
Reasons for doing more physical activity during the Covid-19 restrictions: compared to Sport England results

- Encouraged to exercise by the Government's guidance: 47% (England) vs. 9% (Berkshire)
- I have found new ways to be active: 53% (England) vs. 27% (Berkshire)
- More time now to be physically active: 67% (England) vs. 41% (Berkshire)
- To manage my mental health: 62% (England) vs. 54% (Berkshire)
- To manage my physical health: 67% (England) vs. 61% (Berkshire)

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

- I miss the types of physical activity I was able to do before the outbreak [64%]
- I do not find exercising at home enjoyable [30%]
- I do not find exercising on my own enjoyable [30%]
- I prefer team sports or going to the gym/organised class with others [25%]
- I just don’t have the motivation to be active [20%]
- I worry about leaving my home to exercise or be active [19%]
- There are no suitable space/equipment in my house [16%]
- I need others to help motivate me [16%]
- It is not a priority for me at the moment [14%]
- I can’t run/play sport like I used to before the lockdown and I haven’t found other ways to stay active [9%]
- I worry that I might get injured or experience pain and no one will assist me with it at the moment [8%]
- I feel guilty about wanting to exercise during the outbreak [7%]
- I am confused about what I am allowed to do with the current Covid-19 restrictions [6%]
- Being active is too difficult to maintain due to the family commitments at the moment [5%]

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

<table>
<thead>
<tr>
<th>Information Source</th>
<th>Percentage</th>
</tr>
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<tbody>
<tr>
<td>TV programmes/news</td>
<td>38%</td>
</tr>
<tr>
<td>NHS</td>
<td>21%</td>
</tr>
<tr>
<td>The club/sessions I attended before the restrictions</td>
<td>20%</td>
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<tr>
<td>Friends/relatives advice</td>
<td>19%</td>
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<tr>
<td>Facebook</td>
<td>18%</td>
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<tr>
<td>Online news websites</td>
<td>18%</td>
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<tr>
<td>Email</td>
<td>17%</td>
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<tr>
<td>Local Authority</td>
<td>16%</td>
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<tr>
<td>Government websites</td>
<td>13%</td>
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<td>The gym I am a member of</td>
<td>12%</td>
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<tr>
<td>Local printed media</td>
<td>4%</td>
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<tr>
<td>My GP</td>
<td>4%</td>
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</tbody>
</table>

n=185

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