

# Get Berkshire Active Survey

Physical Activity in Berkshire during  
the Covid-19 restrictions:

Respondents with a disability or long  
term health condition (LTHC)

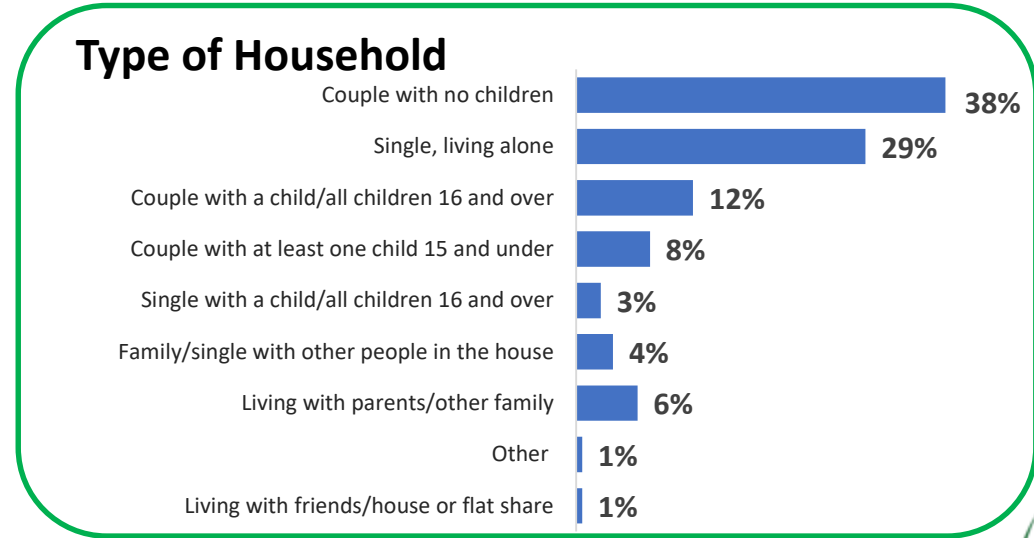
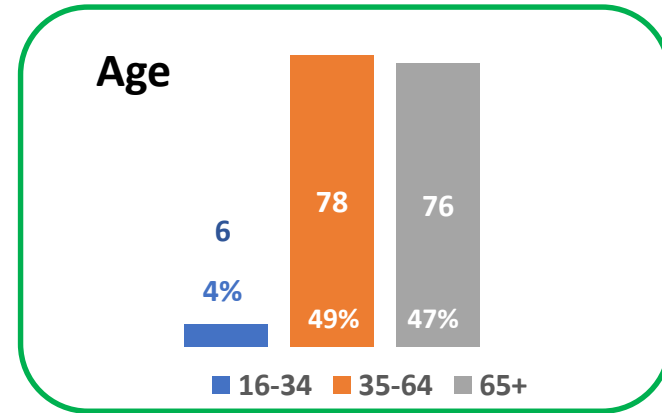
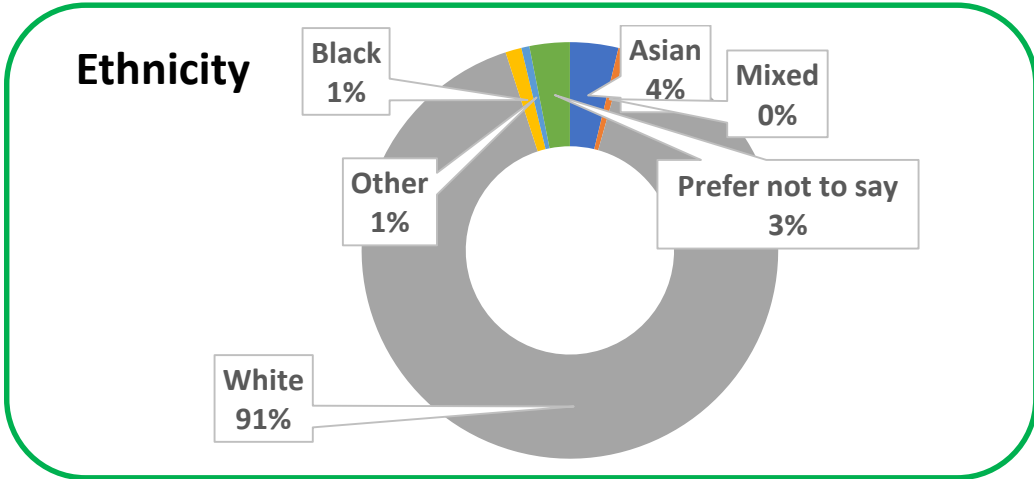
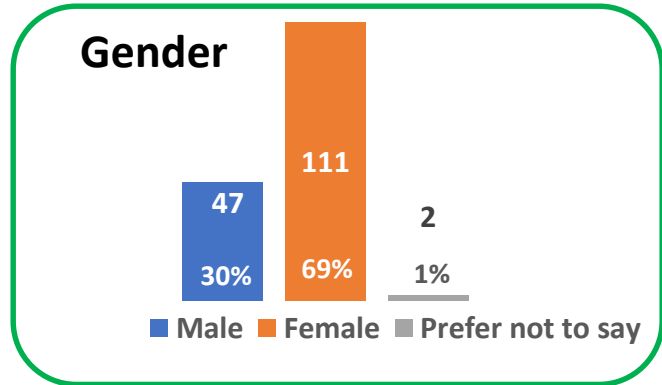
June 2020



# Executive Summary: disability or LTHC

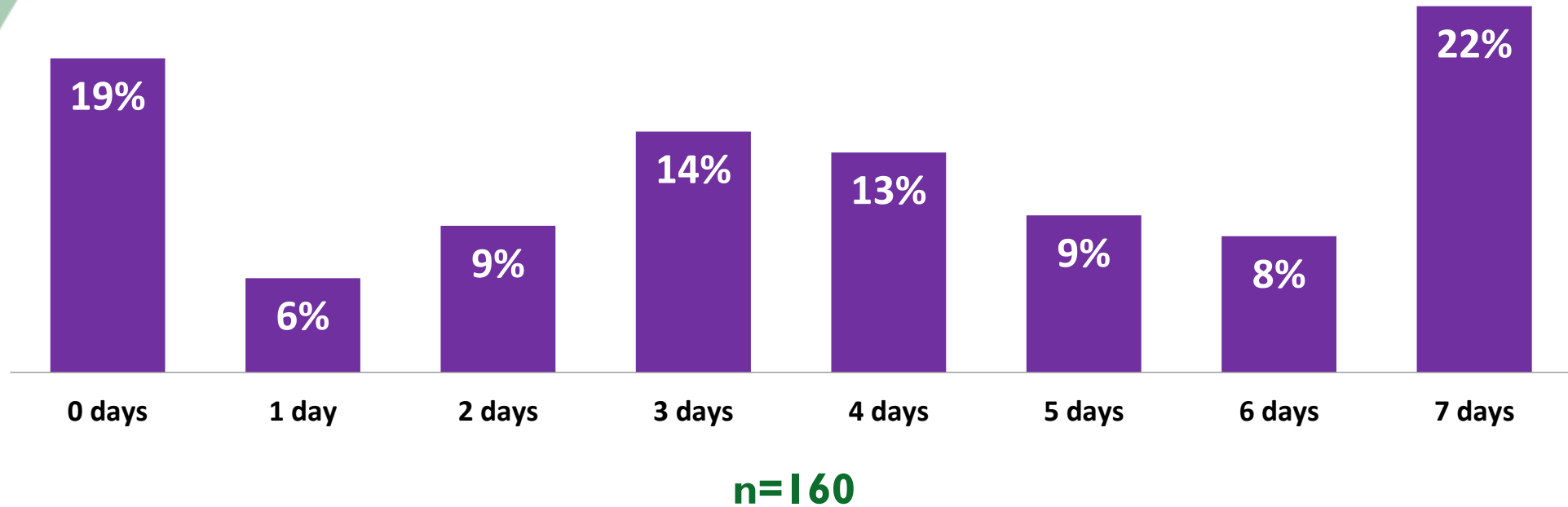
- Respondents were asked if they consider themselves to have a disability or long term health condition: 20% of respondents answered yes
- 39% of people were active at least 5 days of the week during the restrictions compared to 52% in Berkshire (enough to meet the CMO recommended 150 minutes per week of physical activity)
- 19% people had not done any physical activity in the previous week, for Berkshire it was 10%
- The number of people doing 5+ days of physical activity per week was slightly higher than before the restrictions, the number of people only doing 0-1 was also higher
- 34% of females felt they had done more physical activity than before the restrictions compared to 23% of males
- The top reason respondents gave for being more active was to manage physical health; 78% said this compared to 61% of Berkshire overall
- Walking and gardening were the most common activities done during the restrictions; these were the top two most common for Berkshire overall and England

# Demographics: respondents with a disability or LTHC



The survey was carried out online by a total of 160 Berkshire residents aged 16 and over between 27th April and 18th May 2020

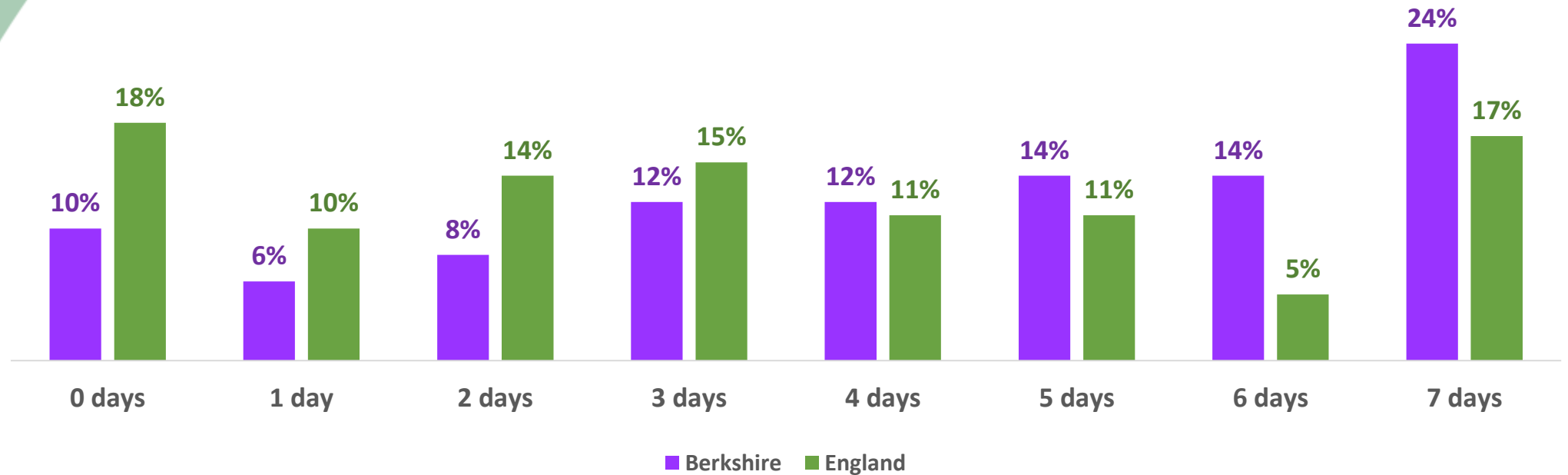
# Physical activity during the Covid-19 restrictions: disability or LTHC



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 during the Covid-19 restrictions compared to Berkshire and Sport England results

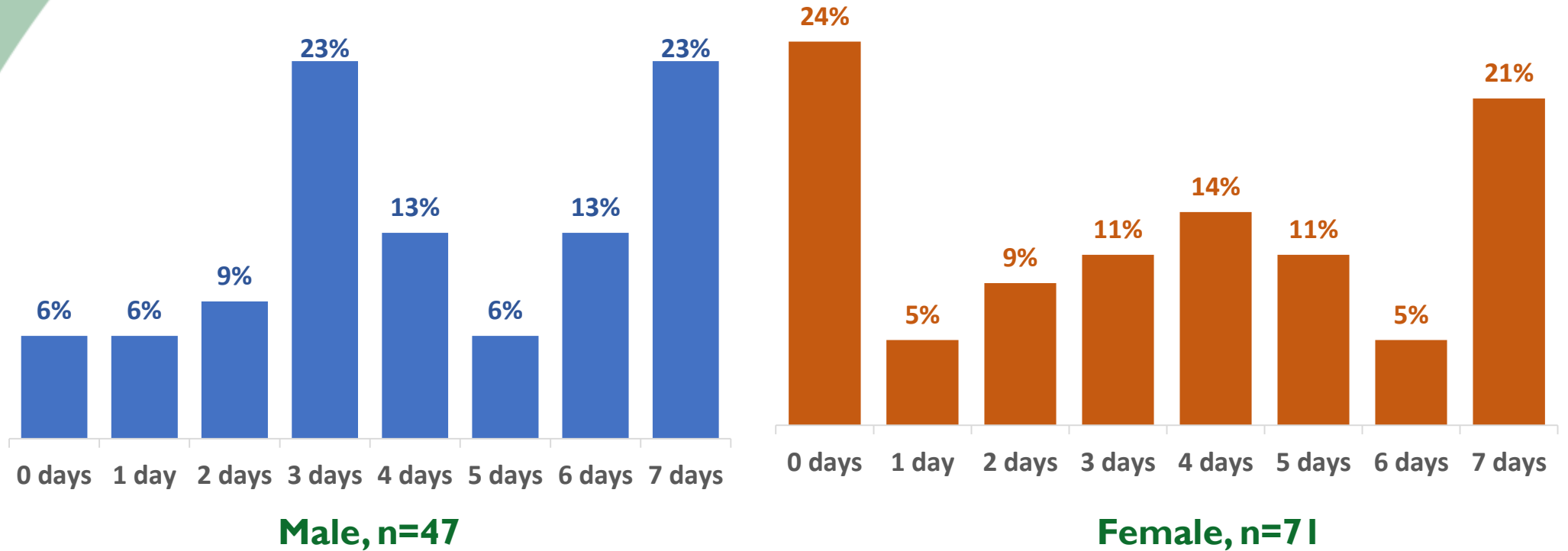


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GBA asked this question to respondents who completed the survey between 27<sup>th</sup> April and 18<sup>th</sup> May 2020, Sport England (via Savanta ComRes) asked respondents 1<sup>st</sup>-4<sup>th</sup> May 2020.

# Physical activity during the Covid-19 restrictions by gender: disability or LTHC

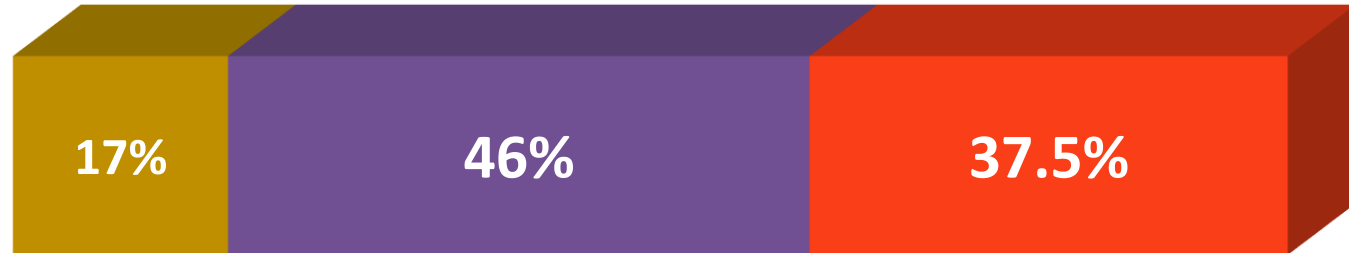


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(This may include sport, exercise and brisk walking or cycling for recreation or to get to and from places but should not include housework or physical activity that is part of your job.)

# Physical activity pre and during Covid-19 restrictions: disability or LTHC

## Pre Covid-19

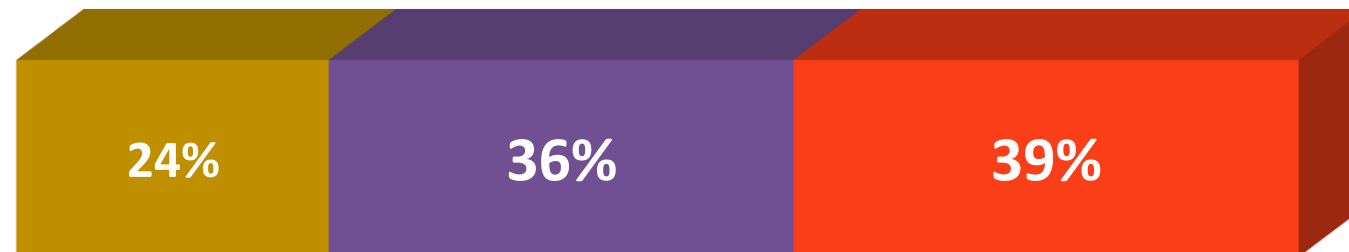


0-1 days a week of 30 min exercise

2-4 days a week of 30 min exercise

5+ days a week of 30 min exercise

## 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 pre and during Covid-19 restrictions: Berkshire

**Pre Covid-19**



0-1 days a week of 30 min exercise      2-4 days a week of 30 min exercise      5+ days a week of 30 min exercise

**During Covid-19**



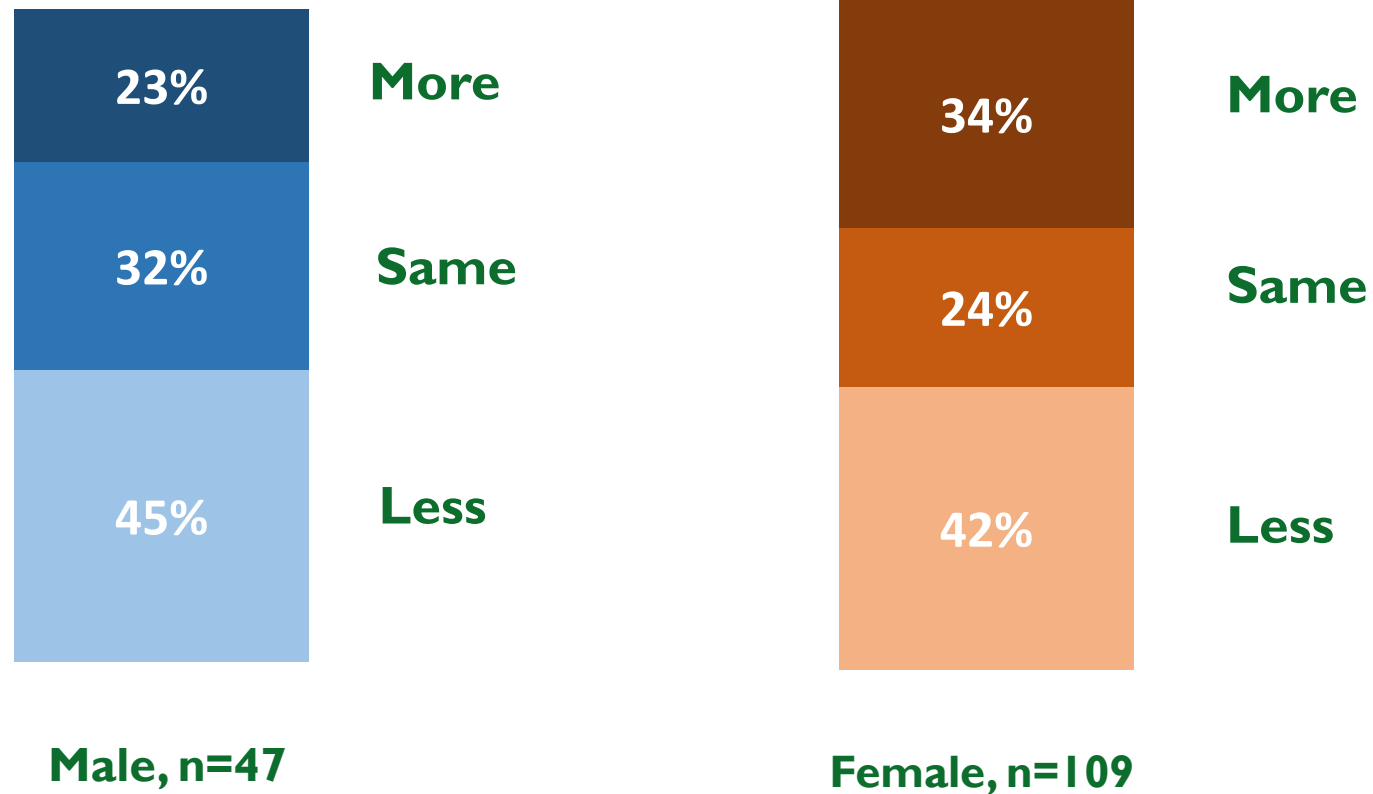
Q: Pre Covid-19 restrictions and thinking back over the past 7 days, how many days of the week have you done a total of 30 mins of more of physical activity which was enough to raise your breathing rate?

(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.)



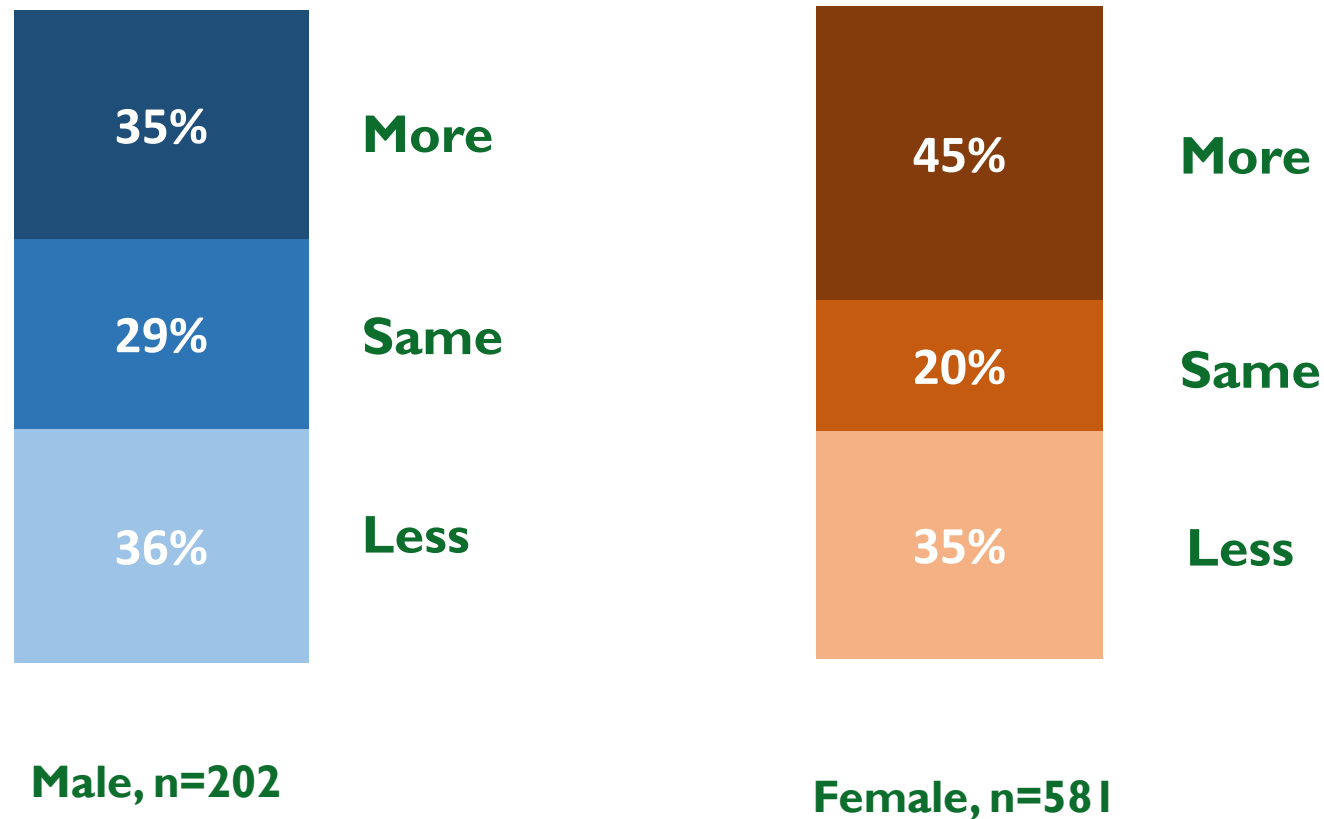


# Physical activity perception pre and during Covid-19 restrictions by gender: disability or LTHC



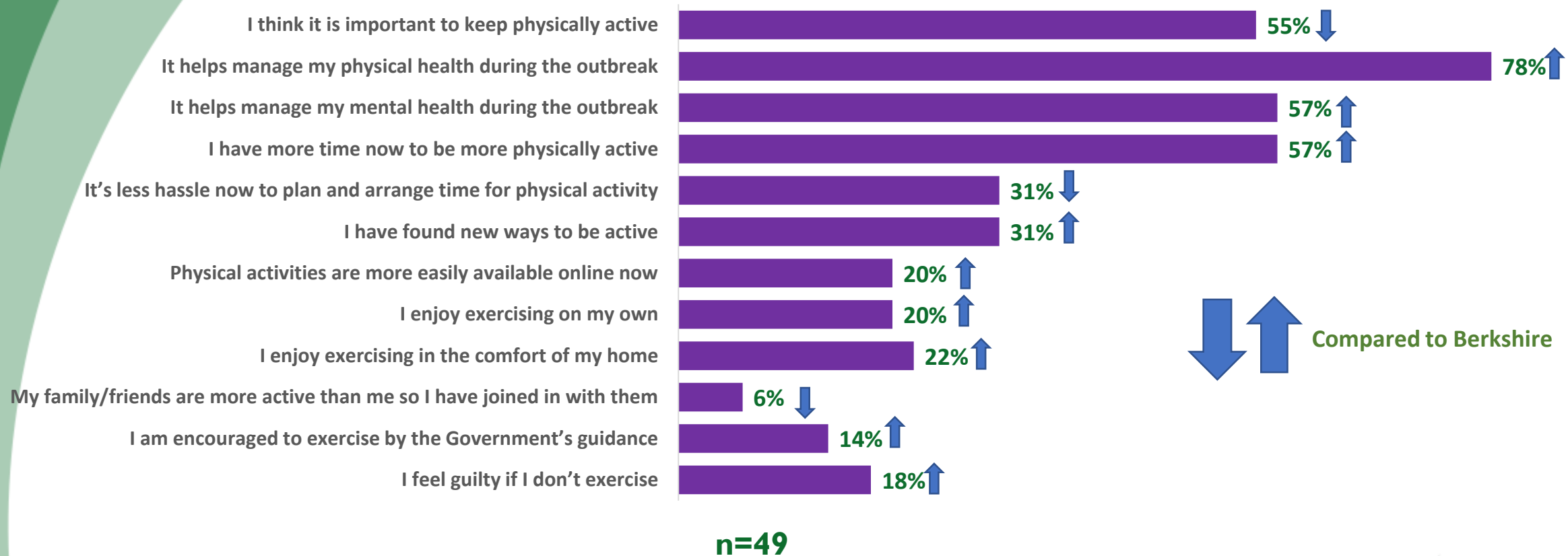
Q: Do you feel like you are currently doing more, less or the same amount of physical activity than before the Covid-19 restrictions were put into place?

# Physical activity perception pre and during Covid-19 restrictions by gender: Berkshire



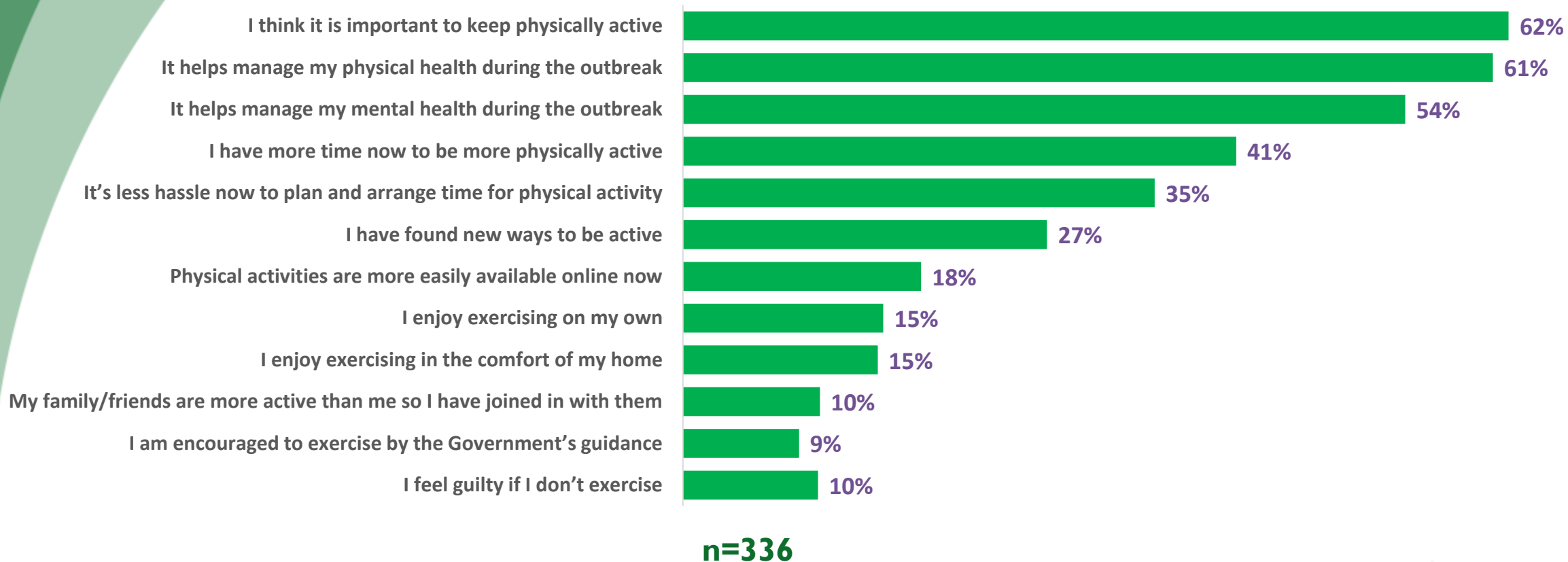
Q: Do you feel like you are currently doing more, less or the same amount of physical activity than before the Covid-19 restrictions were put into place?

# Reasons for doing more physical activity during the Covid-19 restrictions: disability or LTHC



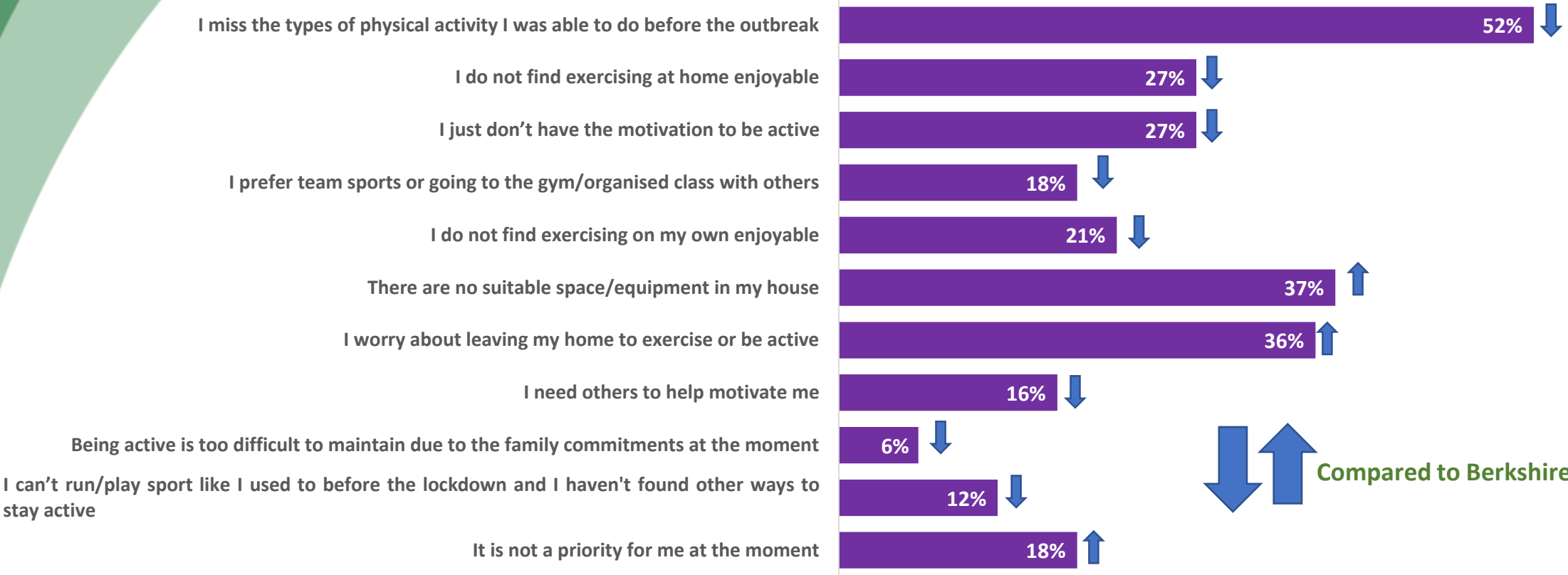
Q: If you said you are doing more physical activity now, please could you say why you think you are more active during the Covid-19 restrictions. Please tick all that apply.

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



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.

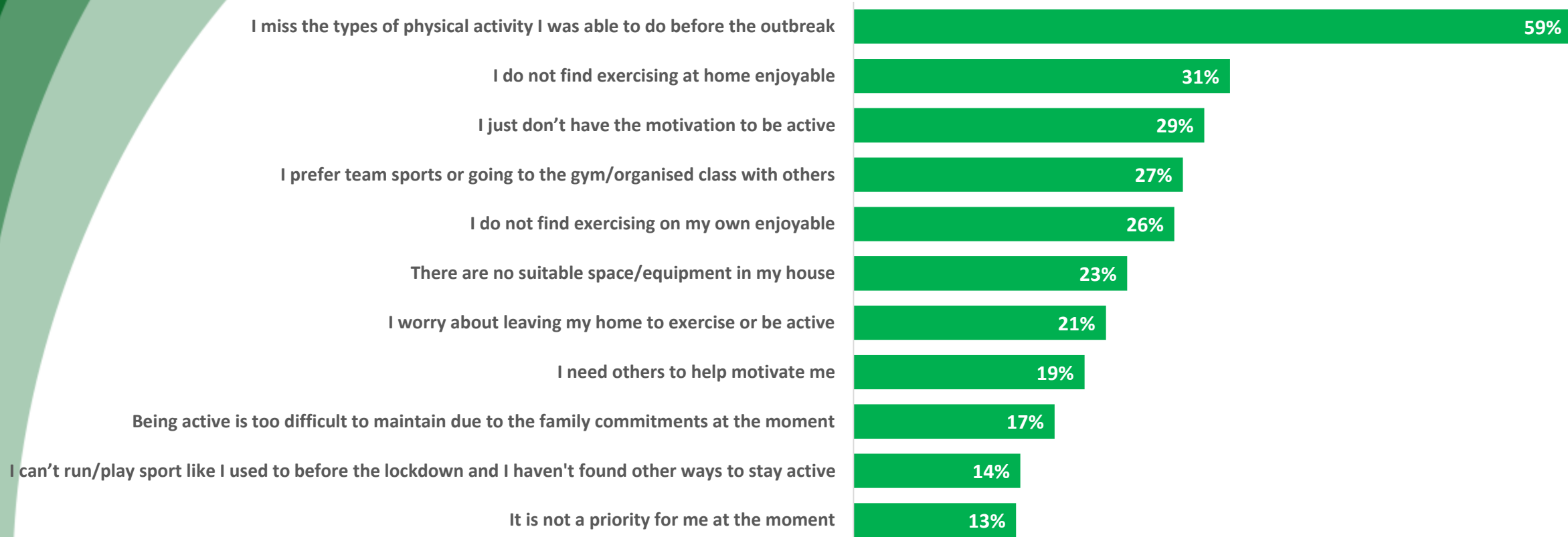
# Reasons for doing less physical activity during the Covid-19 restrictions: disability or LTHC



n=67

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.

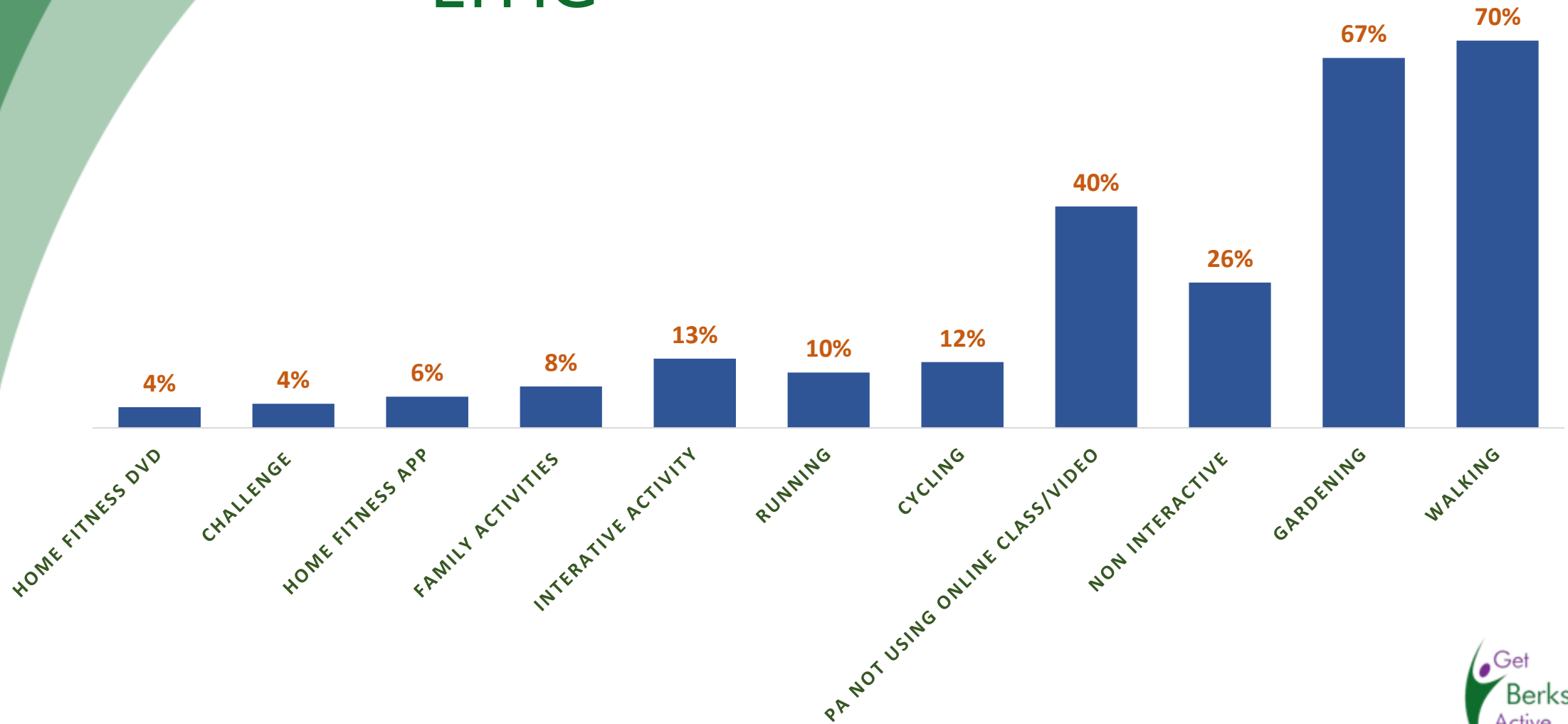
# Reasons for doing less physical activity during the Covid-19 restrictions: Berkshire



**n=284**

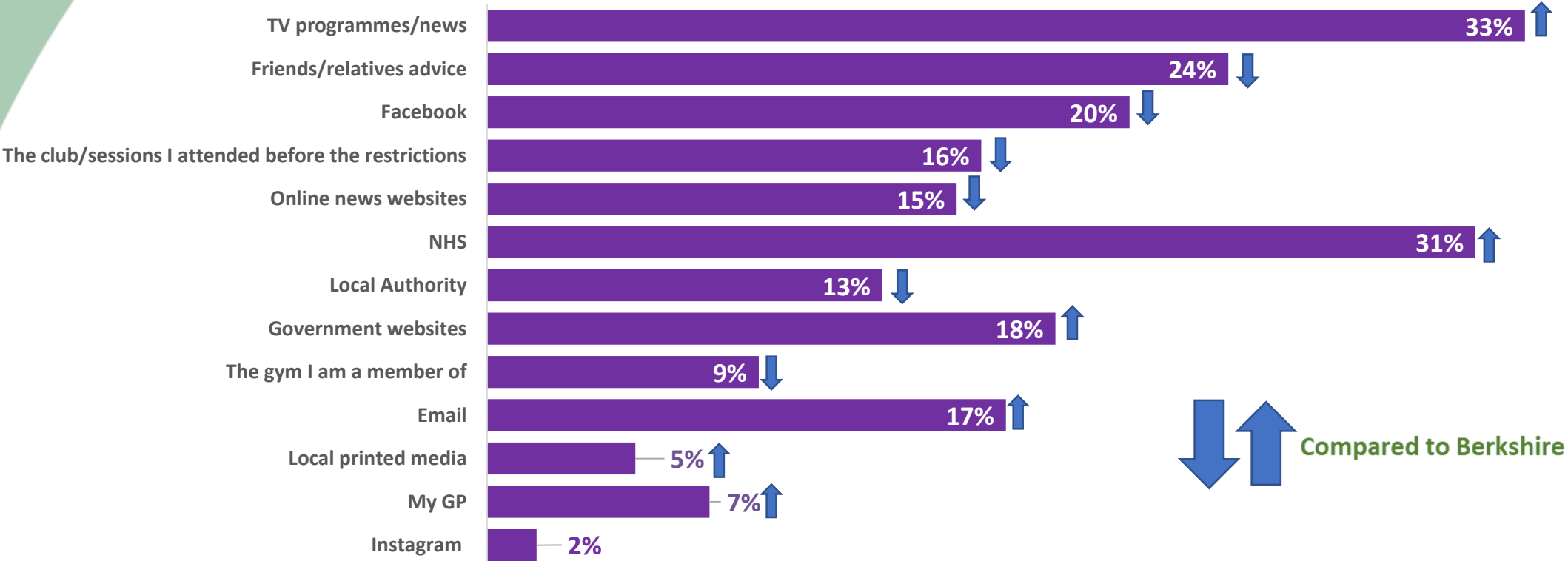
Q: If you said you are doing less physical activity now, please could you say why you think you are less active during the Covid-19 restrictions. Please tick all that apply.

# Most common physical activities during the Covid-19 restrictions: disability or LTCH



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

# Sources of information about physical activities during the Covid-19 restrictions: disability or LTHC



n=127

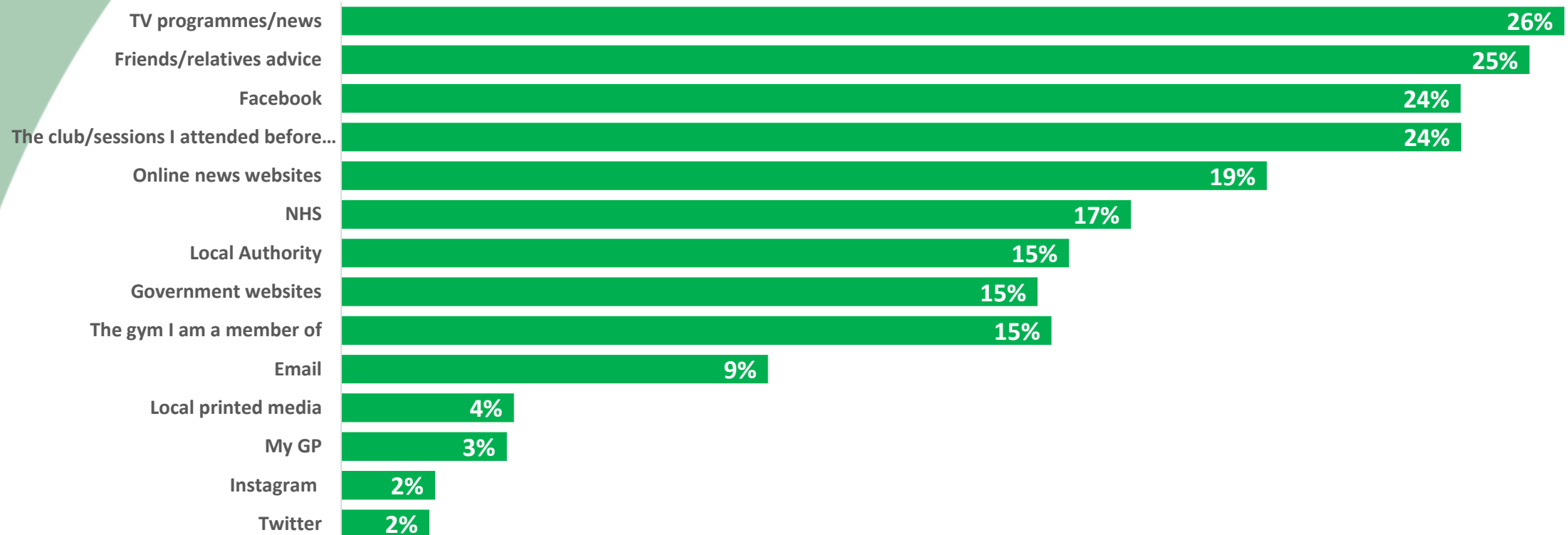
↓ ↑ Compared to Berkshire

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





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



n=617

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