Get Berkshire Active Survey

Physical Activity during the Covid-19 restrictions:
Least active Berkshire residents

June 2020
Executive Summary

• Respondents were defined as ‘least active’ if they had done 0-1 days of at least 30 minutes of physical activity in the previous 7 days. 137/16% of people that completed the survey in Berkshire were in this category.

• The main reasons inactive respondents gave for being less active during the restrictions were the same top three for all respondents:
  - they miss the types of activity they did before
  - they do not have the motivation to be active
  - they do not find exercising at home enjoyable

• Least active respondents were less likely to be happy and more likely to be anxious than the most active respondents.

• Walking and gardening were the most common activities done during the restrictions for inactive residents and for Berkshire overall.
Demographics of least active Berkshire respondents

The survey was carried out online by a total of 137 least active Berkshire residents aged 16 and over between 27th April and 18th May 2020.

**Gender**
- Male: 30 (22%)
- Female: 107 (78%)

**Age**
- 16-34: 17 (12%)
- 35-64: 79 (58%)
- 65+: 41 (30%)

**Ethnicity**
- White: 84%
- Black: 2%
- Asian: 12%
- Other: 1%
- Prefer not to say: 1%

**Disability**
- No disability: 69%
- Disability: 29%
- Prefer not to say: 2%

**Type of Household**
- Couple with no children: 28%
- Single, living alone: 20%
- Couple with a child/all children 16 and over: 15%
- Couple with at least one child 15 and under: 12%
- Single with a child/all children 16 and over: 4%
- Single with at least one child 15 and under: 2%
- Single with at least one child 15 and under: 2%
- Other: 3%
- Living with friends/house or flat share: 1%
- Family/single with other people in the house: 10%
- Living with parents/other family: 5%
- Single, living alone: 4%
- Single with a child/all children 16 and over: 12%
- Single with at least one child 15 and under: 10%
- Other: 3%
Reasons for doing less physical activity during the Covid-19 restrictions: least active Berkshire respondents

- I miss the types of physical activity I was able to do before the outbreak: 51%
- I do not find exercising at home enjoyable: 42%
- I just don’t have the motivation to be active: 44%
- I prefer team sports or going to the gym/organised class with others: 23%
- I do not find exercising on my own enjoyable: 36%
- There are no suitable space/equipment in my house: 29%
- I worry about leaving my home to exercise or be active: 30%
- I need others to help motivate me: 24%
- Being active is too difficult to maintain due to the family commitments at the moment: 16%
- I can’t run/play sport like I used to before the lockdown and I haven’t found other ways to stay active: 14%
- It is not a priority for me at the moment: 25%

n=104

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

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.

- It is not a priority for me at the moment: 19%
- I can’t run/play sport like I used to before the lockdown and I haven’t found other ways to stay active: 17%
- I worry about leaving my home to exercise or be active: 16%
- There are no suitable space/equipment in my house: 16%
- I need others to help motivate me: 15%
- I miss the types of physical activity I was able to do before the outbreak: 14%
- I do not find exercising on my own enjoyable: 13%
- I do not find exercising at home enjoyable: 13%
- I just don’t have the motivation to be active: 13%
- I prefer team sports or going to the gym/organised class with others: 12%
- Being active is too difficult to maintain due to the family commitments at the moment: 11%
- I do not find exercising at home enjoyable: 11%

n=284
Physical activity during the Covid-19 restrictions and mental health

% of respondents who said they were happy (5 and higher out of 10; 10 being completely happy)

- Least active respondents (less than 2 days/w of PA, n=137): 69%
- All respondents (n=807): 84%
- Active respondents (5+ days/weekly of PA, n=418): 90%

% of respondents who said they felt anxious (6 and higher out of 10; 10 being completely anxious)

- Least active respondents (less than 2 days/w of PA, n=137): 30%
- All respondents (n=807): 25%
- Active respondents (5+ days/weekly of PA, n=418): 23%

Q: On a scale of 0-10, where 0 is completely unhappy and 10 is completely happy, overall, how happy did you feel yesterday?

Q: On a scale of 0-10, where 0 is not at all anxious and 10 is completely anxious, overall, how anxious did you feel yesterday?
Most common physical activities during the Covid-19 restrictions: least active Berkshire residents

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: least active Berkshire respondents

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

- TV programmes/news: 31%
- Friends/relatives advice: 25%
- Facebook: 30%
- The club/sessions I attended before...: 13%
- Online news websites: 24%
- NHS: 18%
- Local Authority: 13%
- Government websites: 15%
- The gym I am a member of: 11%
- Email: 15%
- Local printed media: 3%
- My GP: 3%
- Instagram: 1%

n=99
Sources of information about physical activities during the Covid-19 restrictions: Berkshire

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

- TV programmes/news: 26%
- Friends/relatives advice: 25%
- Facebook: 24%
- The club/sessions I attended before...: 24%
- Online news websites: 19%
- NHS: 17%
- Local Authority: 15%
- Government websites: 15%
- The gym I am a member of: 15%
- Email: 9%
- Local printed media: 4%
- My GP: 3%
- Instagram: 2%
- Twitter: 2%

n=617