

# Get Berkshire Active Survey

Physical Activity  
in Berkshire during  
the Covid-19 restrictions

June 2020

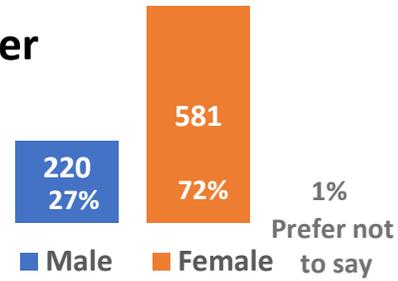


# Executive Summary

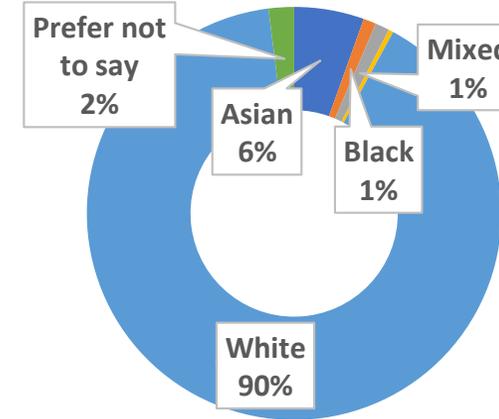
- 52% of all Berkshire respondents and 39% of those with a disability or LTHC were active at least 5 days of the week during the restrictions (enough to meet the CMO recommended 150 minutes per week of physical activity)
- 10% of Berkshire respondents had not done any physical activity in the previous week; for those with a disability or LTHC this was 19% and for England overall was 18%
- The number of people doing 5+ days of physical activity per week was higher than before the restrictions
- A higher % of females felt they had done more physical activity than before the restrictions compared to males
- The top reasons respondents gave for being more active are because they think it is important, to manage physical and mental health and because they have more time
- 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 but cycling and family activities were the most enjoyed

# Demographics of Berkshire respondents

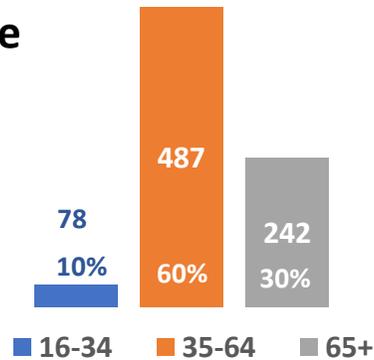
## Gender



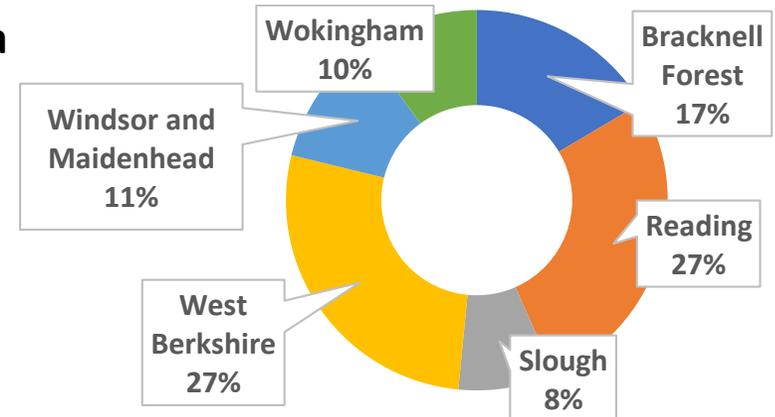
## Ethnicity



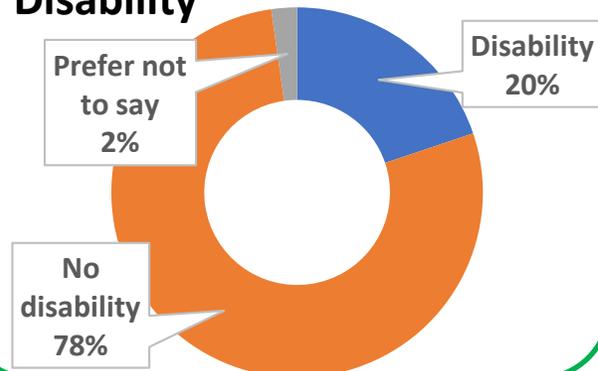
## Age



## Area

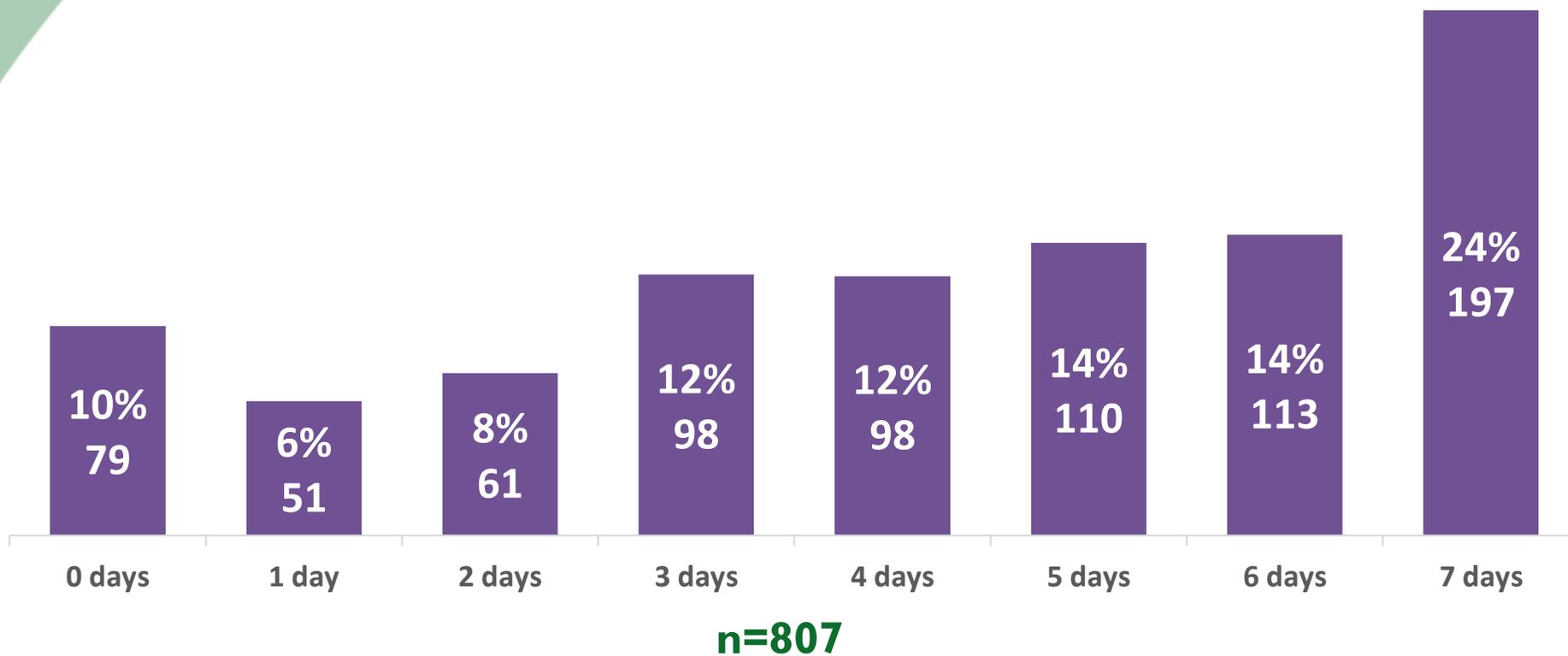


## Disability



The survey was carried out online by a total of 807 Berkshire residents aged 16 and over between 27th April and 18th May 2020.

# Physical activity during the Covid-19 restrictions: Berkshire

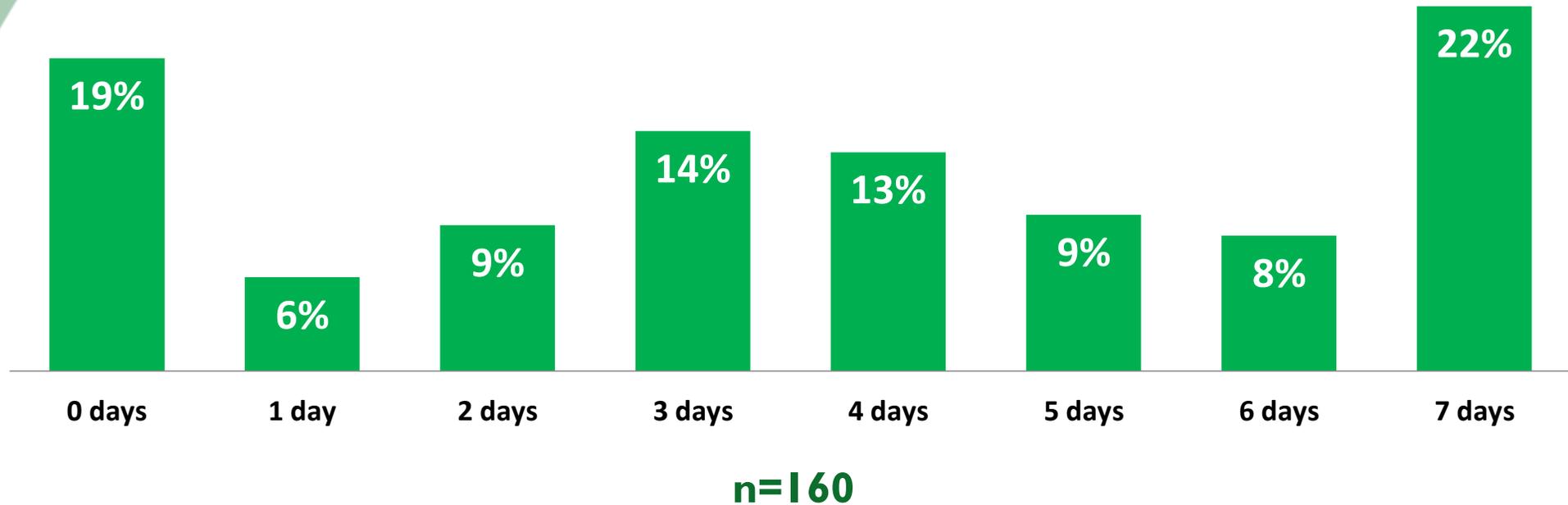


Q: Thinking back over the past 7 days, how many days of the week have you done a total of 30 mins of more of physical activity which was enough to raise your breathing rate?

(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.)

*Weighting has been applied to balance male and female responses to more accurately reflect the gender split in the county population.*

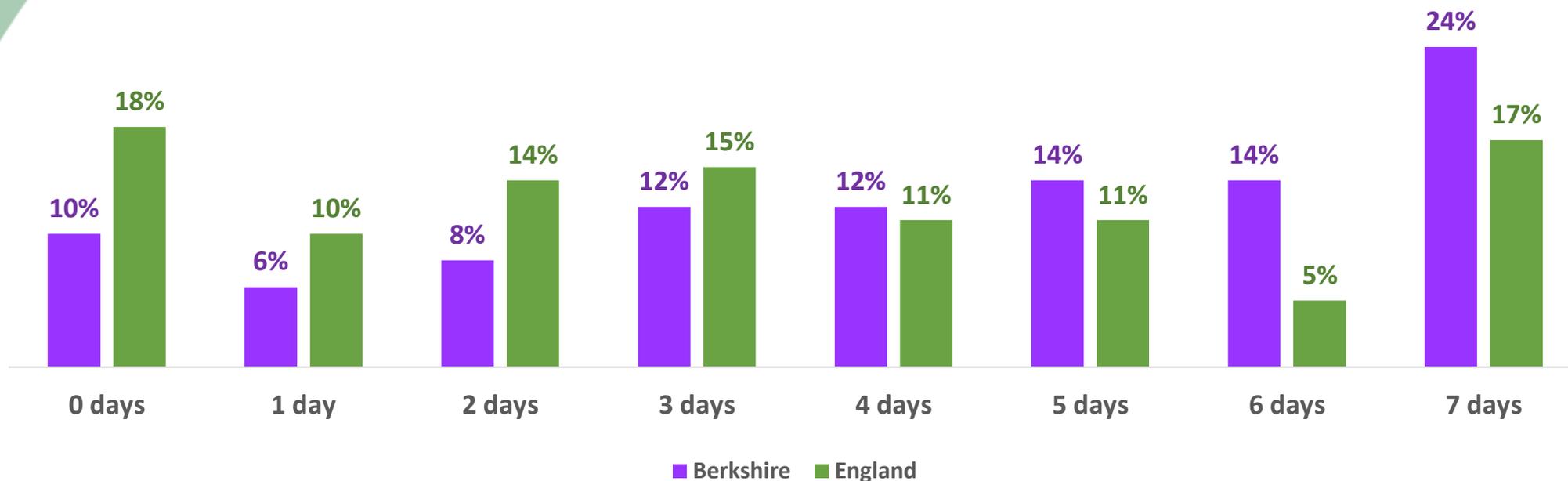
# Physical activity during the Covid-19 restrictions: disability or LTHC



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 Sport England results

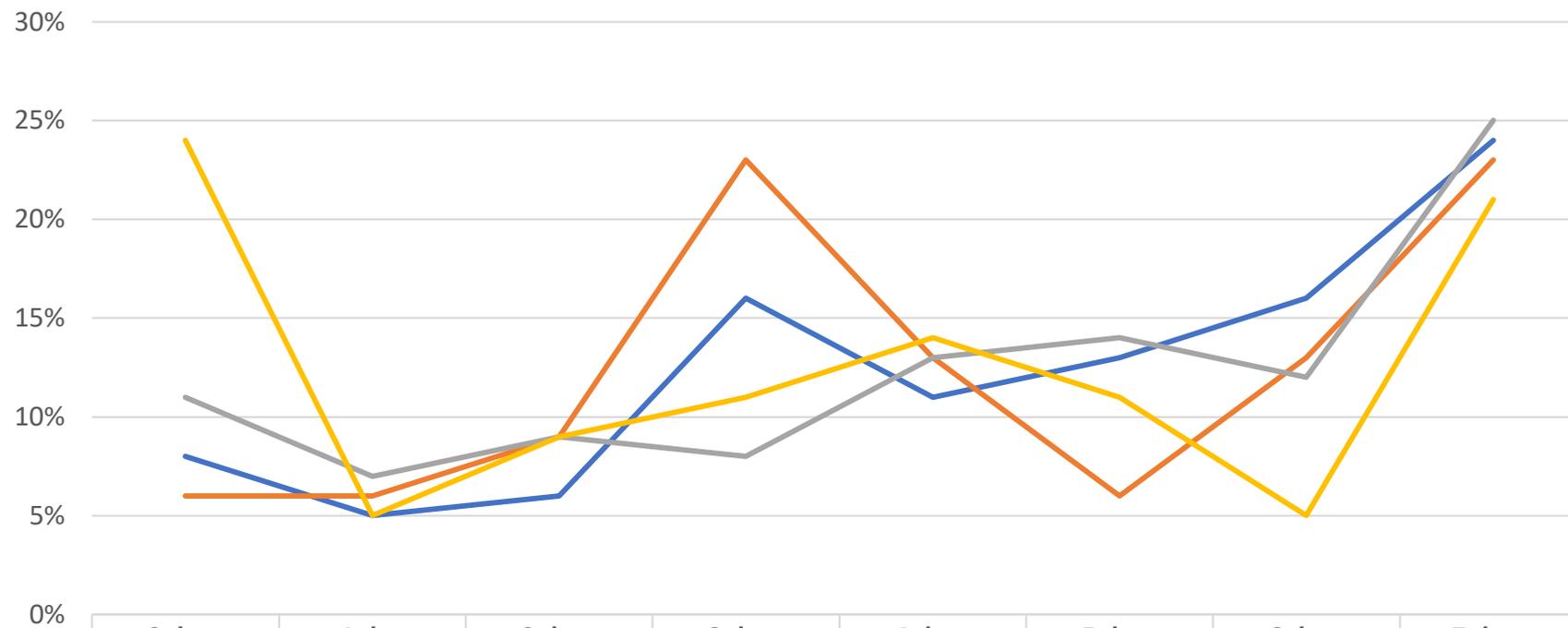


Q: Thinking back over the past 7 days, how many days of the week have you done a total of 30 mins or more of physical activity which was enough to raise your breathing rate?

(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.)

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: Berkshire and disability or LTHC



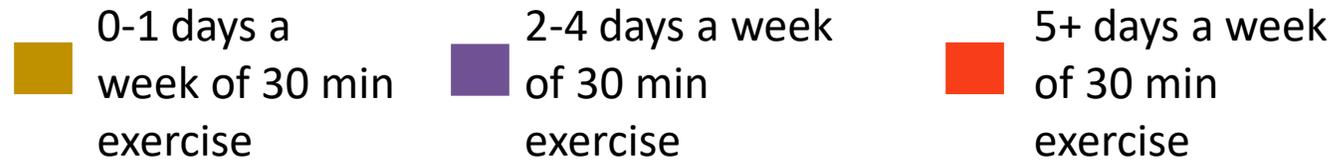
	0 days	1 day	2 days	3 days	4 days	5 days	6 days	7 days
<b>All males</b>	8%	5%	6%	16%	11%	13%	16%	24%
<b>Males with disability or LTHC</b>	6%	6%	9%	23%	13%	6%	13%	23%
<b>All females</b>	11%	7%	9%	8%	13%	14%	12%	25%
<b>Females with disability or LTHC</b>	24%	5%	9%	11%	14%	11%	5%	21%

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

**Pre Covid-19**



**During Covid-19**



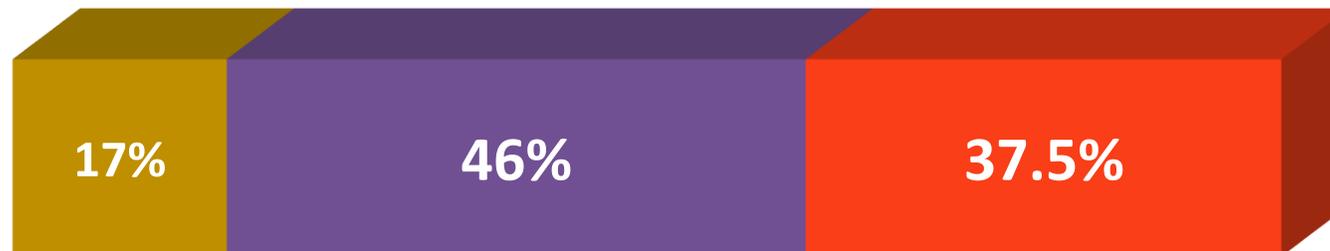
Q: Pre Covid-19 restrictions and thinking back over the past 7 days, how many days of the week have you done a total of 30 mins of more of physical activity which was enough to raise your breathing rate?

(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.)

*Weighting has been applied to balance male and female responses to more accurately reflect the gender split in the county population.*

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

## Pre Covid-19

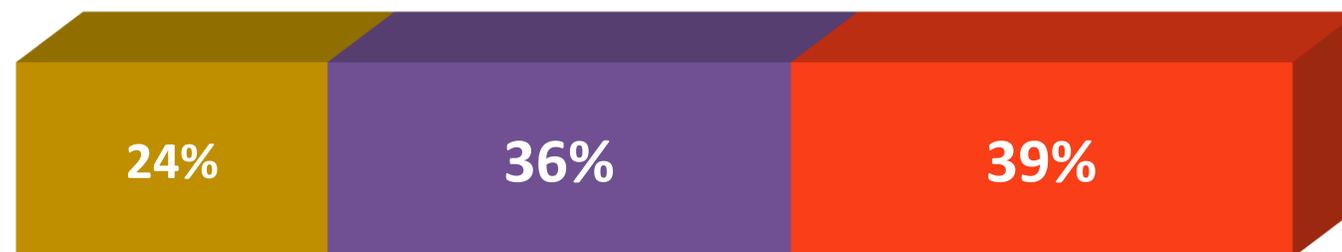


0-1 days a week of 30 min exercise

2-4 days a week of 30 min exercise

5+ days a week of 30 min exercise

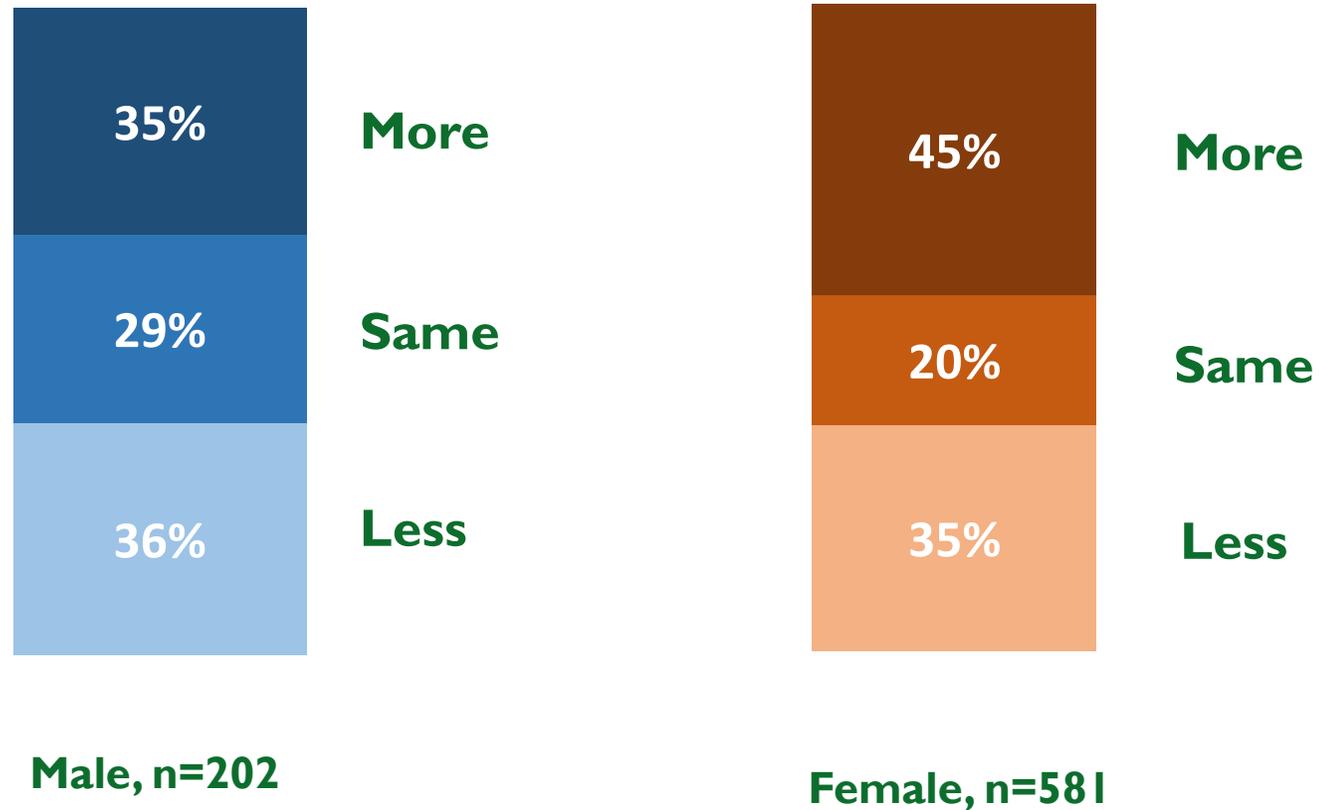
## During Covid-19



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?

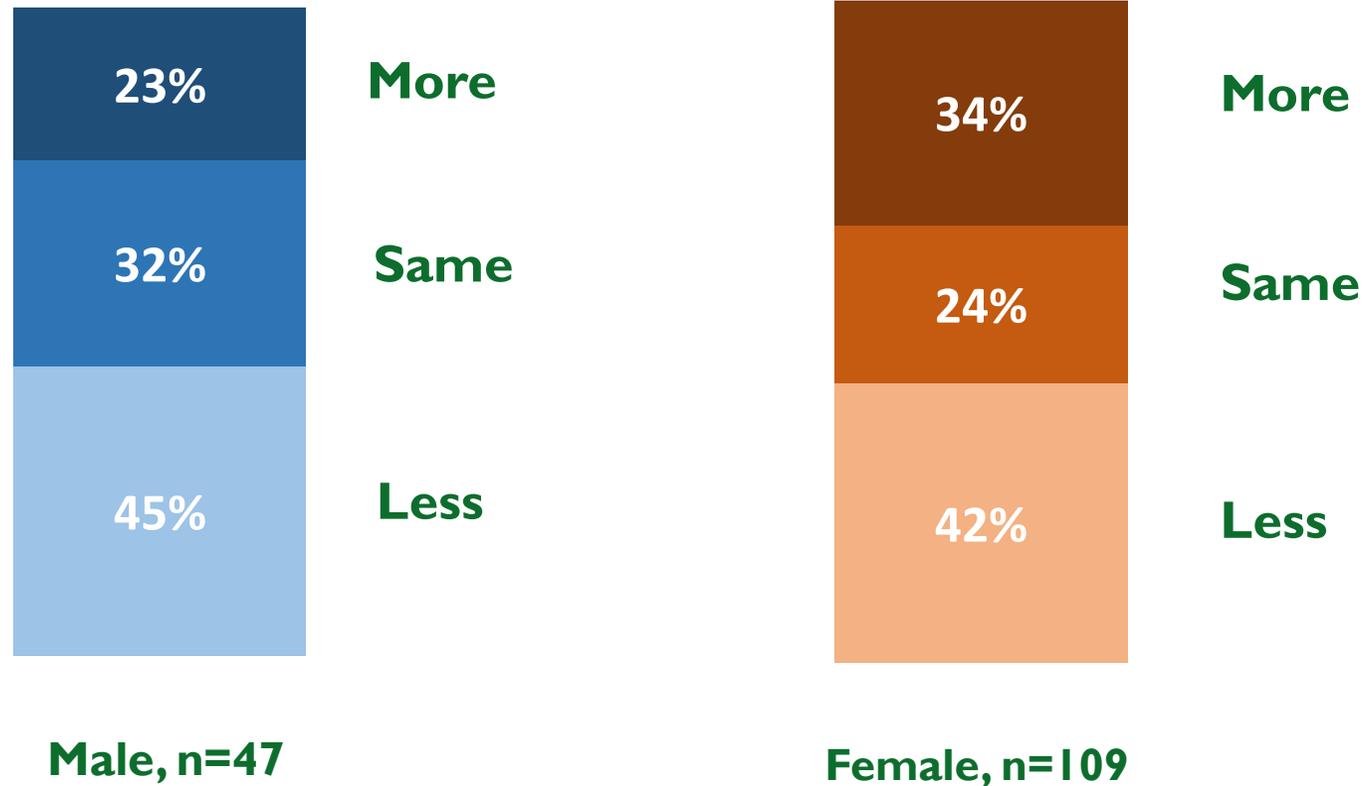
(This may include sport, exercise and brisk walking or cycling for recreation or to get to and from places but should not include housework or physical activity that is part of your job.)

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



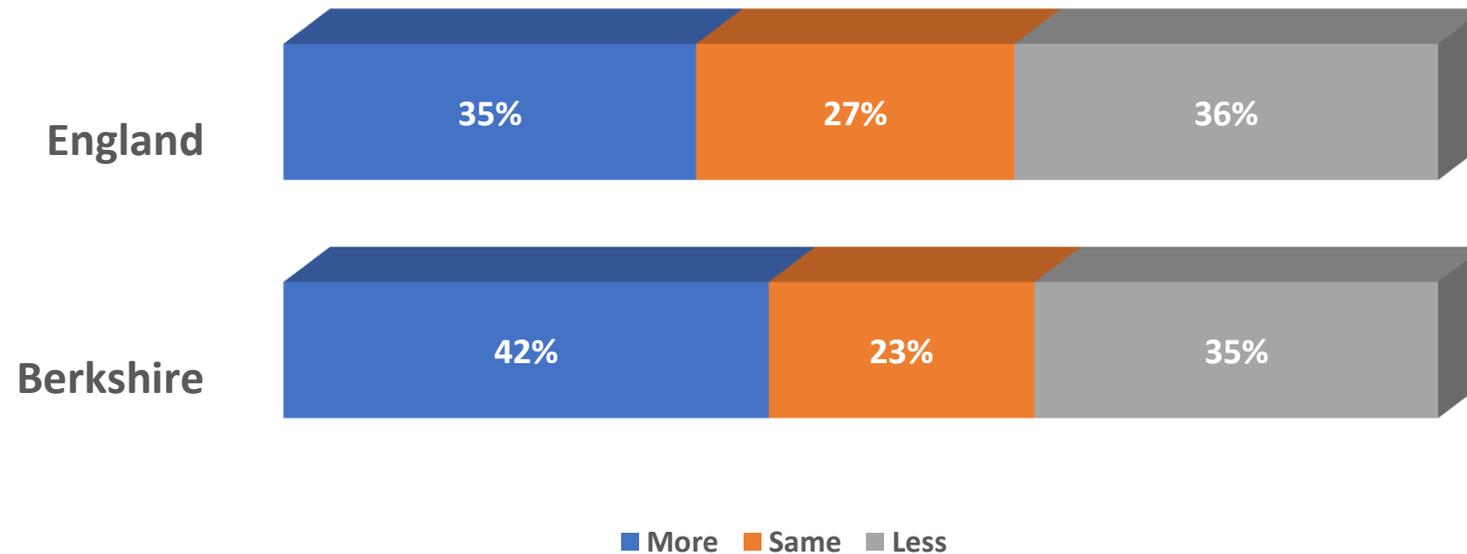
Q: Do you feel like you are currently doing more, less or the same amount of physical activity than before the Covid-19 restrictions were put into place?

# 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 compared to Sport England results

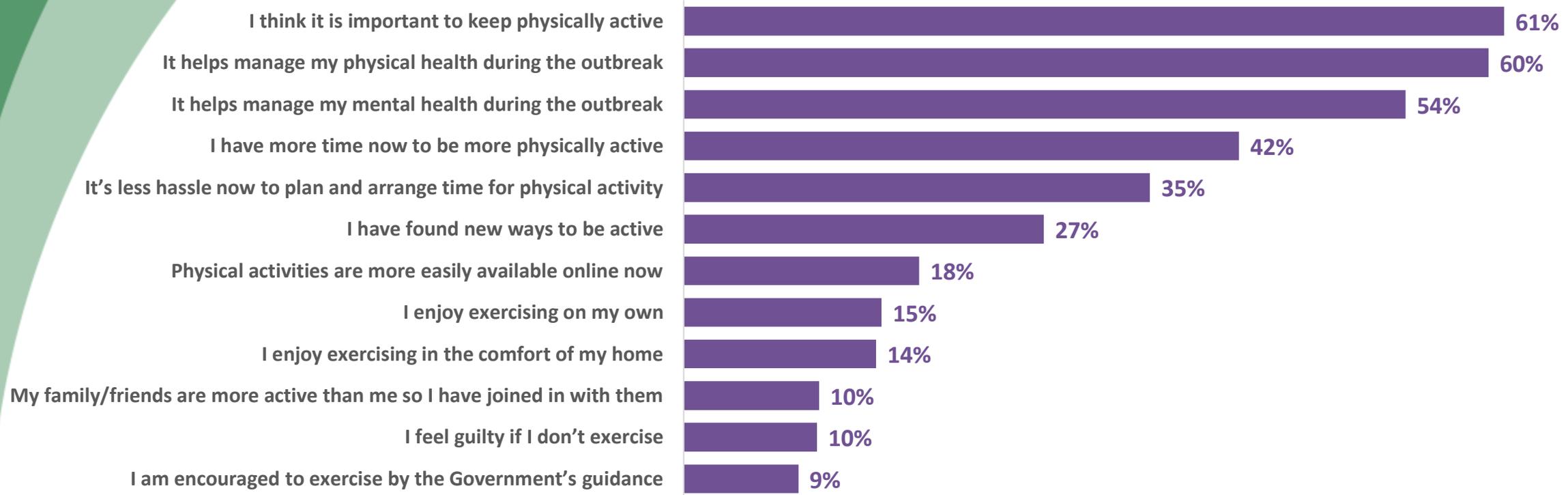


GBA Q: Do you feel like you are currently doing more, less or the same amount of physical activity than before the Covid-19 restrictions were put into place?

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 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.

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

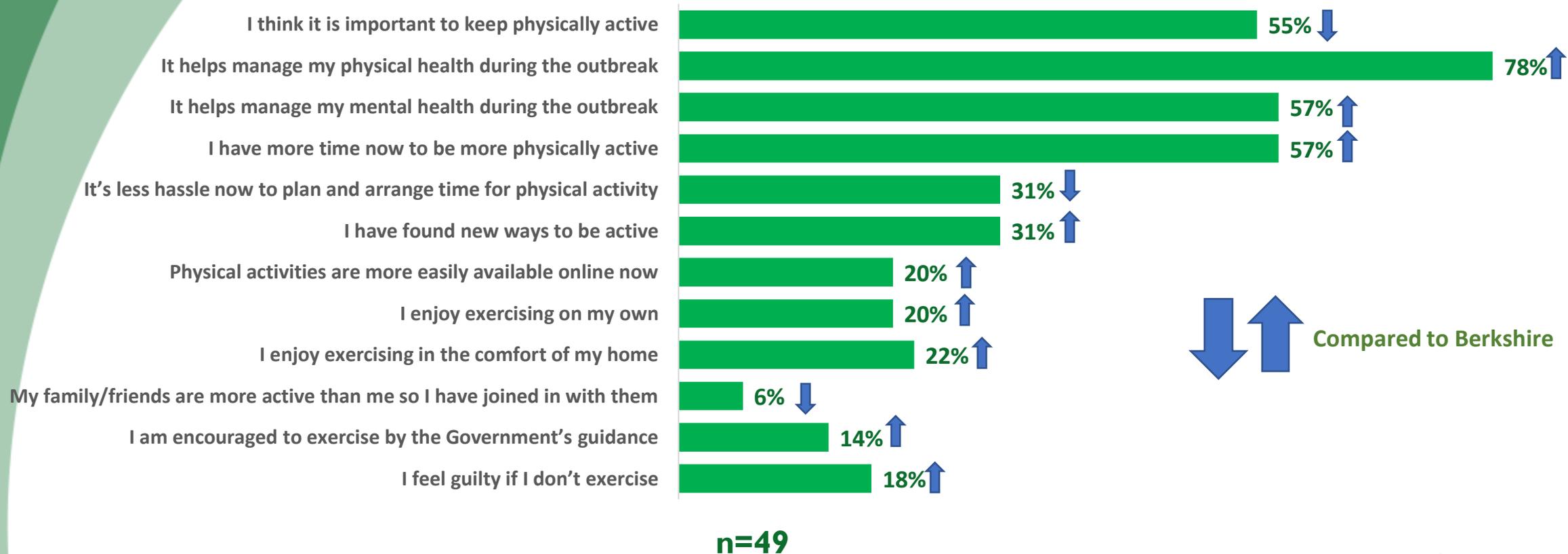


**n=336**

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.

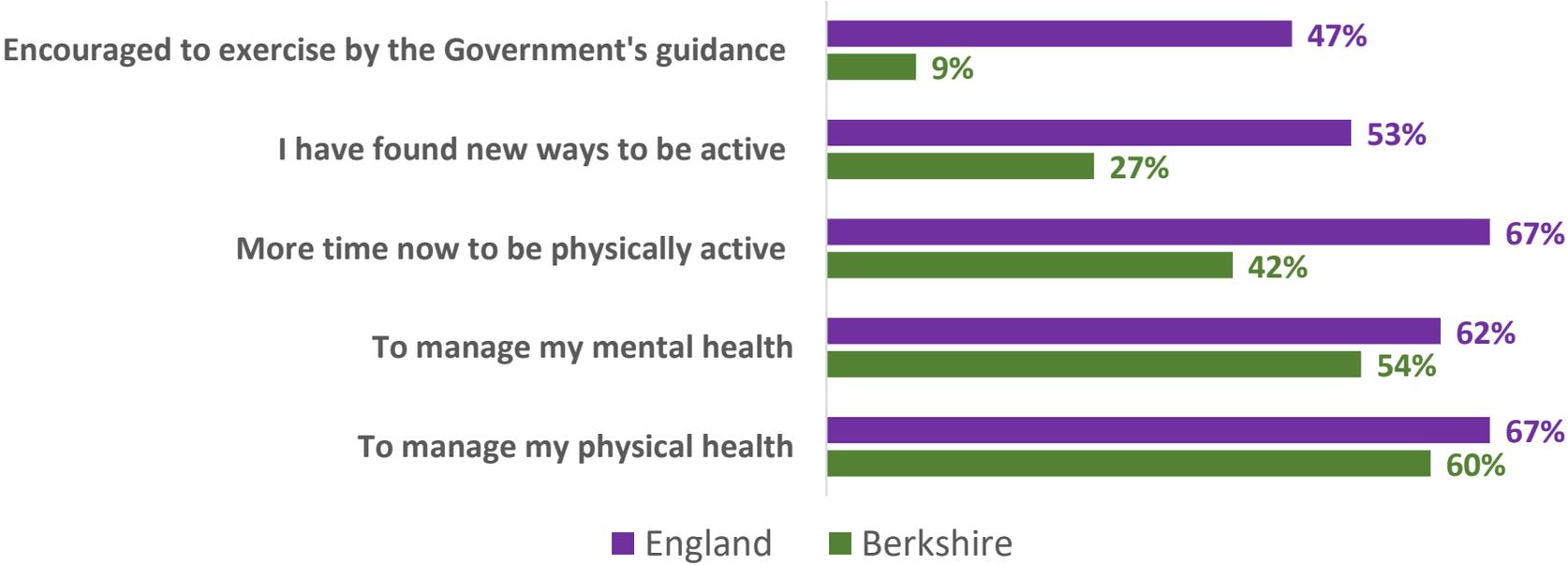
*Weighting has been applied to balance male and female responses to more accurately reflect the gender split in the county population.*

# 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: compared to Sport England results

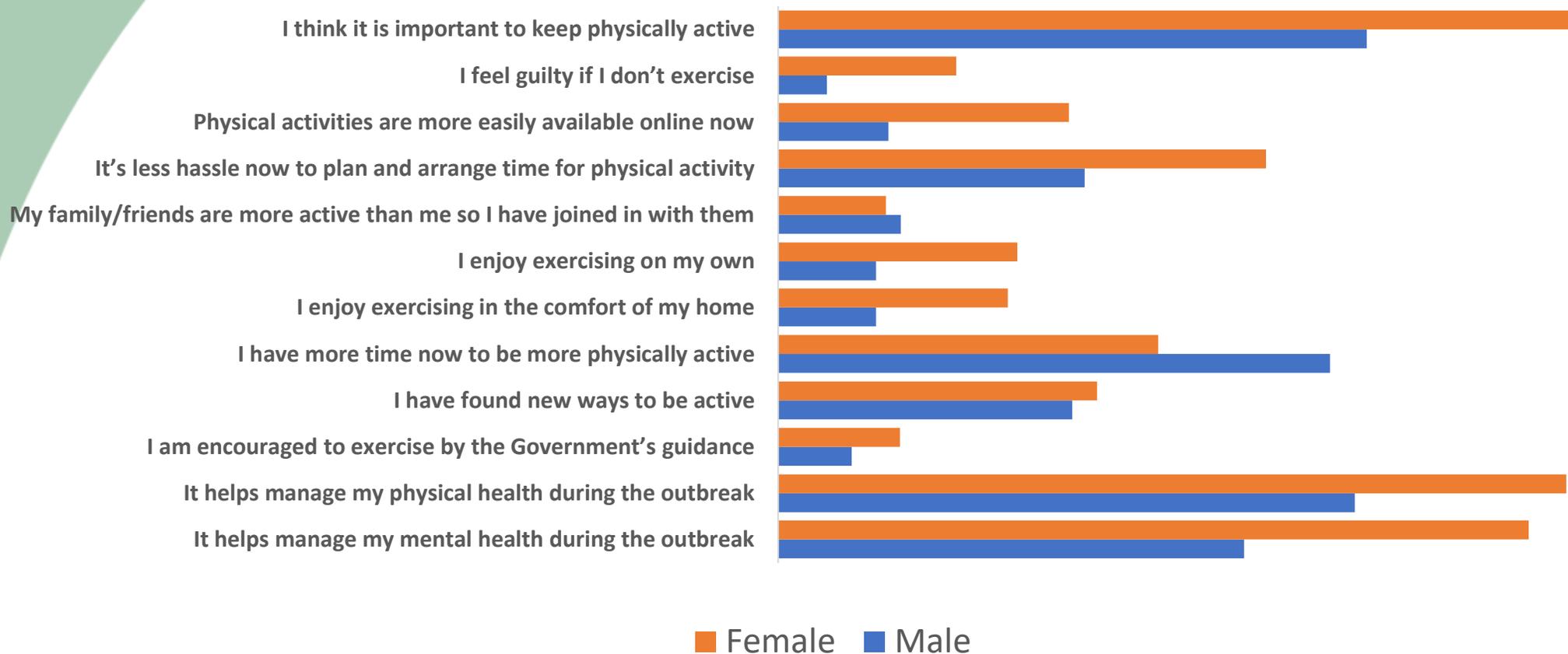


GBA Q: If you said you are doing more physical activity now, please could you say why you think you are more active during the Covid-19 restrictions. Please tick all that apply.

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

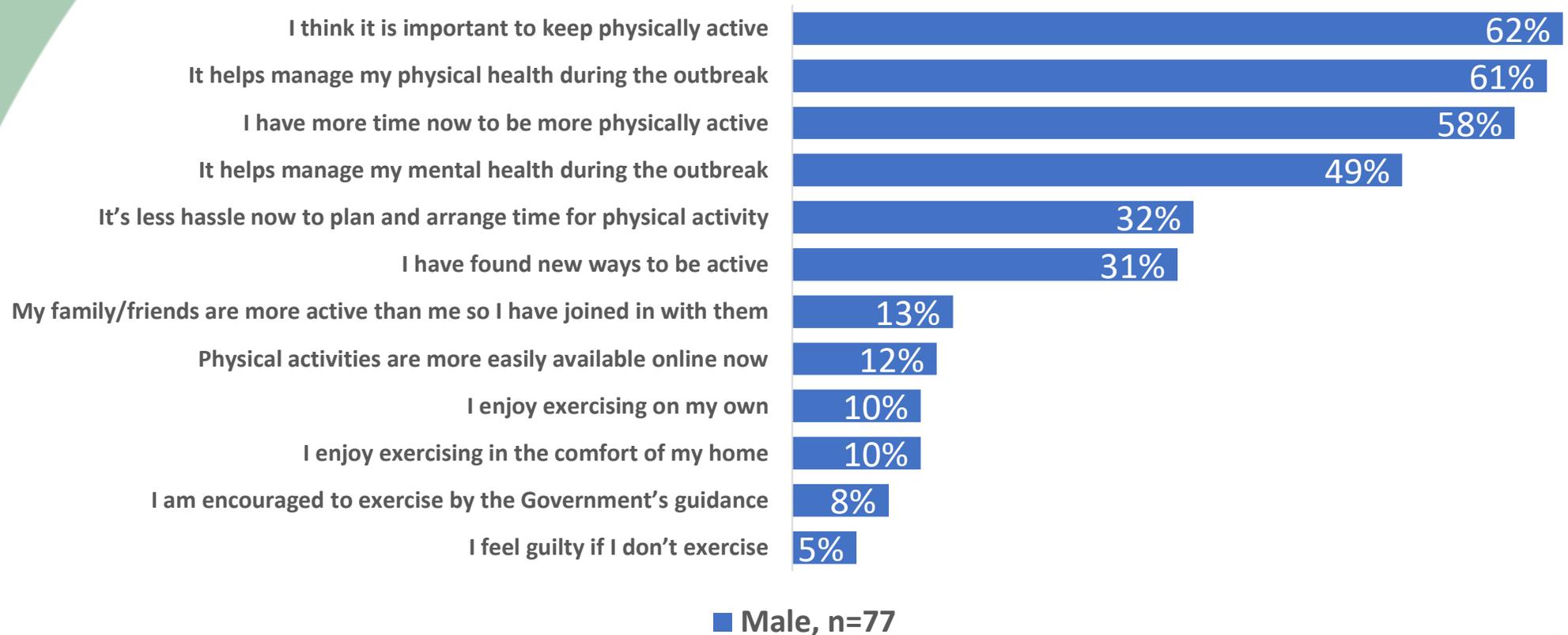


# Reasons for doing more physical activity during the Covid-19 restrictions by gender: Berkshire



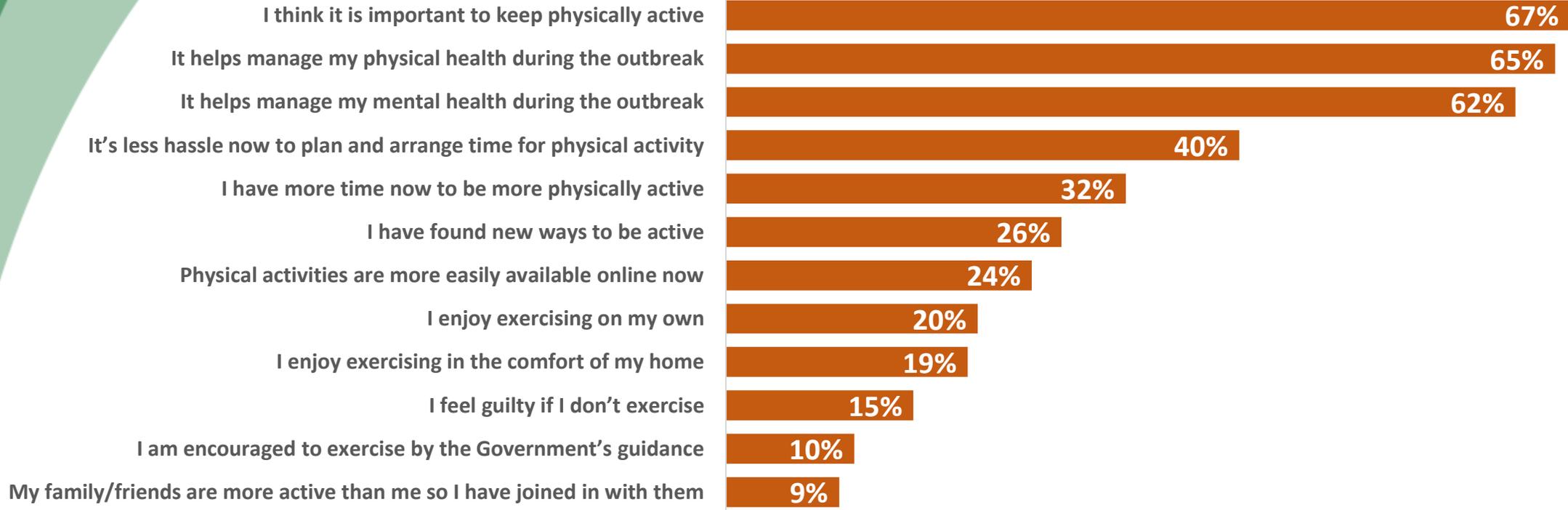
Q: If you said you are doing more physical activity now, please could you say why you think you are more active during the Covid-19 restrictions. Please tick all that apply.

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

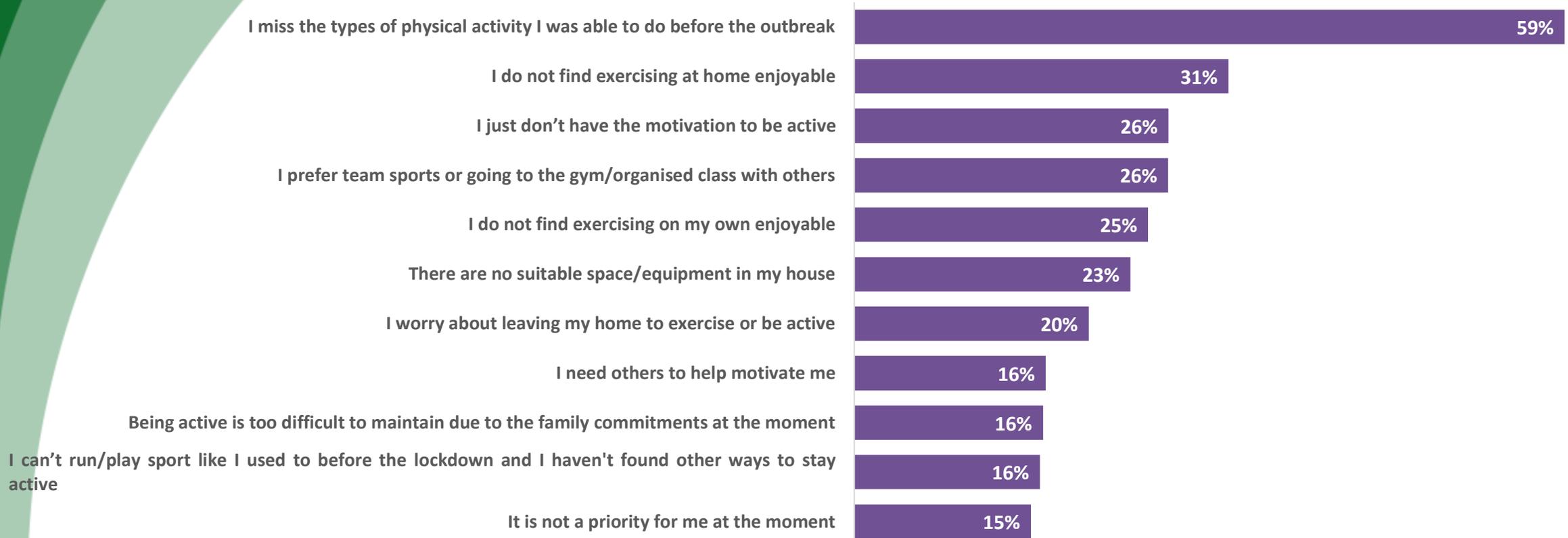


■ Female, n=257

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: Berkshire

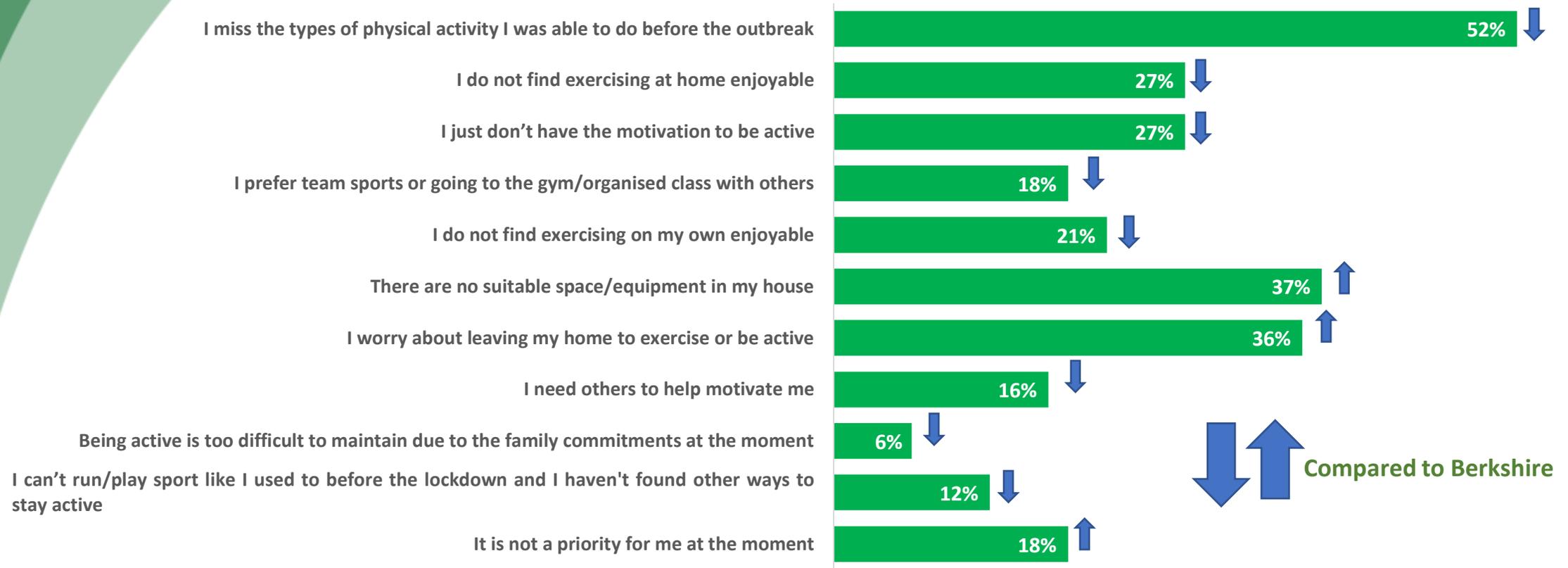


**n=284**

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.

*Weighting has been applied to balance male and female responses to more accurately reflect the gender split in the county population.*

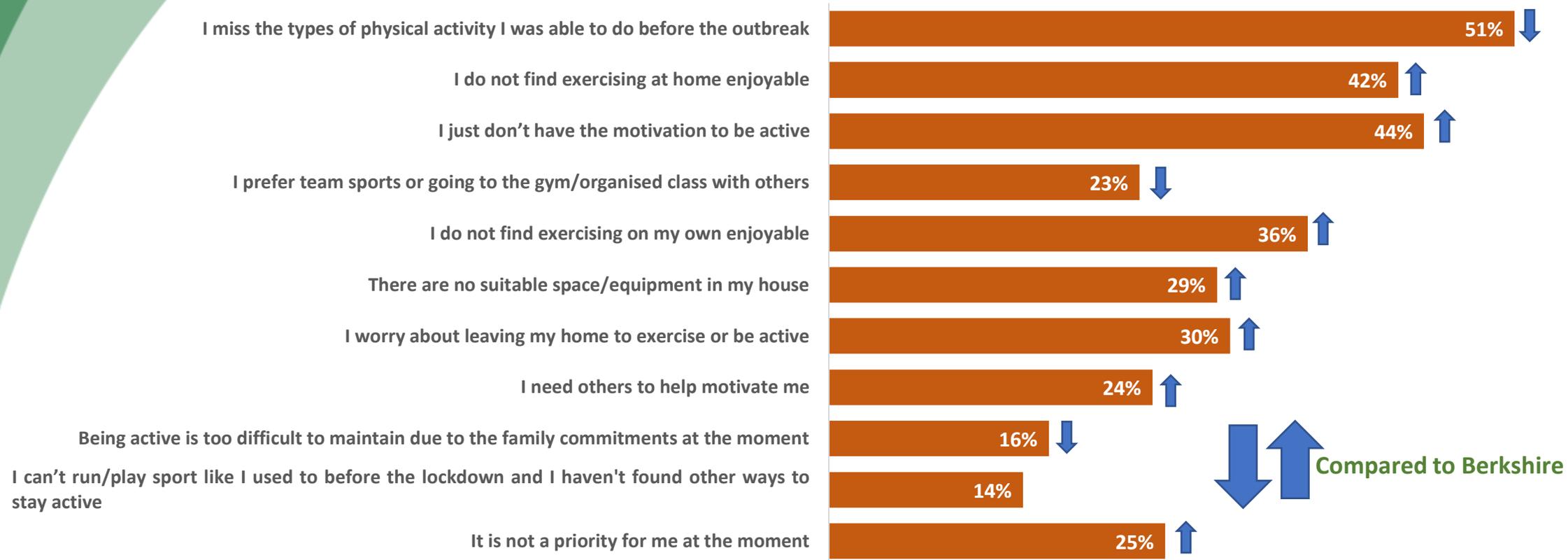
# Reasons for doing less physical activity during the Covid-19 restrictions: disability or LTHC



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.

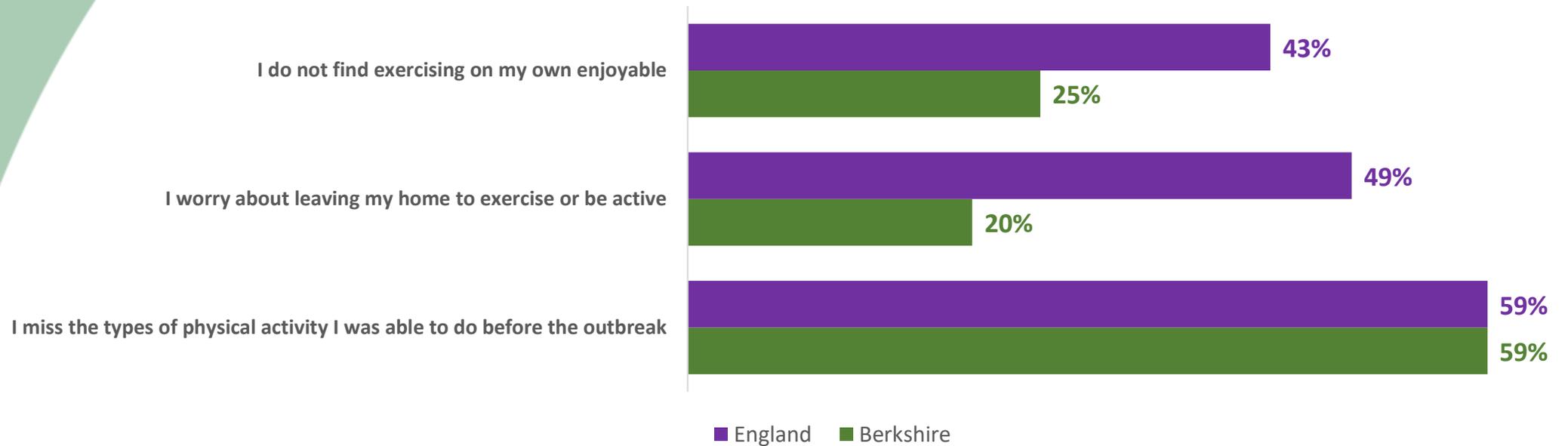
# Reasons for doing less physical activity during the Covid-19 restrictions: least active Berkshire respondents



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.

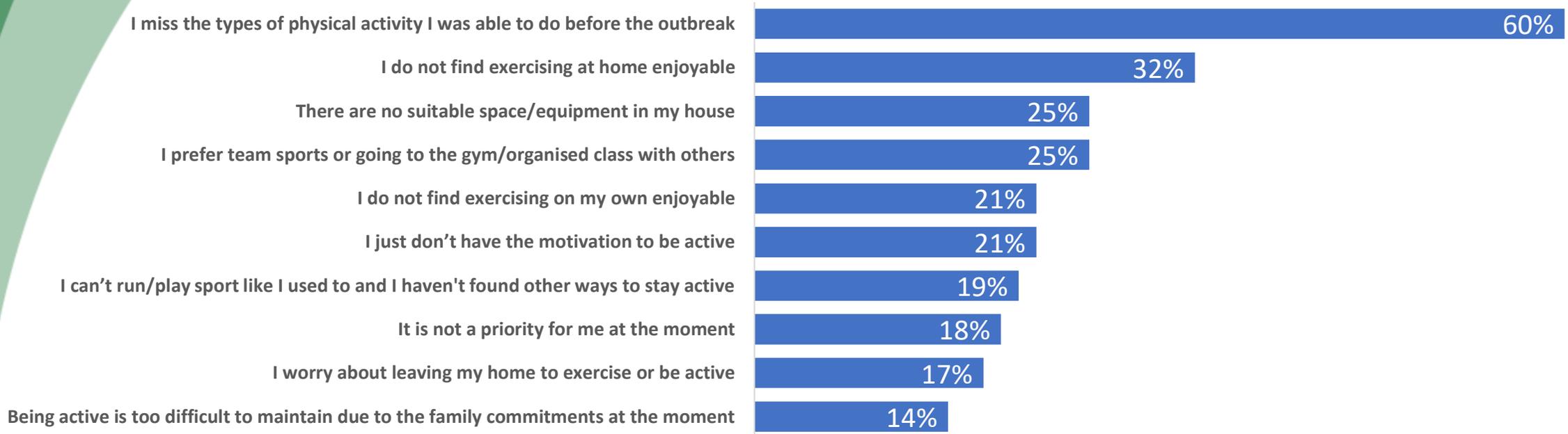
# Reasons for doing less physical activity during the Covid-19 restrictions compared to Sport England results



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.

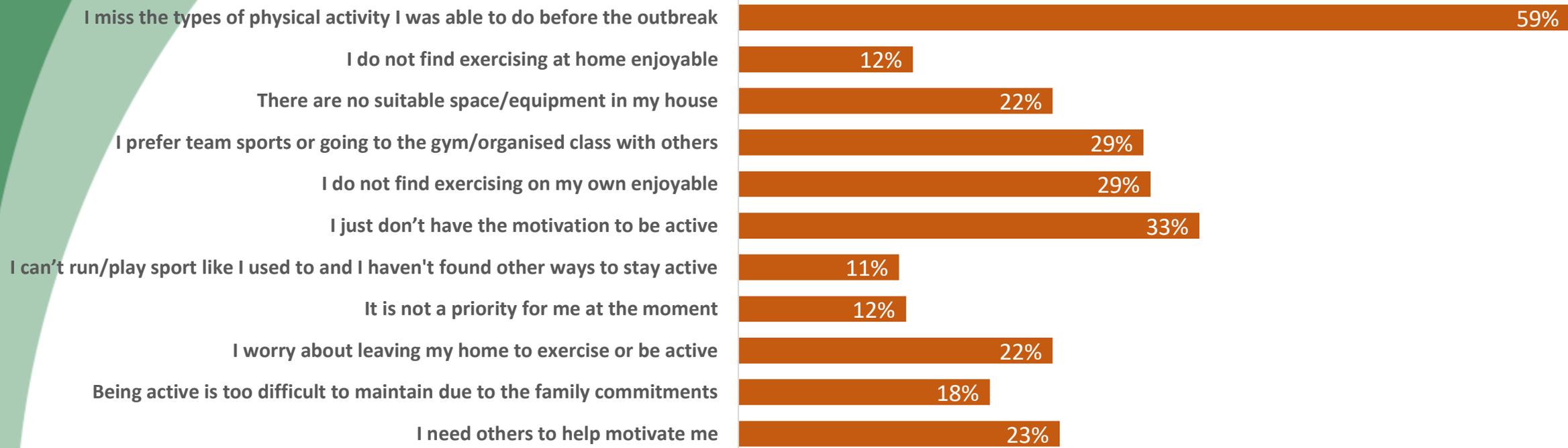
# Reasons for males doing less physical activity during the Covid-19 restrictions: Berkshire



■ Male, n=77

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 females doing less physical activity during the Covid-19 restrictions: Berkshire

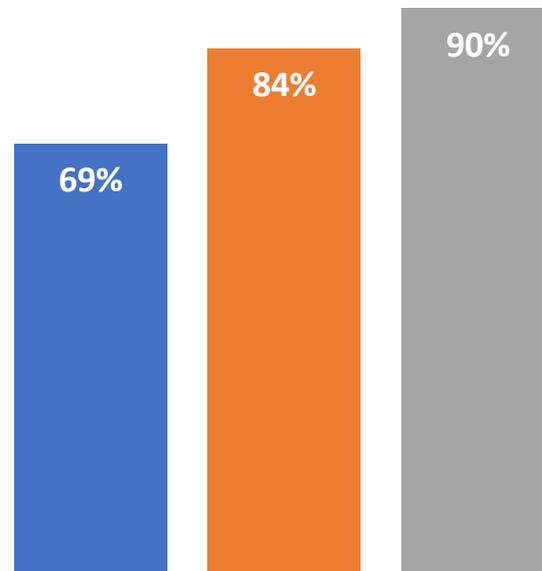


Female, n=202

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.

# Physical activity during the Covid-19 restrictions and mental health: Berkshire

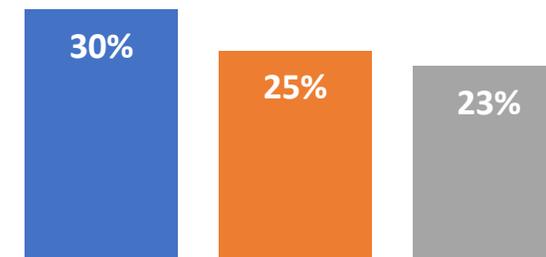
% of respondents who said they were happy (5 and higher out of 10 – 10 being completely happy)



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

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

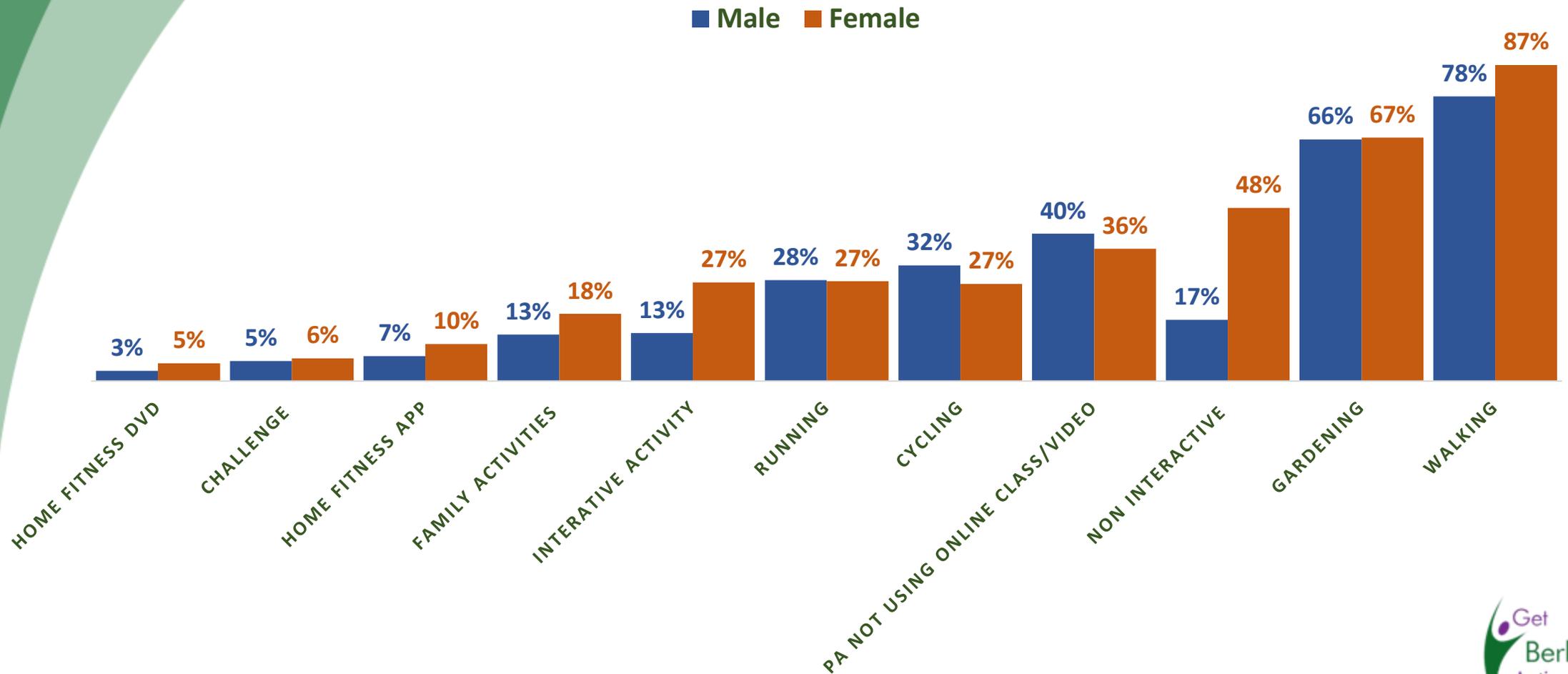
% of respondents who said they felt anxious (6 and higher out of 10 – 10 being completely anxious)



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

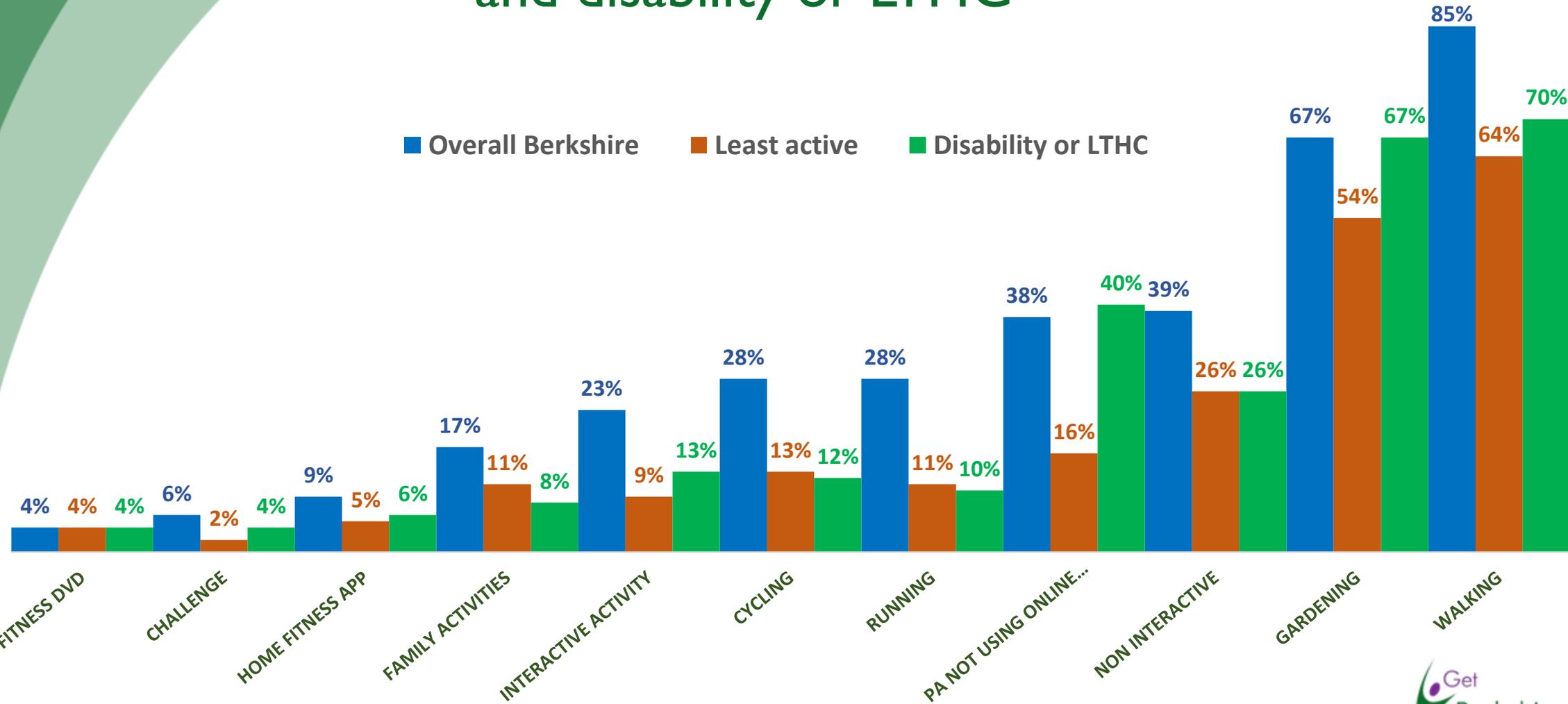
Q: On a scale of 0-10, where 0 is not at all anxious and 10 is completely anxious, overall, how anxious did you feel yesterday?

# Most common physical activities during the Covid-19 restrictions: Berkshire by gender



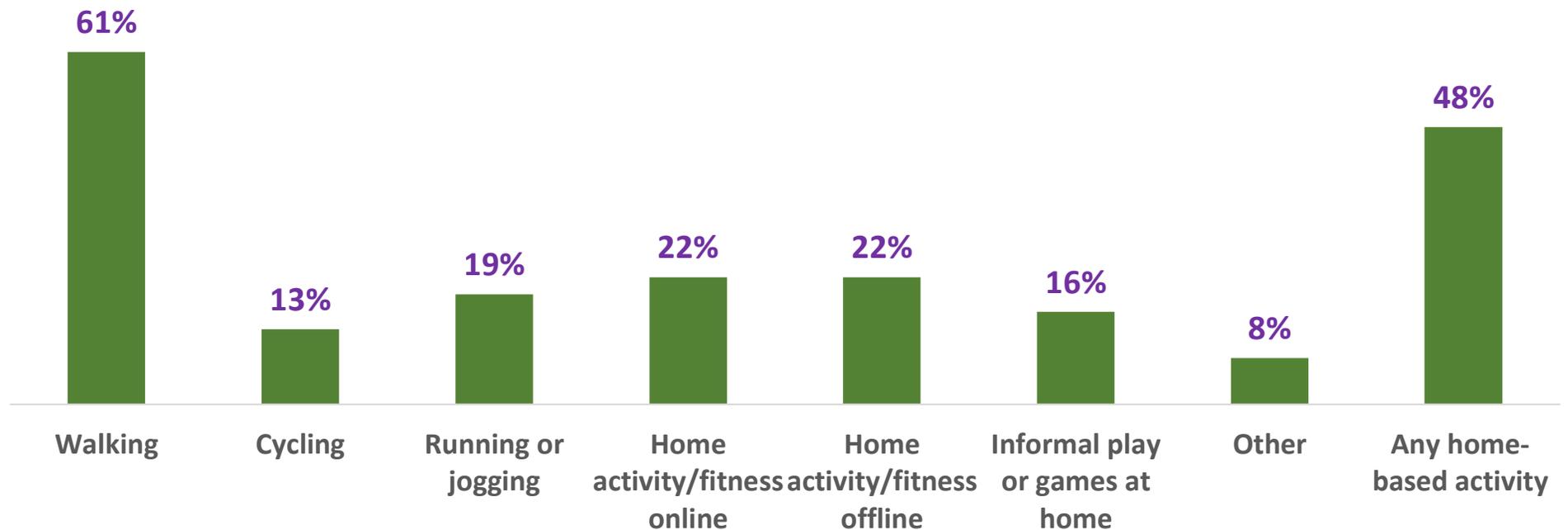
Q: What types of physical activity have you done during the Covid-19 restrictions?

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



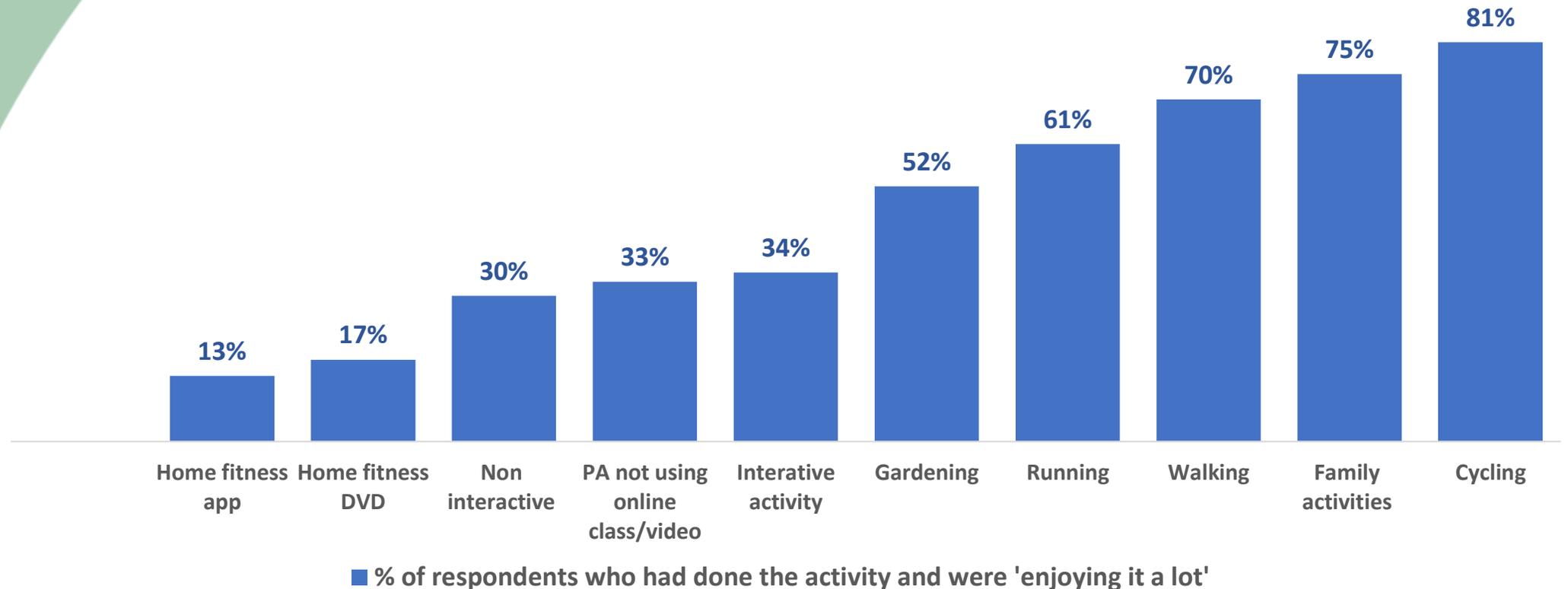
Q: What types of physical activity have you done during the Covid-19 restrictions?

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



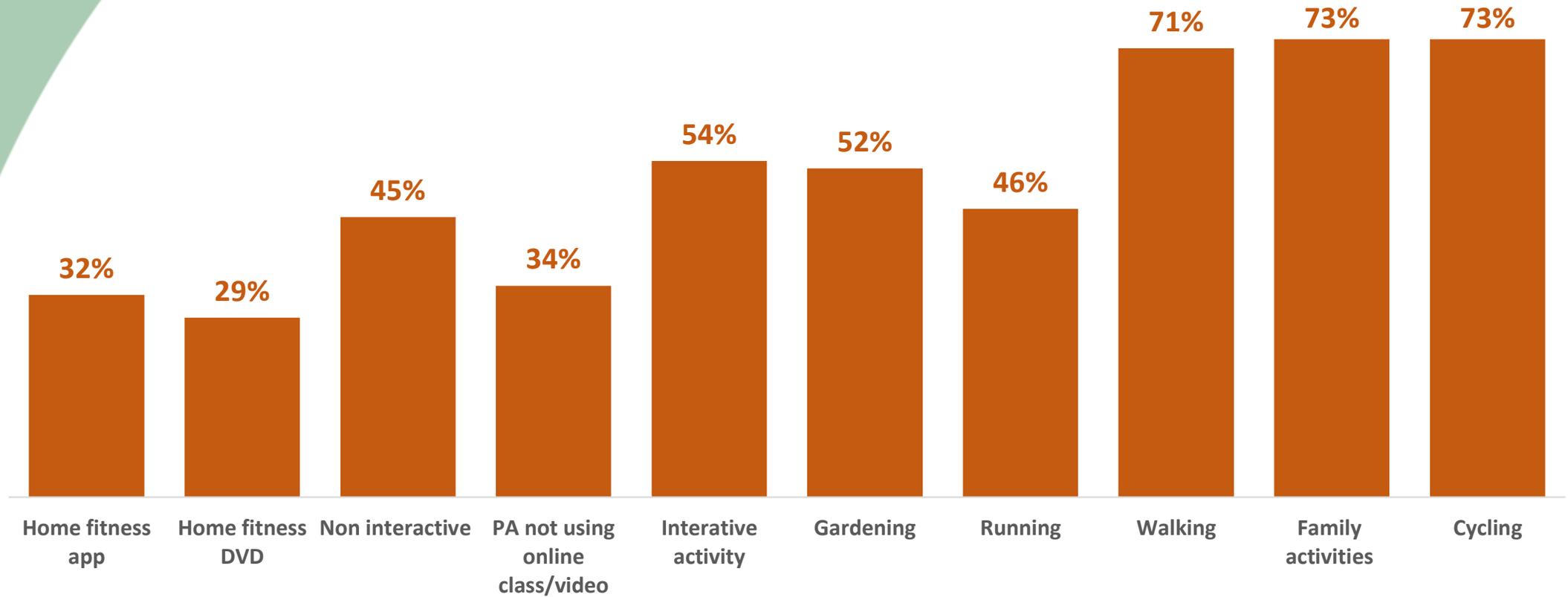
Q: Which, if any, of the following physical activities have you done in the past week?

# Physical activities enjoyed by males during the Covid-19 restrictions: Berkshire



Q: If you have been doing any of the activities during the Covid-19 restrictions, please tell us how much you're enjoying doing them? Answer given was 'enjoying a lot.'

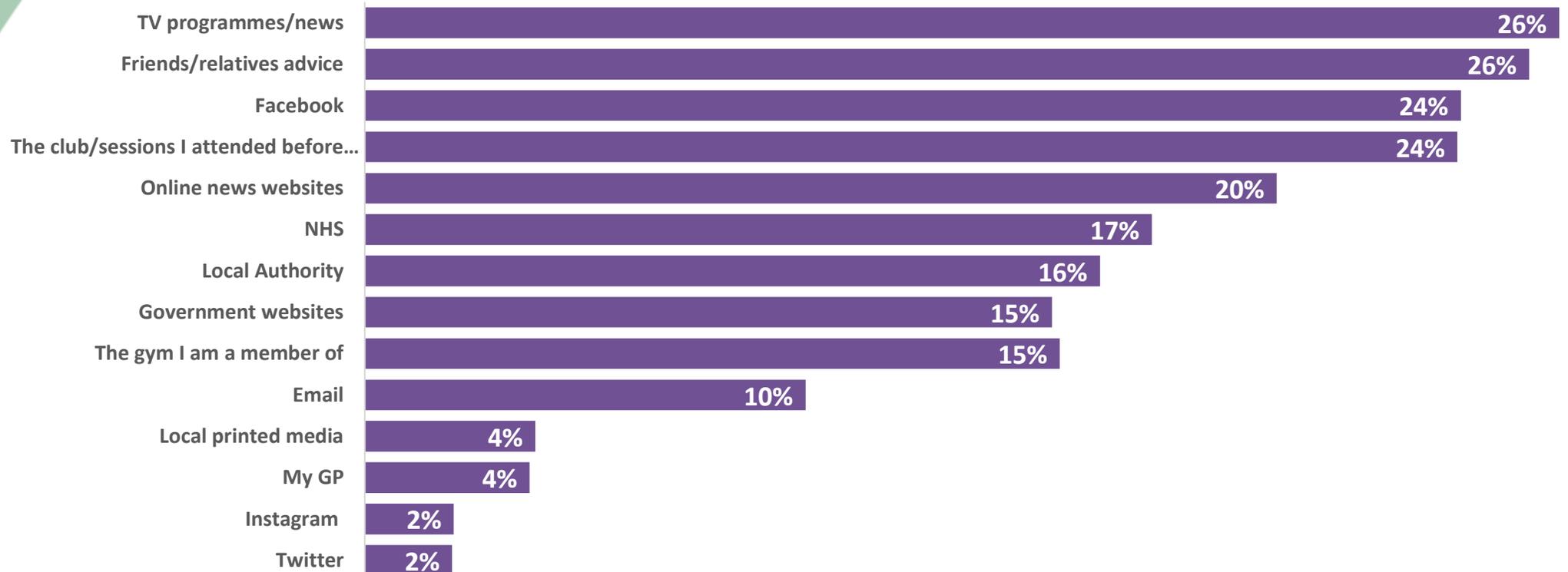
# Physical activities enjoyed by females during the Covid-19 restrictions: Berkshire



■ % of respondents who had done the activity and were 'enjoying it a lot'

Q: If you have been doing any of the activities during the Covid-19 restrictions, please tell us how much you're enjoying doing them? Answer given was 'enjoying a lot.'

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

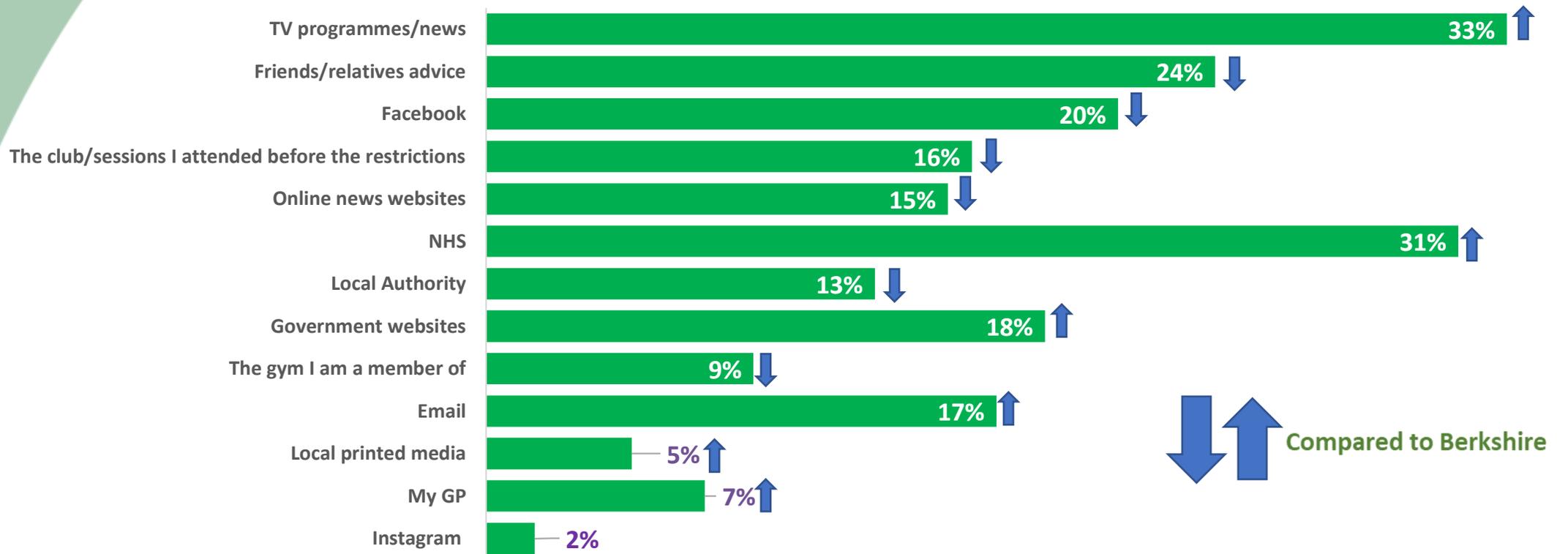


n=617

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

Weighting has been applied to balance male and female responses to more accurately reflect the gender split in the county population.

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



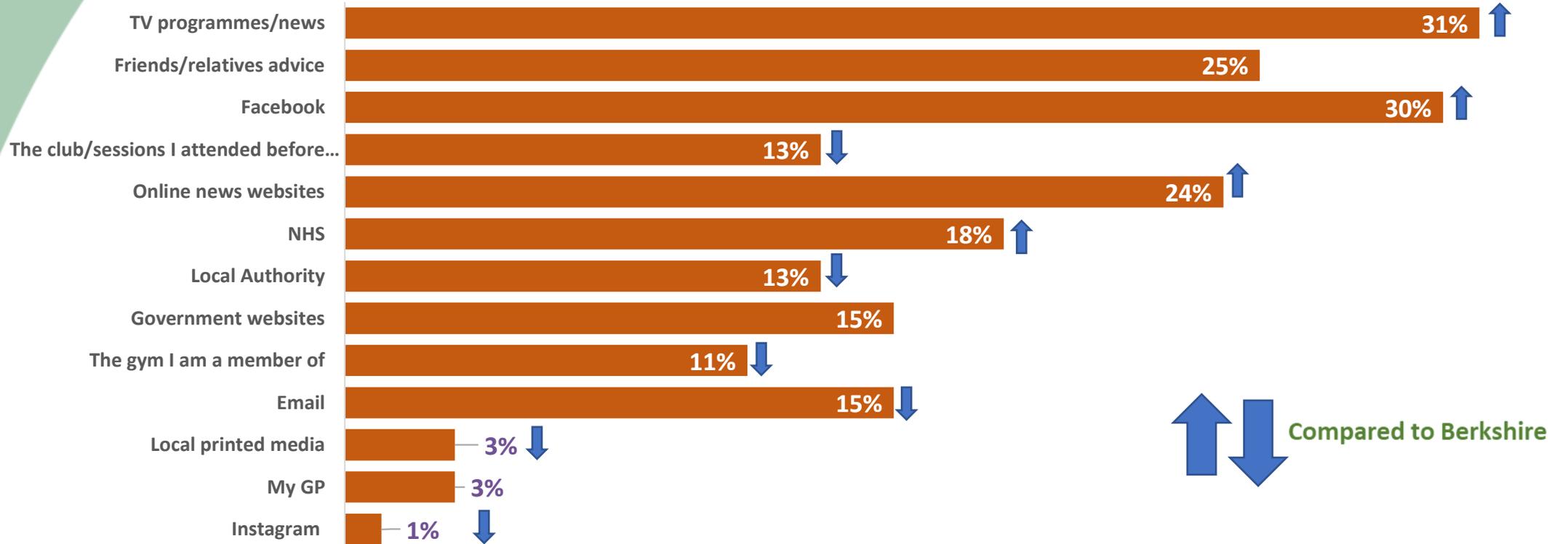
n=127

↓ ↑ 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: least active Berkshire respondents



n=99

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