

Notts Residents COVID Impact Survey

June 2020

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active notts

What we are going to cover

- Who took part in the survey?
- Physical activity summary
- Behaviours – now and expectations as we ease out of lockdown
- Behaviours – Impact of COVID
- What will get in the way of physical activity once restrictions eased?
- What will help residents be active once the current restrictions are eased?
- What needs to be in place?
- Focus on females
- What next?

Who took part in the survey? – Demographic groups

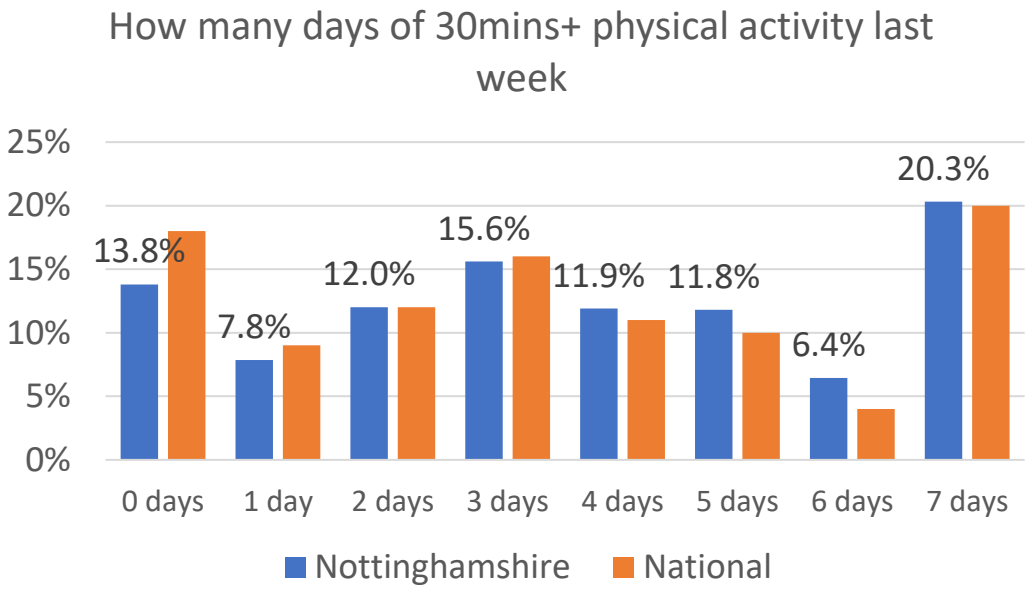
- 1058 respondents living in Nottinghamshire took part in the survey
- 85% of them are female
- 30% have children aged 15 or under
- 20% report having a physical disability and a further 7% report mental conditions
- 43% are aged 35-54 and 39% aged 55-74, 16% aged 16-34 and 2% over 75
- 93% are from white backgrounds
- 59% are from higher socio-economic groups (ABC1) and 40% are from lower socio-economic groups (C2DE). This includes 27% from the work status groups ‘intermediate managerial, admin or professional’, 21% from ‘supervisor, admin or professional’ and 18% from ‘retired’

Who took part in the survey? - Places

4% of the valid postcodes were residents from priority areas across Nottinghamshire

LA	No	% of total	Priority places	% of LA	Notes
Ashfield District	83	7.9%	9	10.8%	New Cross (6), Coxmoor (2), Leamington Estate (1), Hucknall/Broomhill & Stanton Hill (0)
Bassetlaw District	108	10.3%	0	0.0%	Focus theme not place
Broxtowe District	88	8.4%	0	0.0%	Focus theme not place
City of Nottingham	207	19.7%	18	8.7%	Bulwell/Hall park estate (8), St Ann's (7), Beechdale (3)
Gedling District	98	9.3%	0	0.0%	
Mansfield District	122	11.6%	7	5.7%	Bellamy
Newark and Sherwood District	122	11.6%	4	3.3%	Ollerton
Rushcliffe District	140	13.3%	2	1.4%	Keyworth

Physical activity behaviour – adults last week

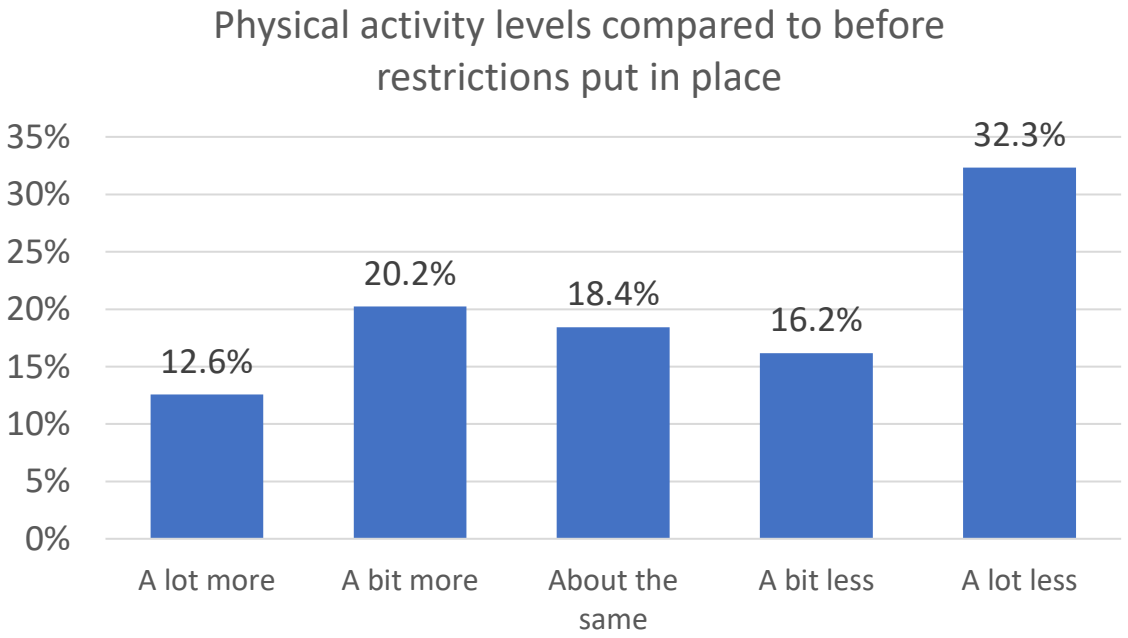


- Around **40% of respondents reported doing 5-7 days of 30mins+ physical activity** in the last week (compared to 34% nationally)
- **14% had not completed 30mins+ on any day** in the last week (compared to 18% nationally

* National results may not be directly comparable due to slight survey differences

Sport England, Survey into adult physical activity attitudes and behaviour 26th May 2020 (wave 8) Savanta: ComRes
Nottinghamshire Residents COVID survey

Physical activity behaviour – adults compared to pre-restrictions

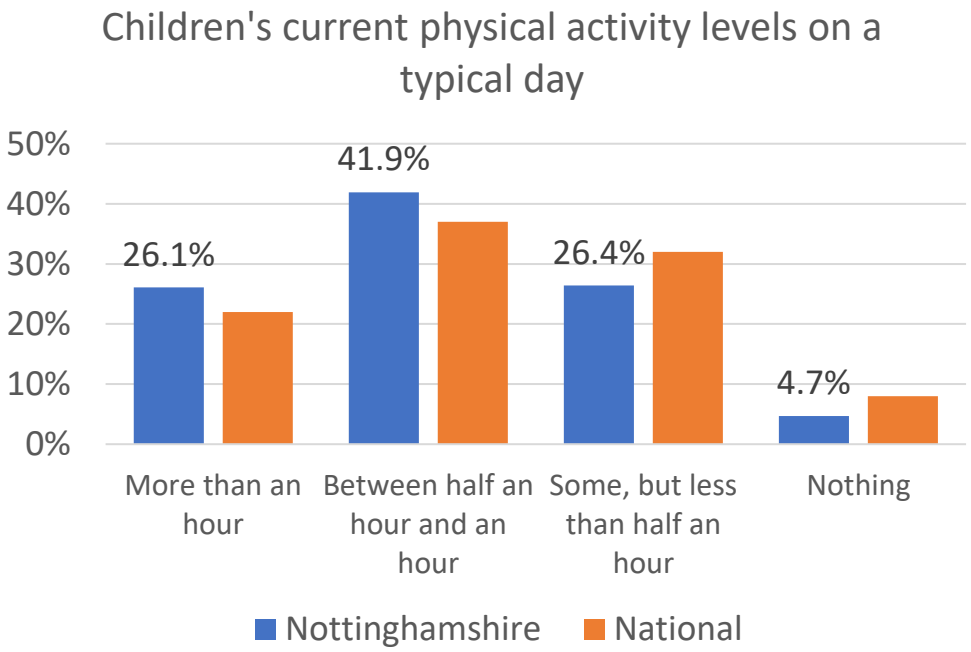


- **Almost half of the respondees reported doing less physical activity now** than before restrictions were put in place and **one third reported doing 'a lot less'**
- **One third** reported doing (a little/a lot) **more physical activity than before** restrictions were put in

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Physical activity behaviour – children last week



- **Around ¼** of respondents reported their **children** are taking part in **more than 1 hour per day** of physical activity (compared to 22% nationally*)
- **Another 42%** are getting an average of between **30mins and 1hour** per day (compared to 37% nationally*)

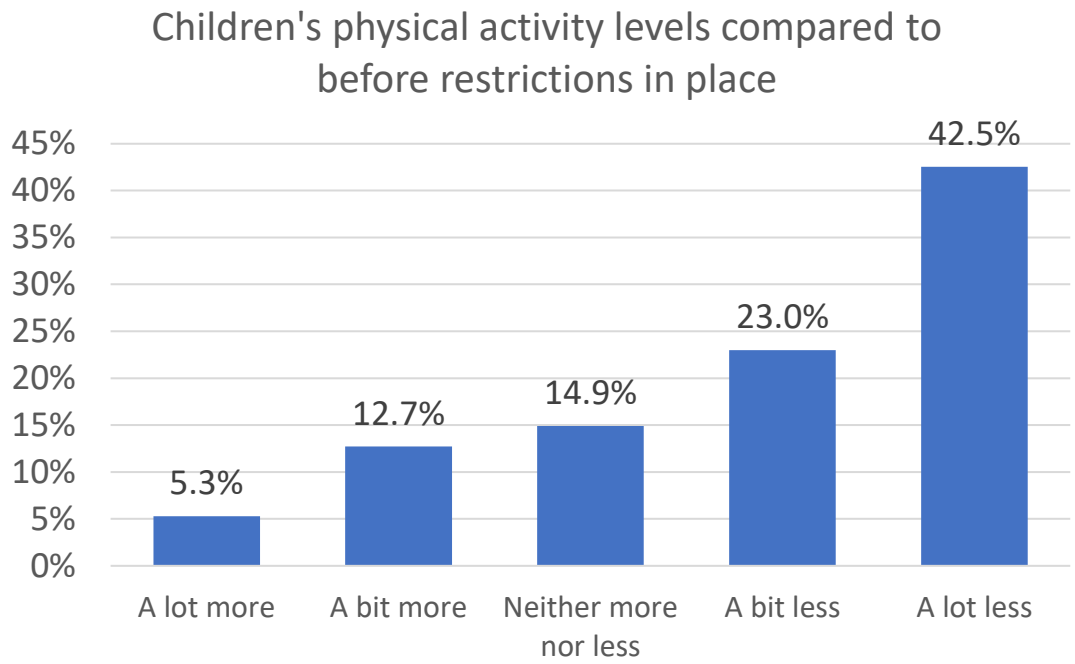
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Physical activity behaviour – children compared to pre-restrictions

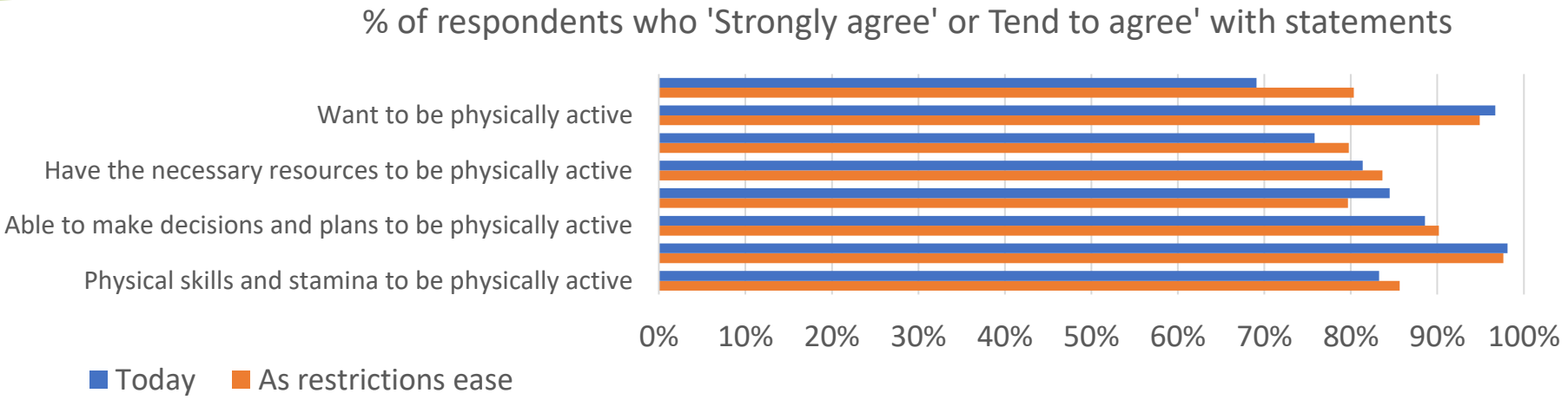


- **Almost two thirds** of respondees reported that their **children** are doing (a little/a lot) **less physical activity** than before restrictions were in place with **43%** reporting them **doing 'a lot less'**
- **18%** of respondents reported their **children** doing (a little/a lot) **more physical activity** than before restrictions were in place

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Behaviours now and as we ease out of lockdown

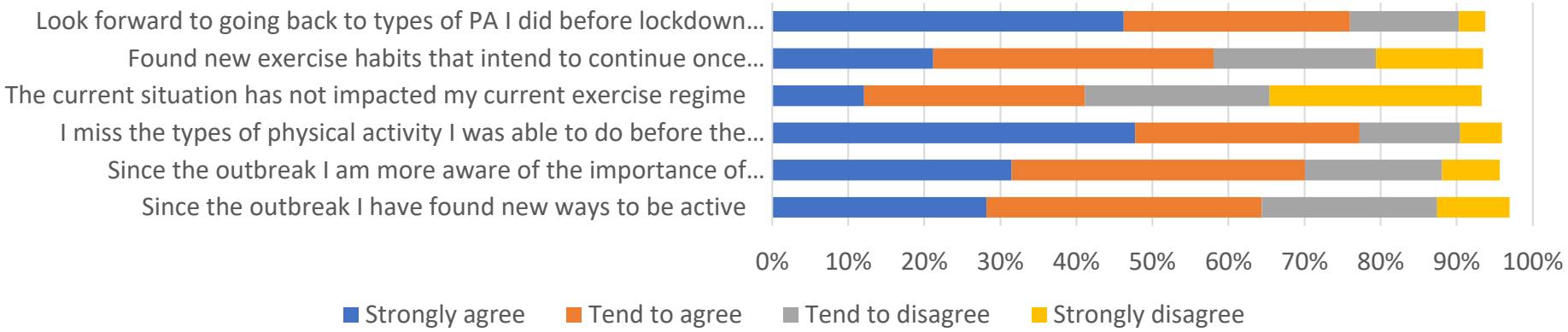


Over 2/3 of respondents agreed with each statement both currently and as restrictions ease Almost everyone knows about the importance of physical activity and **wants to be physically active**. For the majority of statements **viewed changed very little from currently to as restrictions ease** except for **more people feel they will establish routines and habits to be physically active once restrictions ease** (80% compared to 69% now)

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Behaviours – impact of lockdown restrictions



Although respondents appear to be missing PA activities they currently cannot do (77% agreed with this statement compared to 56% nationally*) overall a positive picture:

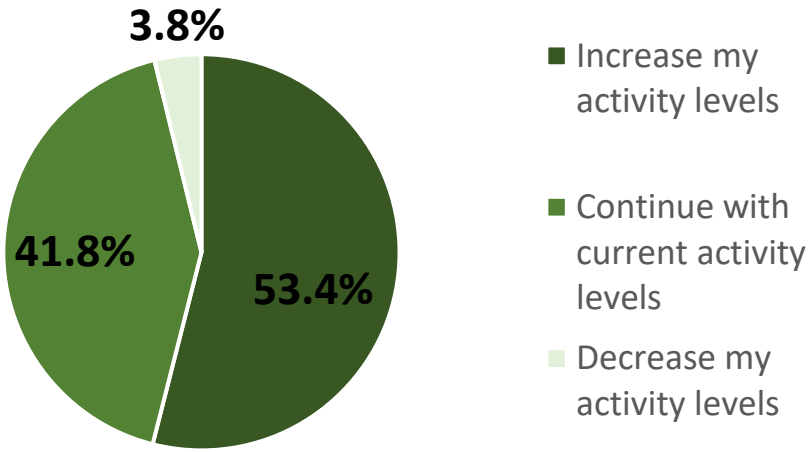
- 70% agree they are more aware of the importance of physical activity
- 64% agreed they have found new ways to be active (compared to 52% nationally*) and
- 58% have found new exercise habits they intend to continue once restrictions are eased
- 76% are looking forward to getting back to types of activity they did previously
- 41% agreed that the restrictions had not impacted on their exercise regime

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Behaviours - future intentions

After the restrictions are eased, I expect to:



- **Over half** of the respondents **expect to increase** their activity levels as restrictions are eased
- **Only 4% expect to decrease** their activity levels

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What will get in the way of physical activity once restrictions eased?

Lack of time, work and family commitments

By far the largest concern reported over keeping up with current physical activity levels once restrictions eased was a lack of time or tiredness with work or family commitments being likely to **change routines** that have been established. There were 287 mentions relating to work, 143 linked to family commitments and an additional 31 where lack of time was reported. The **work commute** was also mentioned frequently with residents reporting that they were using this time to exercise currently

- *"Working from home gives me more freedom to fit in exercise around work and childcare, especially as my husband is also working from home"*
- *"Have to go back to work shifts, family commitments and being mum's taxi to teenagers"*
- *"Going back to work and the tiredness that accompanies that"*
- *"Working at home has made it easier to fit exercise in"*

What will get in the way of physical activity once restrictions eased?

COVID Restrictions

Many gym users and swimmers are concerned how reduced numbers, increased fees and ability to work out safely and activities being busier would impact them returning. A reduction in their fitness levels was also a concern to returning. Mentioned 200 times

- *"I was swimming 4+ miles a week before lock down. I am really struggling to stay active without a pool"*

Lack of motivation

Mentioned 122 times included self-motivation and being able to socialise again and participate in non-physical activities taking priority over physical activity for many. The variety on offer once restrictions are eased is more desirable than being active

- *"Returning to normal life will impact me and my family's ability to continue with physical activity. We motivate each other, so if one of us returns to normal the whole chain will break"*

What will get in the way of physical activity once restrictions eased?

Health and wellbeing

Mentioned 143 times residents feared health problems may impact on future physical activity levels. Several residents mentioned regular physical activity being set back by disabilities, operations being postponed or by putting on weight/being less active during lockdown. Lack of trust in others to follow COVID guidelines was also a concern mentioned 200 times.

- *"I can't do a lot of activity as waiting knee replacement. And I am still unsure it is safe enough to be out and about"*
- *"I am disabled and struggle enough with physical activity, this has just made it worse"*

Cost

Cost was mentioned as a potential concern 41 times with fears over increased prices or affordability being mentioned

- *"Finances will play a part in this, for instance, paying for gym membership"*

What will get in the way of physical activity once restrictions eased?

The right opportunities

Mentioned 246 times this included opening up of facilities such as gyms and pools, resuming activities like Park Run but also continuing some of the new provision eg on-line classes. People also asked for beginner classes, 1-2-1 support and exercise classes after 7/7:30pm as well as special classes for those who are shielding with stricter safety measures. Others said that freedom of being able to travel further to walk/cycle or for those shielding to be able to get outside would help them be active

- *"Access to gym facilities outside of working hours to be able to exercise when it is dark/poor weather"*
- *"Beginners classes in gentle exercise to help get back into a healthy lifestyle"*

Routine

Re-establishing old routines such as active commutes/jobs or, alternatively, being able to work more flexibly in order to fit exercise in (eg continued working from home). 214 mentions

- *"Time from employer to exercise"*

What will get in the way of physical activity once restrictions eased?

Social interaction

129 respondents mentioned being motivated by friends and family to take part in physical activity. For some it was the support they received from groups or friends, and for others it was the enjoyment of exercising with others. Nordic walking and chair based exercise were popular social activities and some grandparents mentioned spending time with grandchildren keeping them active

- *"Being able to meet with family and friends for walks or runs"*
- *"Being able to take part in group activities and the social interaction that comes with that"*

New experiences

Restrictions have provided opportunities for some to discover the benefits of physical activity and others to enjoy new ways of exercising which they are now motivated to continue

- *"Realisation that regular, meaningful physical activity is vitally important to someone in my age range"*

What needs to be in place?

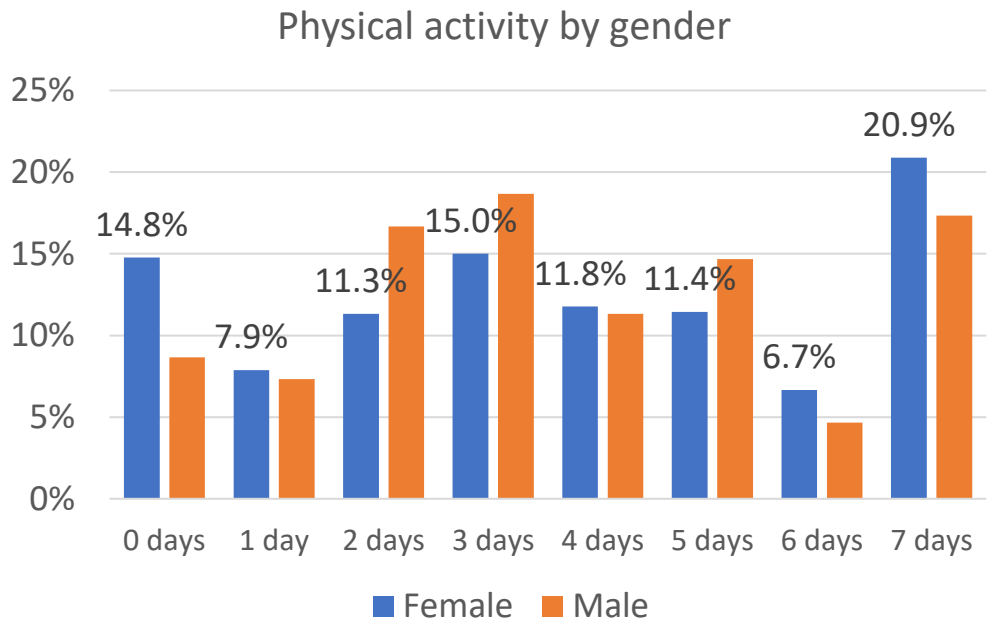
Safety – access to information about the safety measures in place and reassurance that others are complying

Promotion – Better information on local walks, safer cycle routes/cycle lanes and additional encouragement via deals and promotions (specifically for older people, carers and low income households)

Good weather! – Respondents reported feeling more motivated to exercise when the weather is good

Childcare – respondents needing time to be able to exercise (requests for leisure centre crèches) and others looking forward to having the school run back for their daily walk

Focus on females - physical activity behaviour

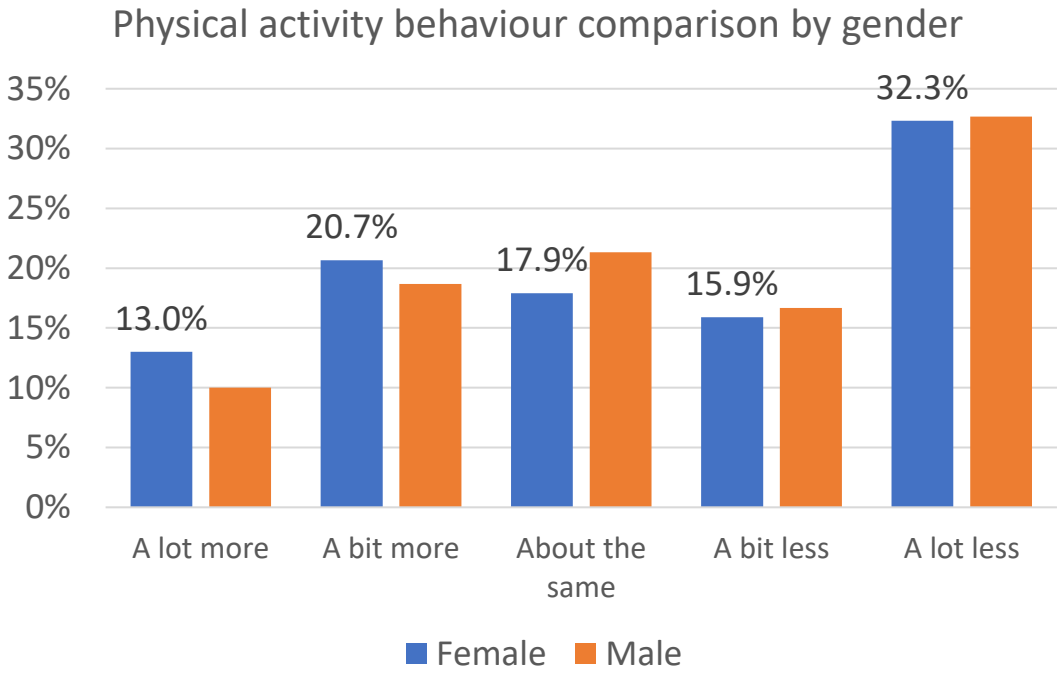


- Almost **twice as many females as males reported doing 0 days of 30mins+ physical activity** in the last 7 days (*nationally 19% of females reported 0 days)
- **39% of female** respondents took part in **5 - 7 days of 30mins+ physical activity,** slightly **higher** than for **males (37%)** and than nationally for females (*33%)

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Focus on females – physical activity compared to pre-restrictions

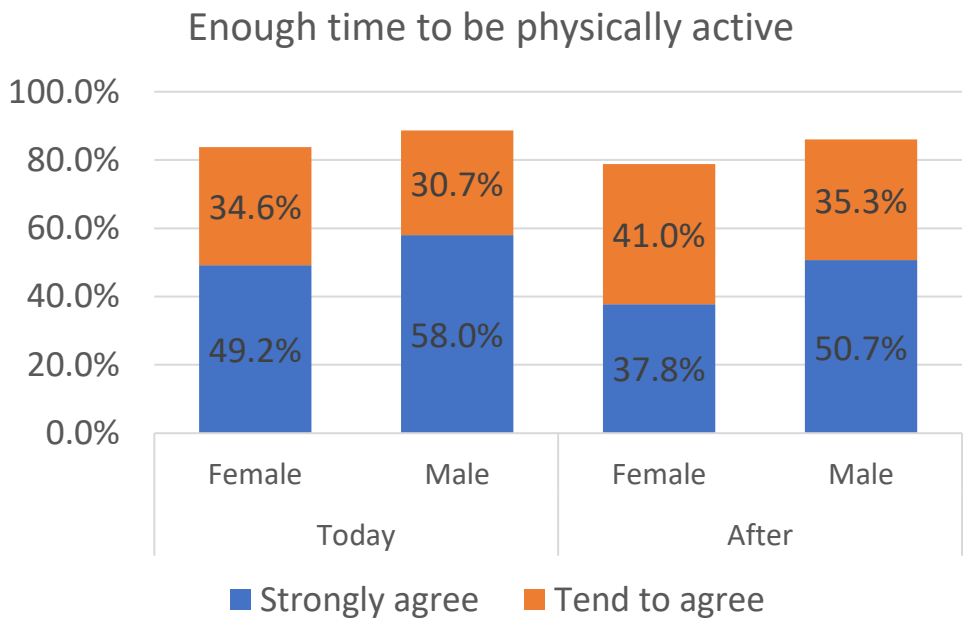


- Similar to males almost **half females reported doing less physical activity now** than before the current restrictions
- **34% of females are taking part in** (a little/a lot) **more physical activity** than before restrictions were put in place (compared to 29% of males)

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Focus on females – time now and after restrictions eased

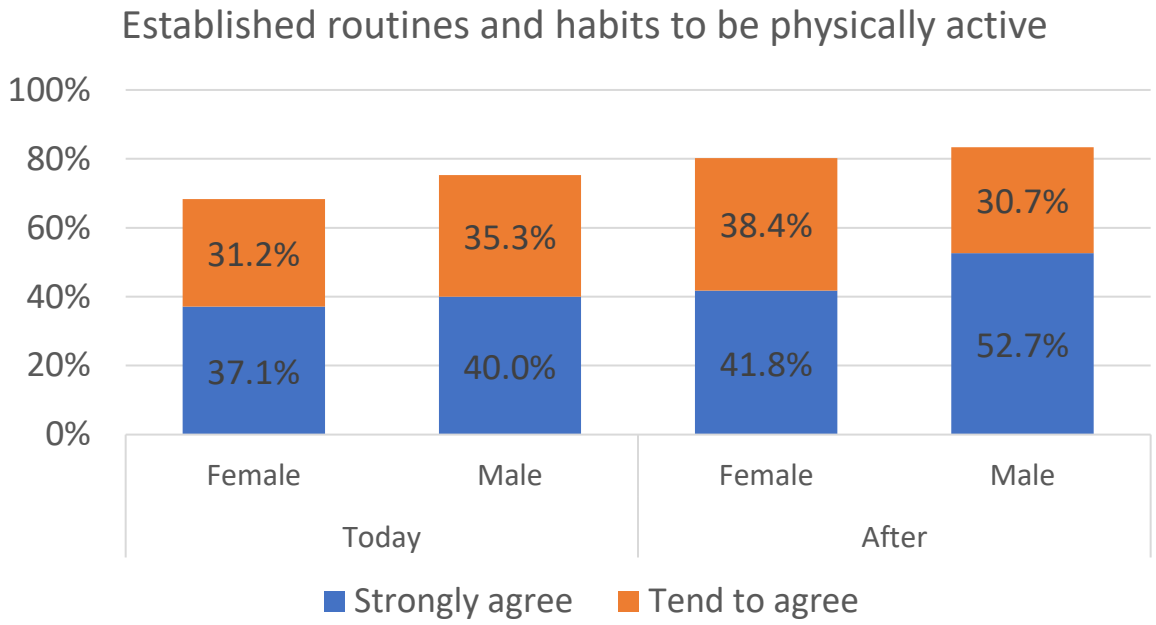


- **Females appear to have less time** to be physically active currently (84%) when compared to men (89%) and
- **The gap widens when looking ahead to when restrictions are eased** (79% for females compared to 86% for men)

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Focus on females – routines now and after restrictions eased



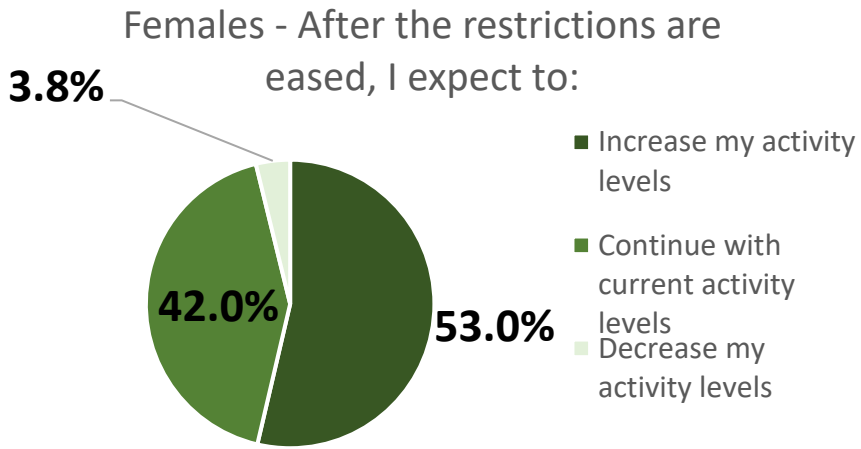
The proportion of **females able to establish routines and habits to be physically active now (68%) is lower than for males (75%).** Once restrictions are eased however the proportion of females who agree (80%) increases to just below the male proportion (83%)

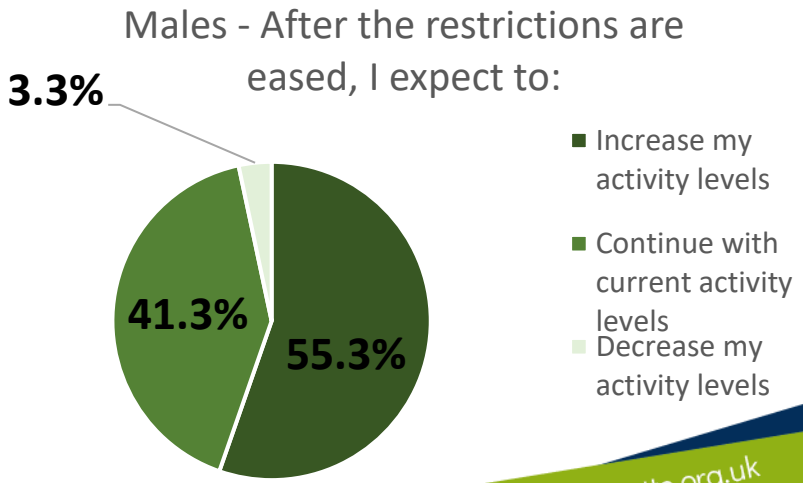
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Focus on females – future intentions

There is little difference in intentions on physical activity levels between males and females – in both cases **over half intend to increase physical activity** with less than 5% expecting to decrease they physical activity levels once restrictions are eased





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What next?

What further questions does this raise?

What other analysis could we do?

- Focus on disability? Some breakdowns could be done for those with a disability
- Focus on age groups? Are different age groups behaving differently?
- Places – some LA's breakdowns could be possible
- What about children and young people? Breakdown by socio-economic groups?
- Focus on females – no clear cut picture here from analysis so far. Should we look at males? break data down by age (3 bands), both those with and without children, by disability (grouped)? Other behaviour change factors?
- Comment themes?

Potential to repeat survey

- What else might we want to look at? Focus on CYP?