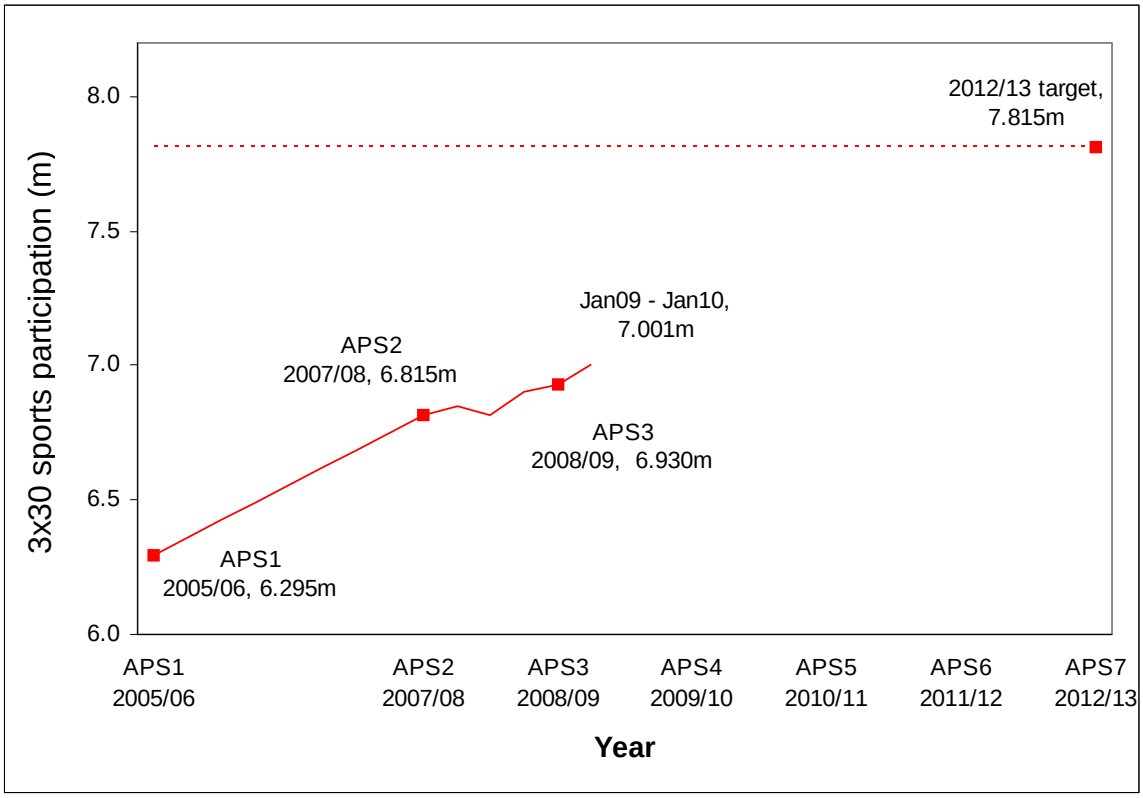
"One Million" Sports participation indicator

At the heart of the Sport England Strategy 2008-11 is a commitment to getting one million people taking part in more sport by 2012-13. The sports participation indicator measures the number of adults (aged 16 and over) participating in at least 30 minutes of sport at moderate intensity at least three times a week. Sport England's progress towards this target is measured by the Active People Survey.

Progress against the one million target

- The latest Active People Survey results cover the rolling 12 month period to January 2010.
- During the 12 months to January 2010 7.00 million adults (aged 16 and over) participated in sport three times a week for 30 minutes at moderate intensity (16.6% of the adult population in England). This is an increase of 186,000 adult participants[1] from 2007/08 when 6.815 million adults (aged 16 and over) participated in sport three times a week for 30 minutes at moderate intensity (16.4%).
- This indicates further progress has been made since the increase[2] observed between Active People Survey 1 (2005/6) and Active People Survey 2 (2006/07). In 2005/06, 6.295 million adults (aged 16 and over) participated in sport three times a week for 30 minutes at moderate intensity (15.5%).



"One Million" Sports participation indicator by key demographics

The following shows the latest Active People Survey results for the 12 months to January 2010 for key demographic groups, highlighting changes from the baseline figures (Active People Survey 2).

Gender

- Male participation has increased[2] from 4.027 million (20.0%) to 4.238 million (20.6%), an increase of 211,000.
- Participation among females has decreased[2] from 2.788 million (13.1%) to 2.764 million (12.8%), a decrease of 24,000.

Age Groups

- The table below shows there have been increases in participation across the 16-34[1] and 35-54[2] age groups and a decrease[2] in the 55+ age group.

3 sessions a week (at least 12 sessions of at least moderate intensity for at least 30 minutes in the previous 28 days)	APS2 (Oct 2007-Oct 2008)		Rolling 12 months (Jan 2009-Jan 2010)		
	%	n	%	n	Statistically significant change from APS 2
Age 16 to 34	26.7%	3,421,900	26.8%	3,518,500	No Change
Age 35 to 54	15.9%	2,293,900	16.4%	2,395,400	Increase
Age 55 +	7.8%	1,099,300	7.5%	1,087,300	Decrease

Source: Sport England's Active People Survey

Ethnicity

- Sports participation among white adults has increased[1] by 80,000, from 6.200 million (16.49%) to 6.280 million (16.54%).
- Sports participation among non-white adults has increased[2] by 106,100, from 615,000 (16.1%) to 721,100 (17.0%).

Disability

- Sports participation among adults with a limiting disability / illness has decreased[2] by 35,100, from 429,500 (6.7%) to 394,400 (6.1%).

Socio-economic groups

- The table below shows that participation among adults from socio-economic groups NS-SEC 1-2, NS-SEC 4, and NS-SEC 5-8 have all increased[1]. Participation among adults from socio-economic groups NS-SEC 3 has decreased[1]. An explanation of NS-SEC can be found in the notes page of this factsheet.

3 sessions a week (at least 12 sessions of at least moderate intensity for at least 30 minutes in the previous 28 days)	APS2 (Oct 2007-Oct 2008)		Rolling 12 months (Jan 2009-Jan 2010)		
	%	n	%	n	Statistically significant change from APS 2
NS SEC1,1.1,1.2,2 Managerial and professional	18.4%	2,646,000	18.6%	2,724,900	No Change
NS SEC3 Intermediate	14.4%	621,100	14.0%	618,000	No Change
NS SEC4 Small employers / own account workers	14.3%	486,600	14.9%	512,800	No Change
NS SEC5,6,7,8 Lower supervisory/technical/ routine /semi-routine/never worked /longterm unemployed	12.6%	1,890,400	12.7%	1,927,500	No Change

Source: Sport England's Active People Survey

"One Million" Sports participation indicator by region

3 sessions a week (at least 12 sessions of at least moderate intensity for at least 30 minutes in the previous 28 days) by region	APS2 (Oct 2007-Oct 2008)		Rolling 12 months (Jan 2009-Jan 2010)		
	%	n	%	n	Statistically significant change from APS 2
East	16.2%	741,700	15.5%	726,200	Decrease
East Midlands	16.8%	601,300	16.9%	620,800	No Change
London	16.5%	1,004,500	17.5%	1,084,500	Increase
North East	16.3%	341,600	15.7%	331,300	No Change
North West	17.0%	944,000	17.2%	968,800	No Change
South East	17.1%	1,151,400	17.3%	1,183,800	No Change
South West	16.0%	679,400	16.4%	713,700	No Change
West Midlands	14.5%	628,900	15.1%	665,300	No Change
Yorkshire	17.2%	722,200	16.4%	706,700	No Change

Source: Sport England's Active People Survey

- Between APS2 (2007/8) and the latest rolling 12 month period to January 2010, there has been an increase[2] in sports participation in London where 80,000 more adults are taking part in at least 30 minutes of sport at moderate intensity at least three times a week. There has been a decrease[2] in participation in the East region where 15,500 fewer adults are taking part in at least 30 minutes of sport at moderate intensity at least three times a week.

- Between APS2 (2007/8) and the latest rolling 12 month period to January 2010, participation in seven regions (East Midlands, North East, North West, South East, South West, West Midlands and Yorkshire) has not shown a statistically significant change.

Footnotes:

[1]Not Statistically Significant (i.e. we cannot say with 95% confidence that there has been a real change in the participation rate)
[2]Statistically Significant (i.e. we can say with 95% confidence that there has been a real change in the participation rate).

Notes

To find out more about the sports participation indicator and the one million target, see the briefing note on Sport England's website which highlights the activities included.

http://www.sportengland.org/research/active_people_survey/active_people_survey_4.aspx

The latest Active People Survey results are based on the rolling 12 month period to January 2010. 193,000 adults in England (age 16 and over) were interviewed by telephone.

Active People Survey 2 was undertaken between October 2007 and October 2008. 191,000 adults in England (age 16 and over) were interviewed by telephone. Active People Survey 3 was undertaken between October 2008 and October 2009. 193,000 adults in England (age 16 and over) were interviewed by telephone.

Please note that this report highlights whether changes from Active People Survey 2 to the latest rolling 12 months Active People Survey results are statistically significant. A statistically significant increase is indicated by 'increase', and a statistically significant decrease is indicated by 'decrease'. This means that we are 95% certain that there has been a real change (increase or decrease) in the participation rate. Where there has been no statistically significant change, this is indicated by 'no change'.

For more information on measuring statistically significant change, see the briefing note on Sport England's website:

http://www.sportengland.org/research/active_people_survey/active_people_survey_2/idoc.ashx?docid=c2da16fe-f44b-4715-a798-5cd4f62fc422&version=2

ONS (Office for National Statistics) 2007 and 2009 population data has been used in this report.

NS-SEC is the National Statistics Socio-economic Classification. It is derived by combining information on occupation and employment status. NS-SEC: 1. Higher managerial and professional occupations; 2. Lower managerial and professional occupations; 3. Intermediate occupations; 4. Small employers and own account workers; 5. Lower supervisory and technical occupations; 6. Semi-routine occupations; 7. Routine occupations; 8. Never worked and long-term unemployed; 9. Full time students and Occupations not stated or inadequately described.