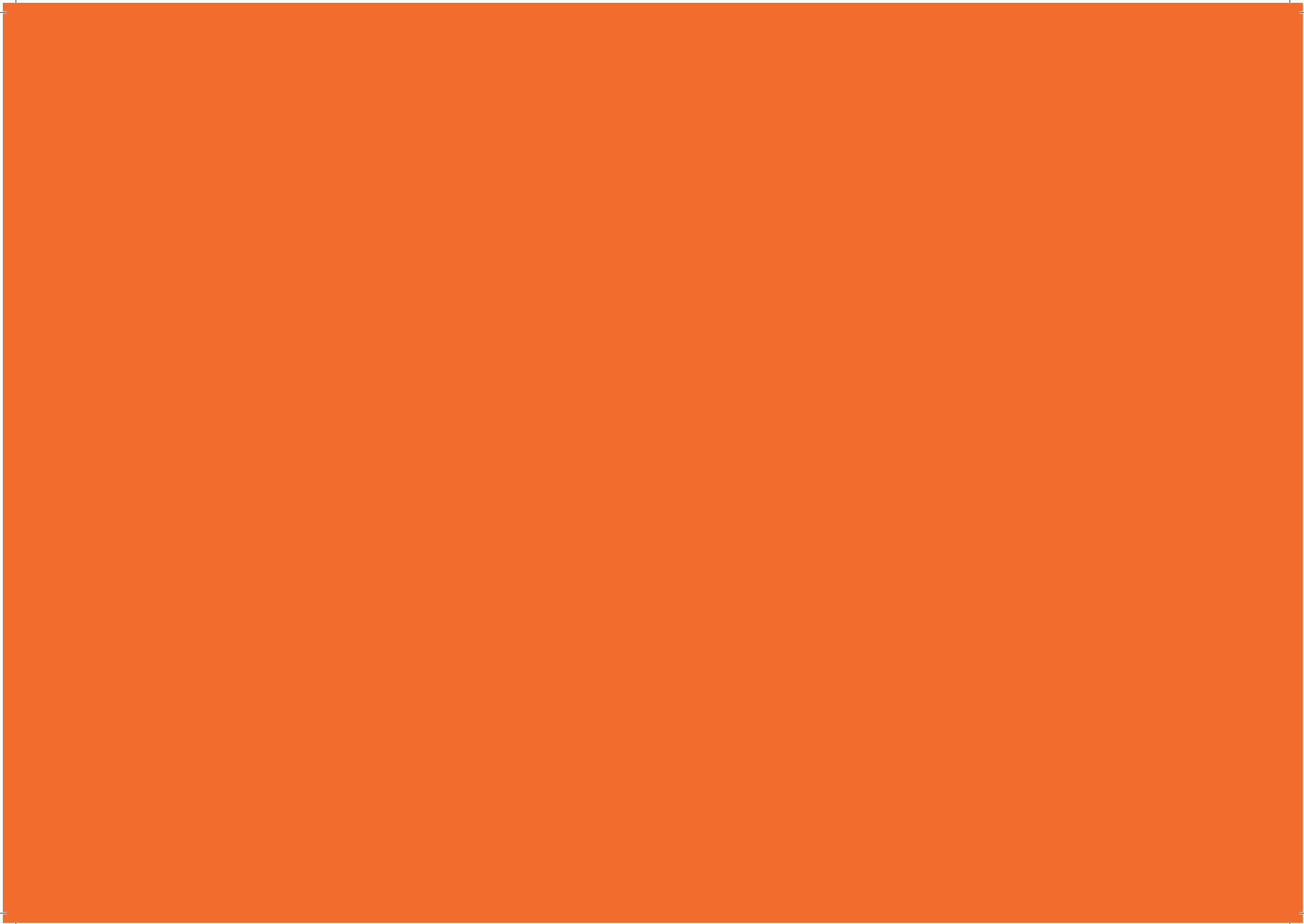


Sport for all?

Why ethnicity and culture matters in sport and physical activity

January 2020





Welcome



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Insight Director

Welcome to ***Sport for All? Why ethnicity and culture matters in sport and physical activity.*** This report looks at the sport and physical activity participation of children and adults from Black, Asian and Minority Ethnic (BAME) backgrounds in England.

By combining two years of data from the Active Lives Adult and Children Surveys we have been able to look at the experiences of a significant sample of 49,000 adults and 57,700 children producing the most comprehensive ever picture of how people from BAME communities are taking part in sport and physical activity. The report explores:

- Overall levels of activity and the significant differences between different ethnic groups
- The types of activities undertaken by adults and children from different ethnic backgrounds
- The impact of overlaying multiple demographic characteristics upon activity levels

As a result, this report shines a spotlight on the deep rooted inequalities which mean that too many people from BAME backgrounds are missing out on the benefits of sport and physical activity.

As well as looking at the participation of individuals, the report also considers the impact of the other external factors, from the physical environment, to social factors that impact on attitudes, choices and behaviours when it comes to being active.

The analysis shows that to address long term inequalities within sport and physical activity, we need solutions built out of an understanding of:

- The diversity within and between different Black, Asian and Minority Ethnic adults and children in England *and* their preferences
- The compound effect of multiple demographic characteristics
- The impact of the whole system on behaviour

This report is very much a starting point and the beginning of much-needed collective action to ensure that more people of diverse ethnic backgrounds can take part in sport and physical activity. These findings, and the conversation and ideas we hope this report will spark will be critical as we develop our 2021-25 strategy, and we believe will also be useful for the many organisations across the country that have a role to play in making sport work for all of society.

Who is included in each ethnic group?

This report presents information on different ethnic groups and sub-groups as recommended for use by government when asking for, or referring to, a person's ethnicity.

Our Active Lives survey asks respondents to identify which category best describes their ethnic group or background. This is set out in the table opposite and reflects the categories used in our analysis.

NB. The exception is Chinese, which we report on as a separate category for adults.

Broad Ethnic Group	Includes following sub-groups:
White British	English/Welsh/Scottish/Northern Irish/British
White Other	Irish Gypsy or Irish Traveller Any other White background
Mixed	White and Black Caribbean White and Black African White and Asian Any other mixed/multiple ethnic background
Asian or Asian British	Indian Pakistani Bangladeshi Chinese Any other Asian/Asian British background
Black or Black British	Caribbean African Any other Black/Black British background
Other ethnic group	Arab Any other ethnic group

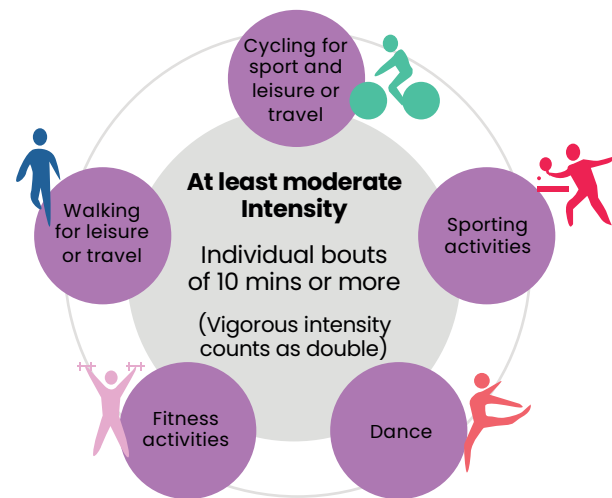
What do we mean by physical activity?

This report presents information on the three levels of physical activity as defined by the Chief Medical Officer for England. Please note, definitions differ for adults and children.

Adults (aged 16+)

- Active (at least 150 minutes a week)
- Fairly active (30–149 minutes a week)
- Inactive (less than 30 minutes a week)

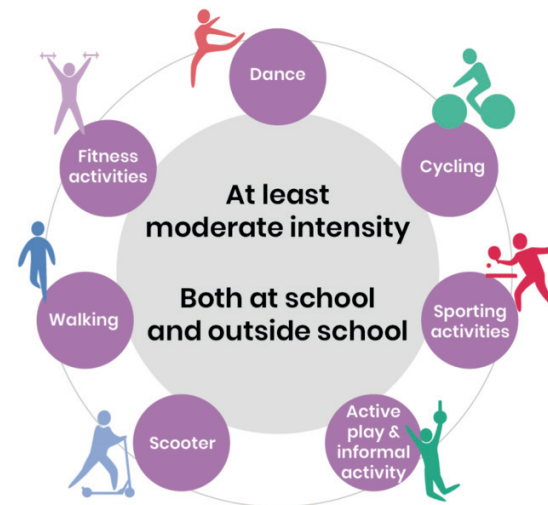
The activities we include:



Children & young people (aged 5–16 years)

- Active (an average of at least 60 minutes a day)
- Fairly active (an average of 30–59 minutes a day)
- Less Active (less than an average of 30 minutes a day)

The activities we include:

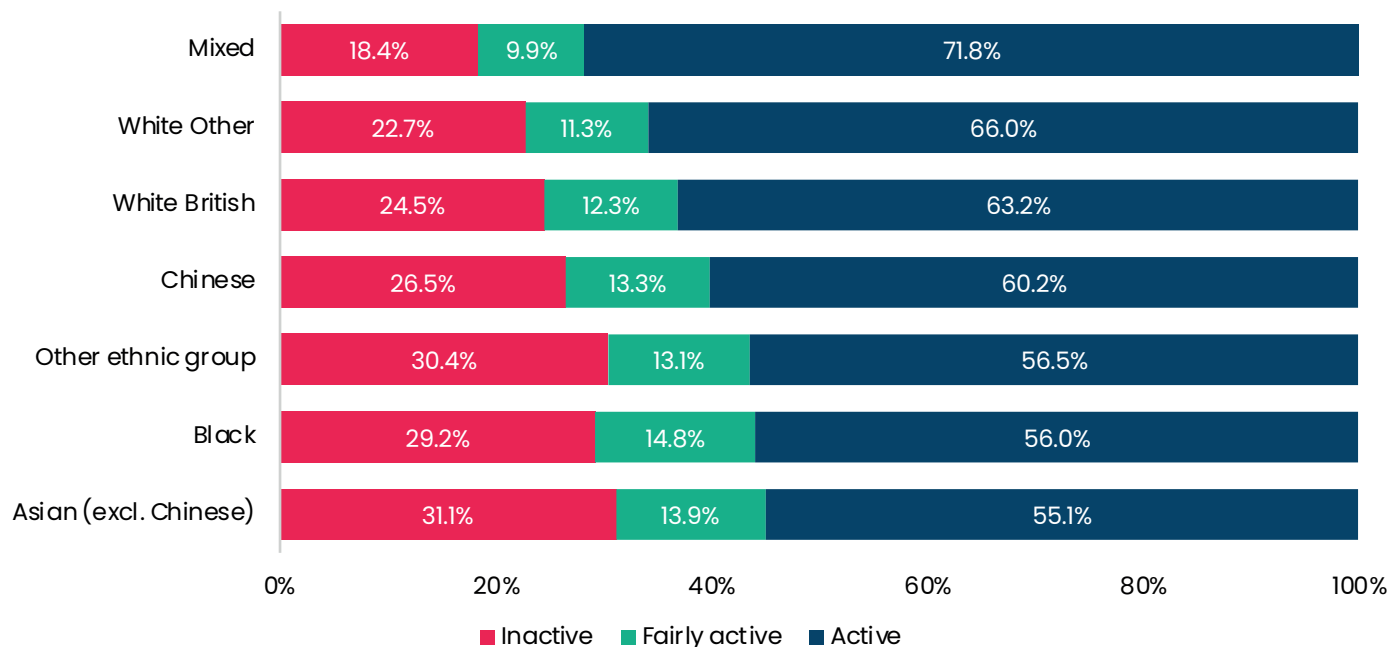


More information on definitions and Chief Medical Officer (CMO) guidelines can be accessed through our latest Active Lives reports: www.sportengland.org/research/active-lives-survey/

Levels of activity: Adult

Data from Sport England’s Active Lives survey reveals significant differences in the physical activity levels of adults from different ethnic backgrounds.

Adult (16+): Levels of activity by ethnicity



62%

of adults in England currently meet the Chief Medical Officer’s guidelines of **150 minutes of physical activity** a week

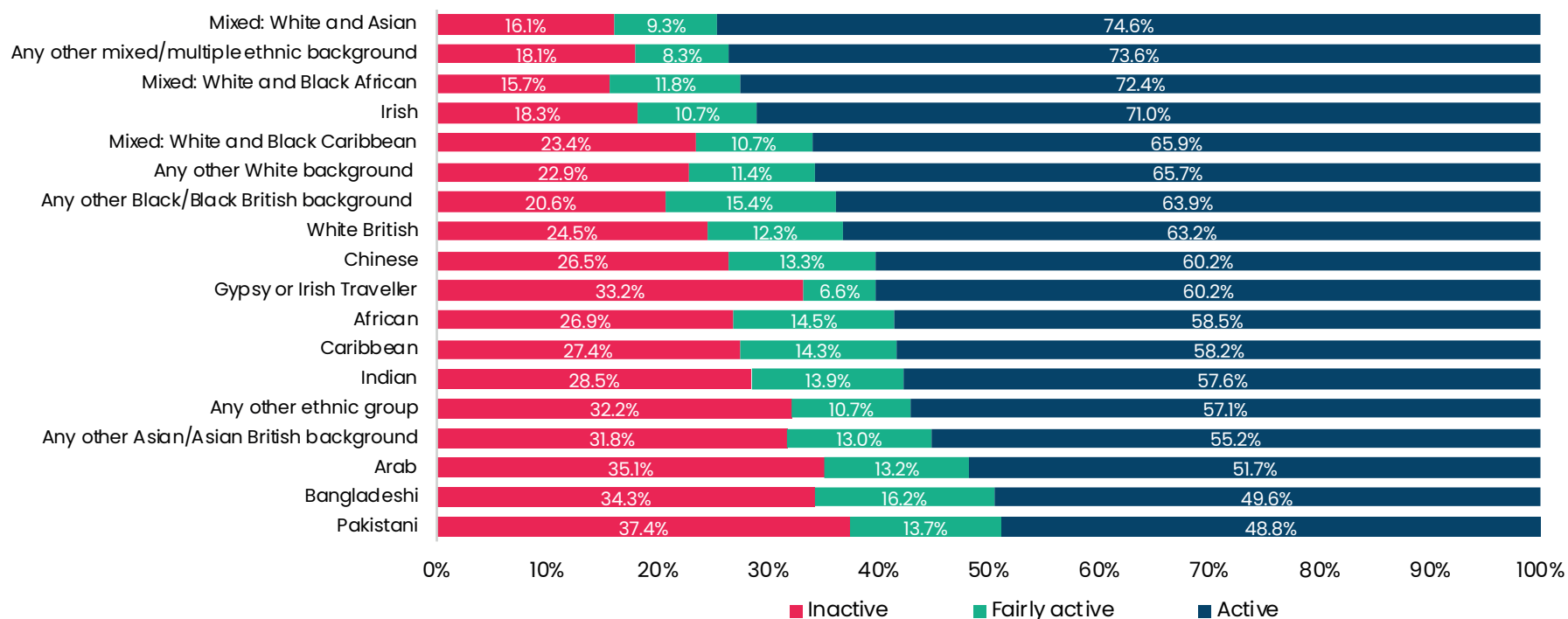
Source: Active Lives survey Nov 2016–18 (two years combined)

Levels of activity: Adult

The differences in activity levels are even greater when we look at ethnic sub-groups.

- Our data shows that adults from mixed or multiple ethnic backgrounds are most likely to be active, and least likely to be inactive.
- In contrast, adults from Pakistani, Bangladeshi, and Arab backgrounds are the least likely to be active, and most likely to be inactive.

Adult (16+): Levels of activity by ethnicity



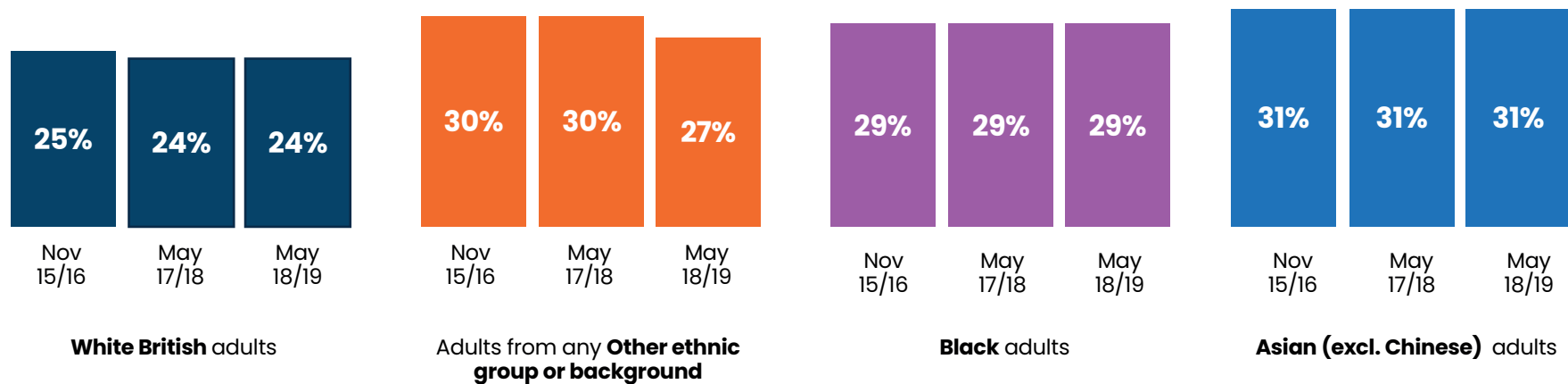
Source: Active Lives survey Nov 2016-18 (two years combined)

These inequalities in activity levels are not new

The differences in activity levels between adults from different ethnic backgrounds have been a persistent feature of our Active Lives data (2015–2019).

They were also a consistent feature of Active People results before that (2005–2016).

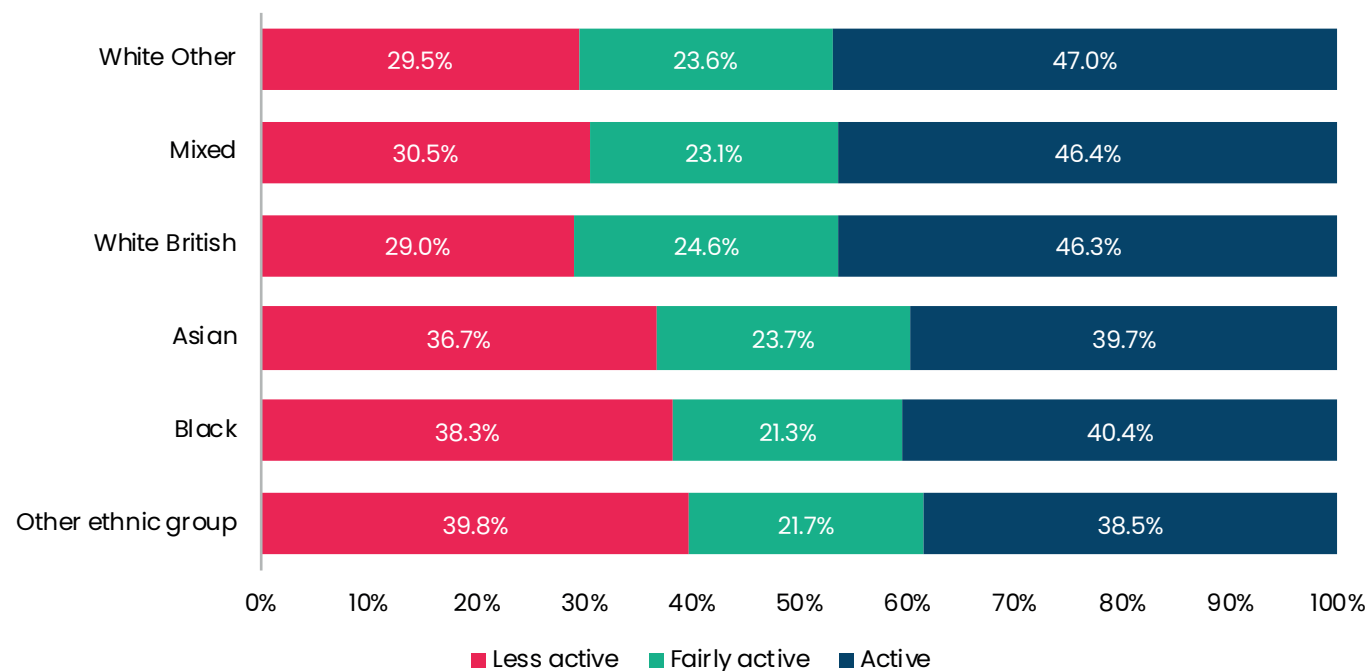
Adults (16+): % Inactive – doing less than 30 minutes of physical activity a week



Levels of activity: Children and young people

The inequalities in the physical activity levels of adults of different ethnic backgrounds are also observed in children and young people.

Children & young people (5-16 years): Levels of activity by ethnicity



45%

of children and young people in England currently meet the Chief Medical Officer's guidelines of at least **60 minutes of physical activity a day** (on average)

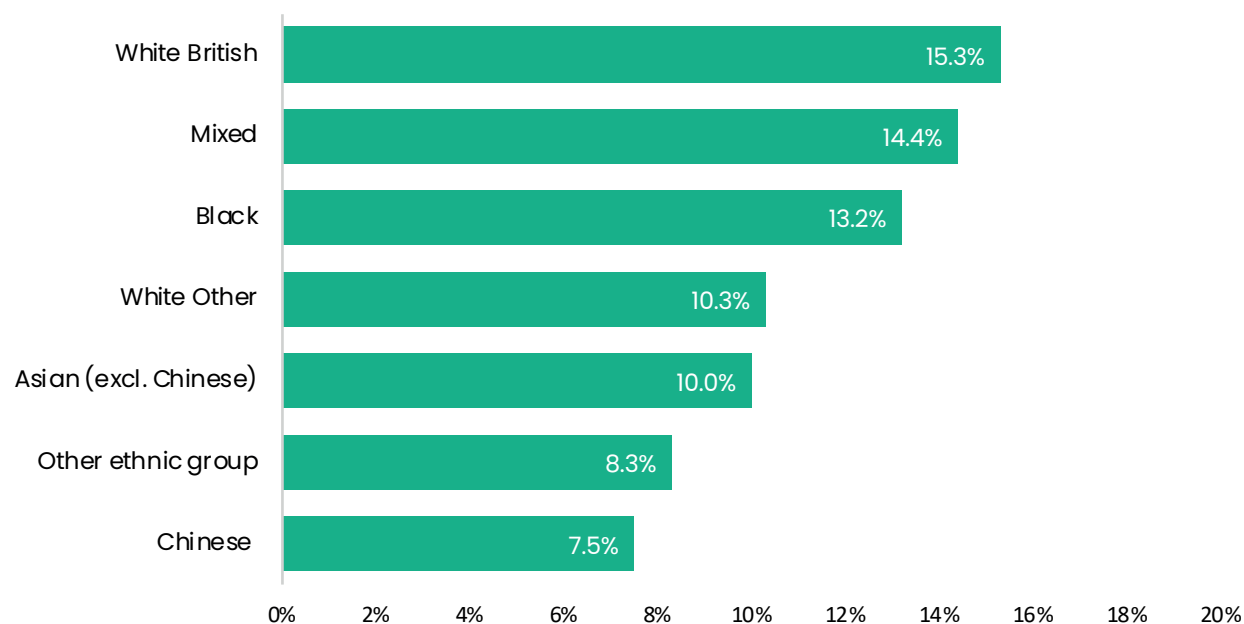
Source: Active Lives Children & Young People survey 2017-19 (two years combined)

Levels of volunteering: Adult

There are also differences in the proportion of adults from different ethnic backgrounds who volunteer regularly to support sport and physical activity.

Chinese adults are least likely to have volunteered to support sport and physical activity twice in the last year.

Adults (16+): Levels of volunteering by ethnicity



14%

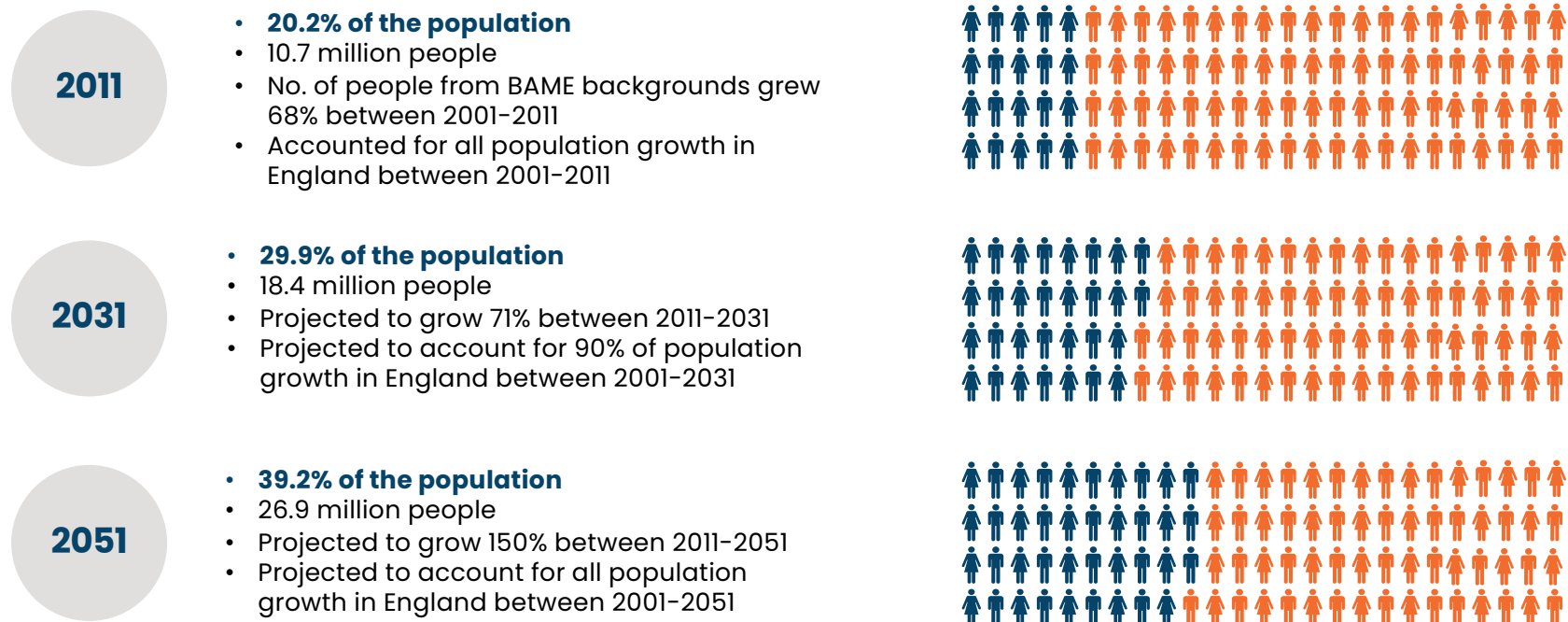
of adults in England have volunteered to support sport and physical activity **twice in the last 12 months.**

People from Black, Asian, & Minority Ethnic backgrounds are a growing population

In 2011, 1 in 5 people in England were from Black, Asian, & Minority Ethnic groups. This is projected to increase to 2 in 5 people by 2051.

Failure to address existing inequalities and engage more people from diverse ethnic backgrounds will only lead to greater challenges in driving overall levels of engagement with sport and physical activity in the long-term.

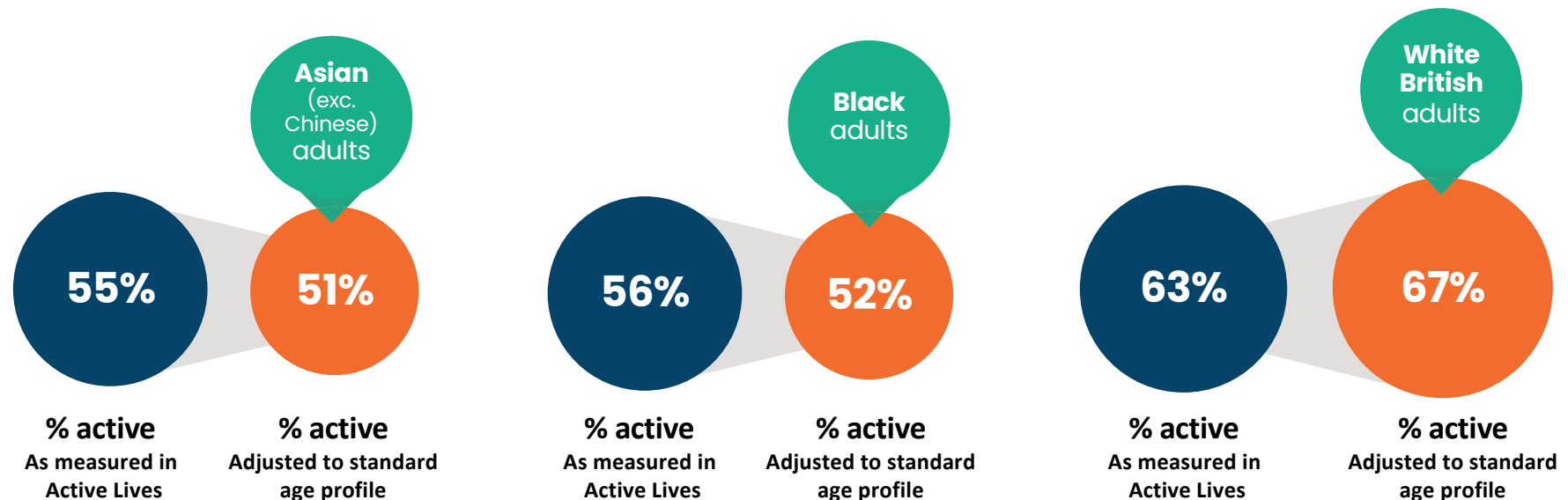
Projected population growth of people from Black, Asian & Minority Ethnic groups (2011–2051)



People from Black, Asian, & Minority Ethnic backgrounds are a more youthful population

This younger age profile means the true extent of the inequalities in physical activity levels are being masked.

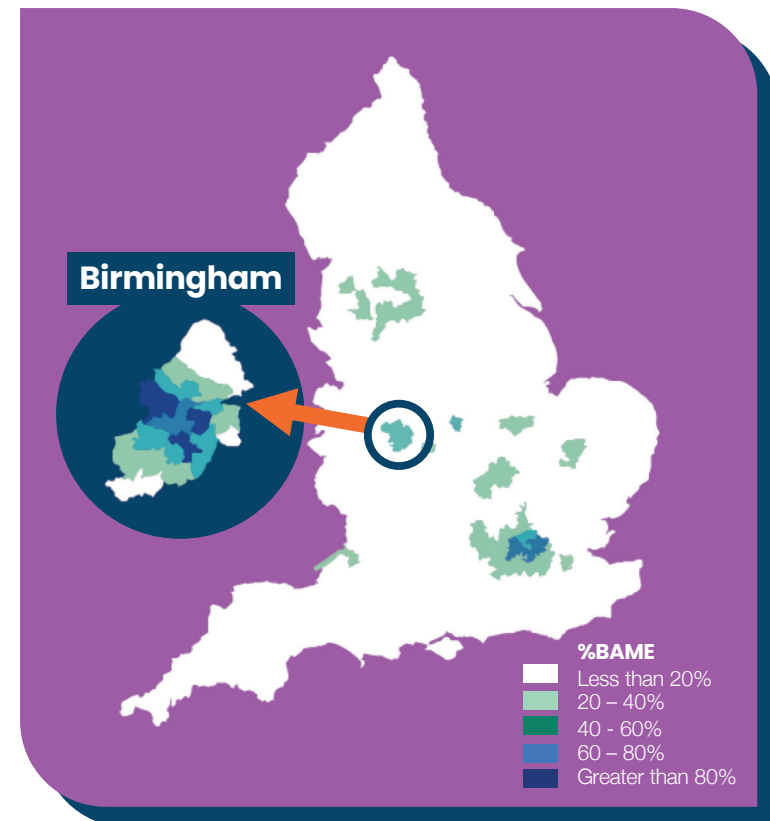
- The graphic below shows the effect on overall activity levels if we account for the different age profiles of different ethnic groups. 'Accounting' or 'controlling' for age means calculating what activity levels would look like if all ethnic groups had the same age breakdown as the general population.
- This indicates activity levels amongst people from some Black, Asian, & Minority Ethnic backgrounds would be even lower were it not for their younger age profile.



Black, Asian, & Minority Ethnic communities are **not evenly spread** geographically

The imperative to address existing inequalities and meet the needs of people from Black, Asian, and Minority Ethnic backgrounds is even greater in certain places.

- Over 50% of England's entire Black, Asian, & Minority Ethnic population live in only 3 cities – London, Greater Birmingham and Greater Manchester.
- **People from Black, Asian, & Minority Ethnic backgrounds are seven times more likely to live in an urban area than someone from a White ethnic background.**
- These geographical factors can contribute to, and perpetuate, some of the socioeconomic, social cohesion and social mobility issues that influence a person's ability to engage in sport and physical activity.



Sport England believes that **everyone should feel able to engage in sport and physical activity**

Sport and physical activity brings a range of benefits to individuals and communities – benefits that everybody should be able to experience regardless of age, identity, background or ability.

However, some individuals and communities are currently more likely than others to be missing out on these benefits due to lower levels of physical activity.



Sport for all?

Exploring levels of participation
in different sports & activities

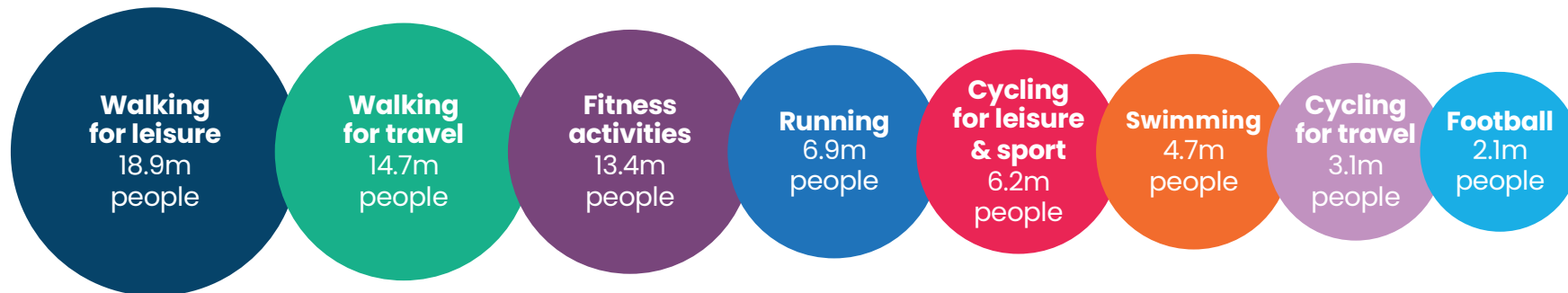


A number of sports and activities play a fundamental role in keeping the nation active

The Active Lives survey allows the analysis of not only how active people are, but what activities they are doing regularly (defined as having taken part twice in the last 28 days).

- By comparing the ethnicity of participants in specific activities against the profile of the population in England, we can see in which sports and activities under or over-representation occurs.
- The level of under or over-representation of different ethnic groups in these major activities will have a bigger influence on the overall inequalities we see in physical activity levels, when compared to the under or over representation of the same groups in other sports or activities.

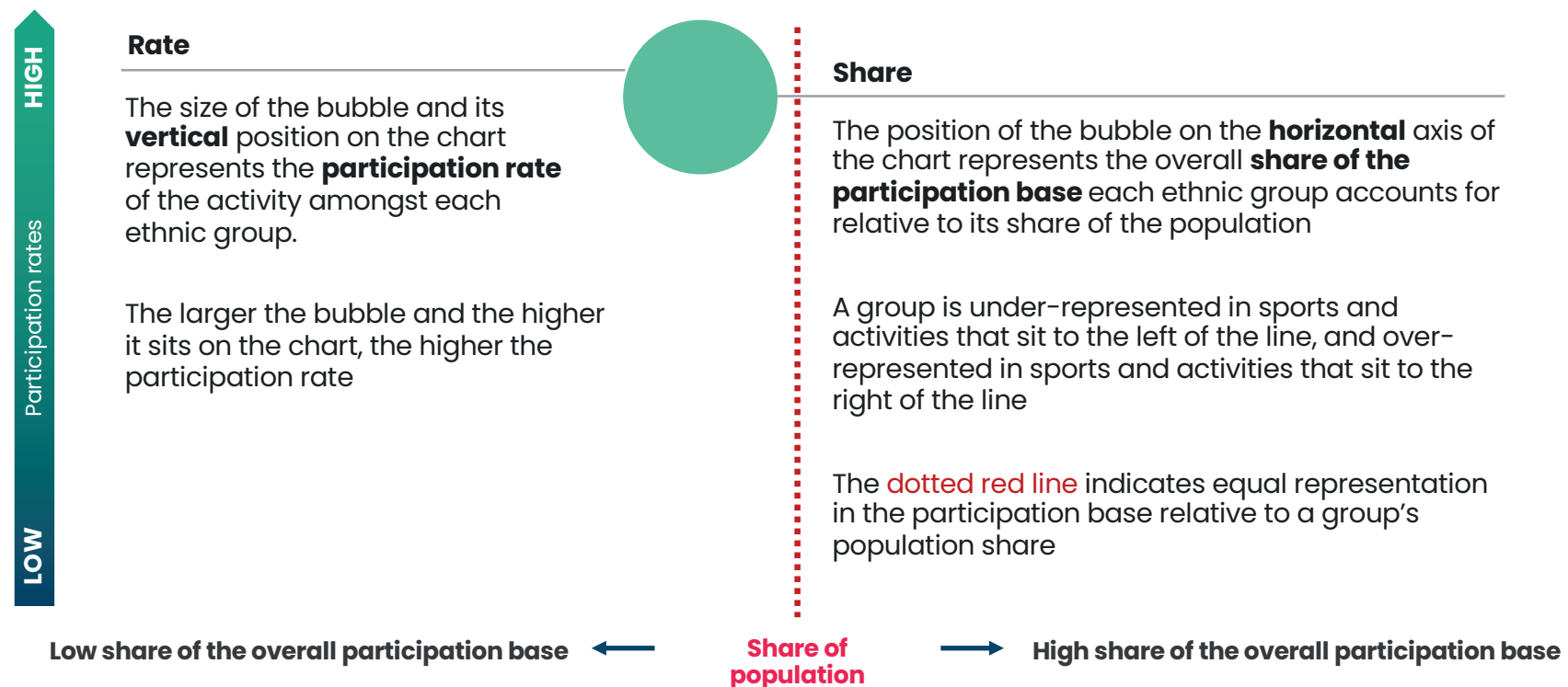
Number of adults (aged 16+) who have taken part in each sport or activity at least twice in the last 28 days



Exploring levels of participation in different sports & activities

The following section provides a view of the national participation levels of individuals from different ethnic backgrounds across these major activities, and a selection of other sports and activities. It allows us to identify the sports and activities where over or under-representation of different groups occurs and how this contributes to the overall picture of inequality.

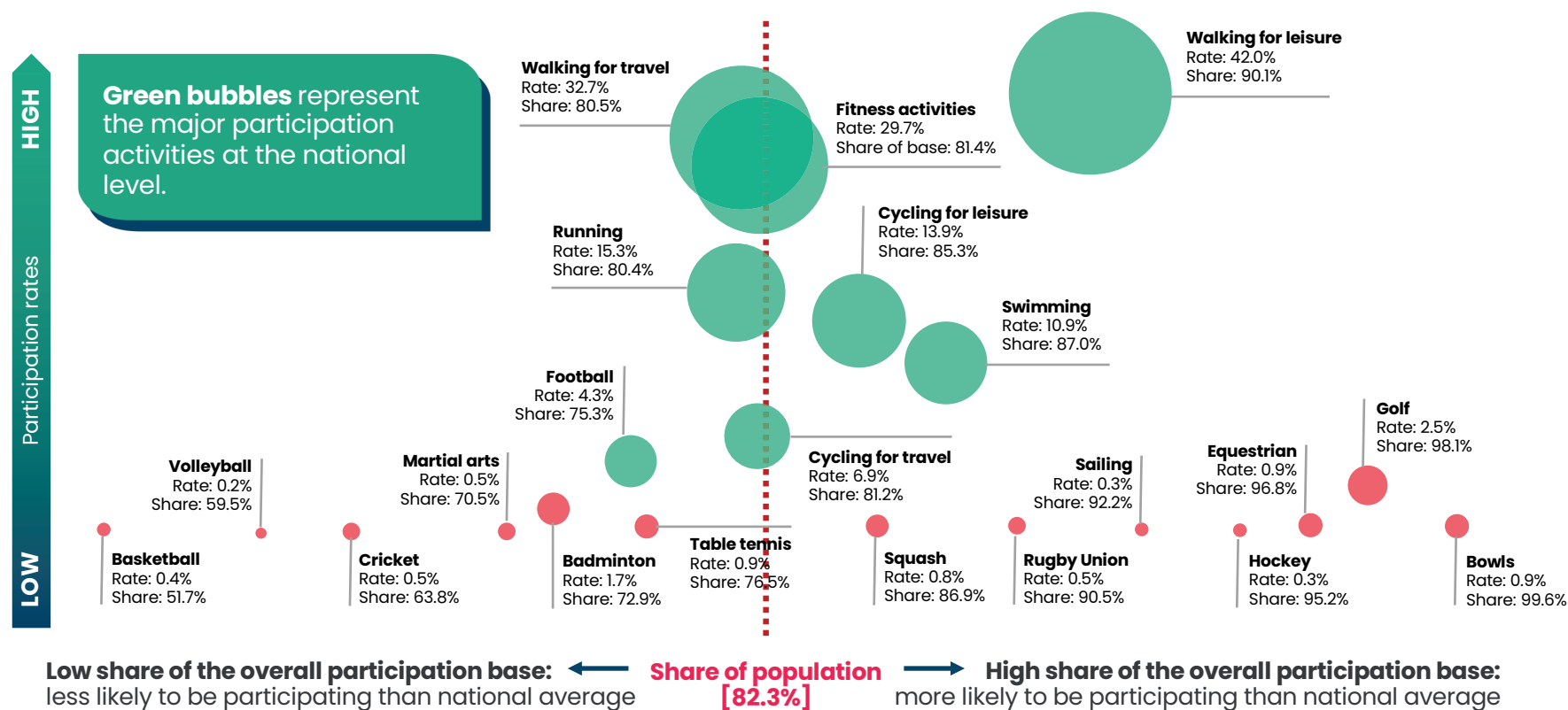
Navigating the charts on participation (NB. charts are a visual representation and not exactly to scale):



White British adults

82.3% share of the adult population. Over-represented in walking for leisure, swimming and cycling for leisure relative to their population share.

White British adults dominate the participation base of a significant number of other sports (e.g. bowls, golf, equestrian, amongst others), but are under-represented in others such as football, basketball, volleyball, and cricket.

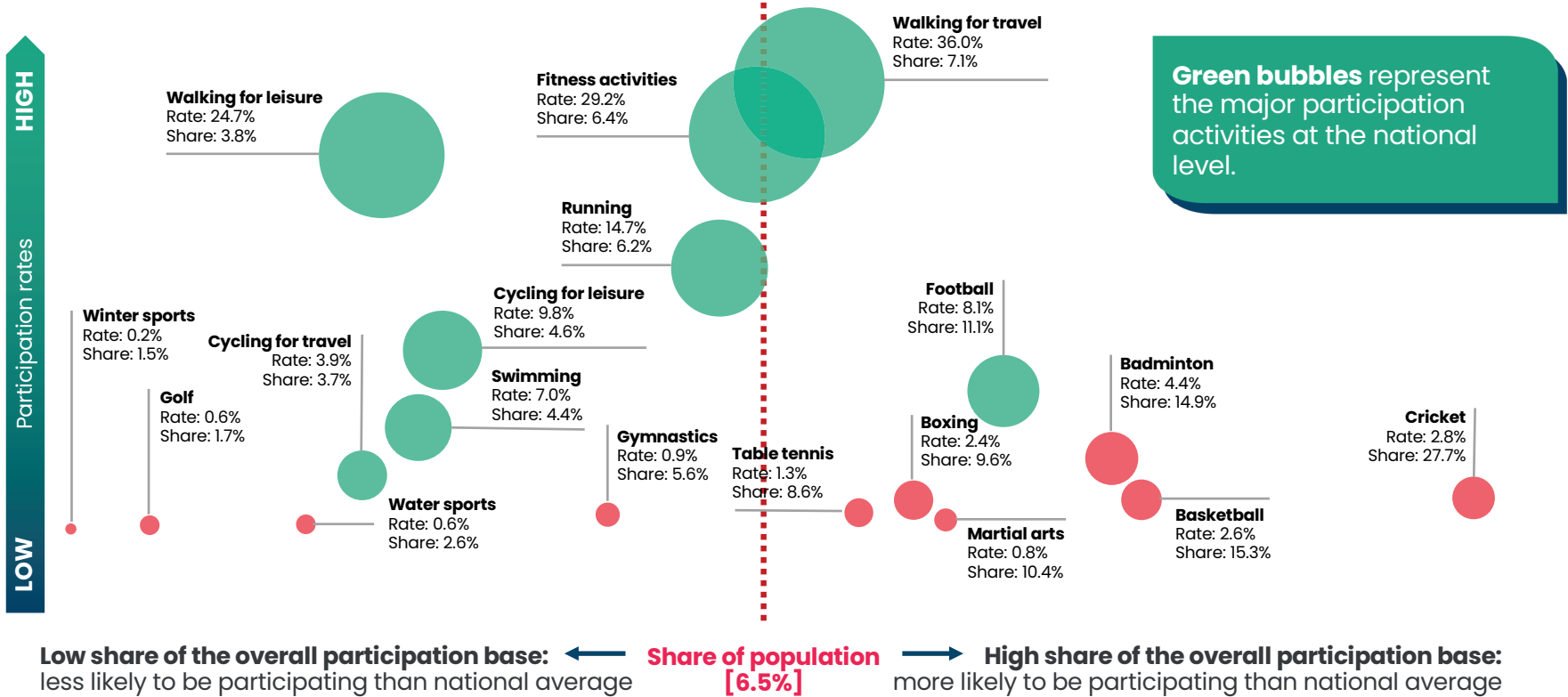


Source: Active Lives survey Nov 2016-18 (two years combined). Charts are a visual representation and not exactly to scale

Asian (excl. Chinese) adults

6.5% share of the adult population. Under-represented in walking for leisure, cycling for travel, cycling for leisure, swimming and running, relative to their population share.

Across other sports, Asian (excl. Chinese) adults are significantly over-represented in the participation base of cricket, basketball, badminton and football relative to their population share, but are under-represented in winter sports, golf and water sports.

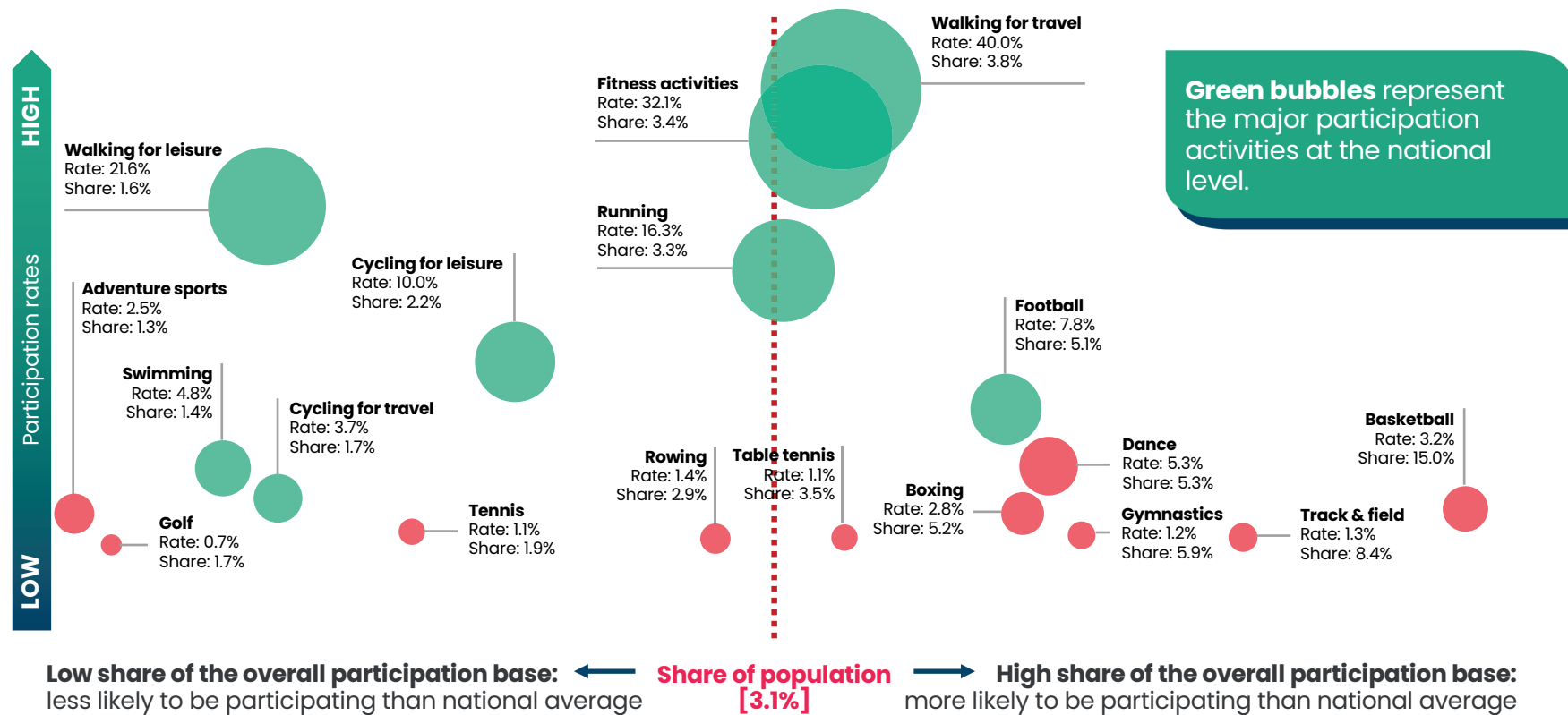


Source: Active Lives survey Nov 2016-18 (two years combined). Charts are a visual representation and not exactly to scale

Black adults

3.1% share of the adult population. Under-represented in walking for leisure, cycling for travel, cycling for leisure and swimming relative to their population share.

Across other sports, Black adults are significantly over-represented in the participation base of basketball, track & field, gymnastics, dance and football relative to their population share, but are under-represented in adventure sports, golf and tennis.

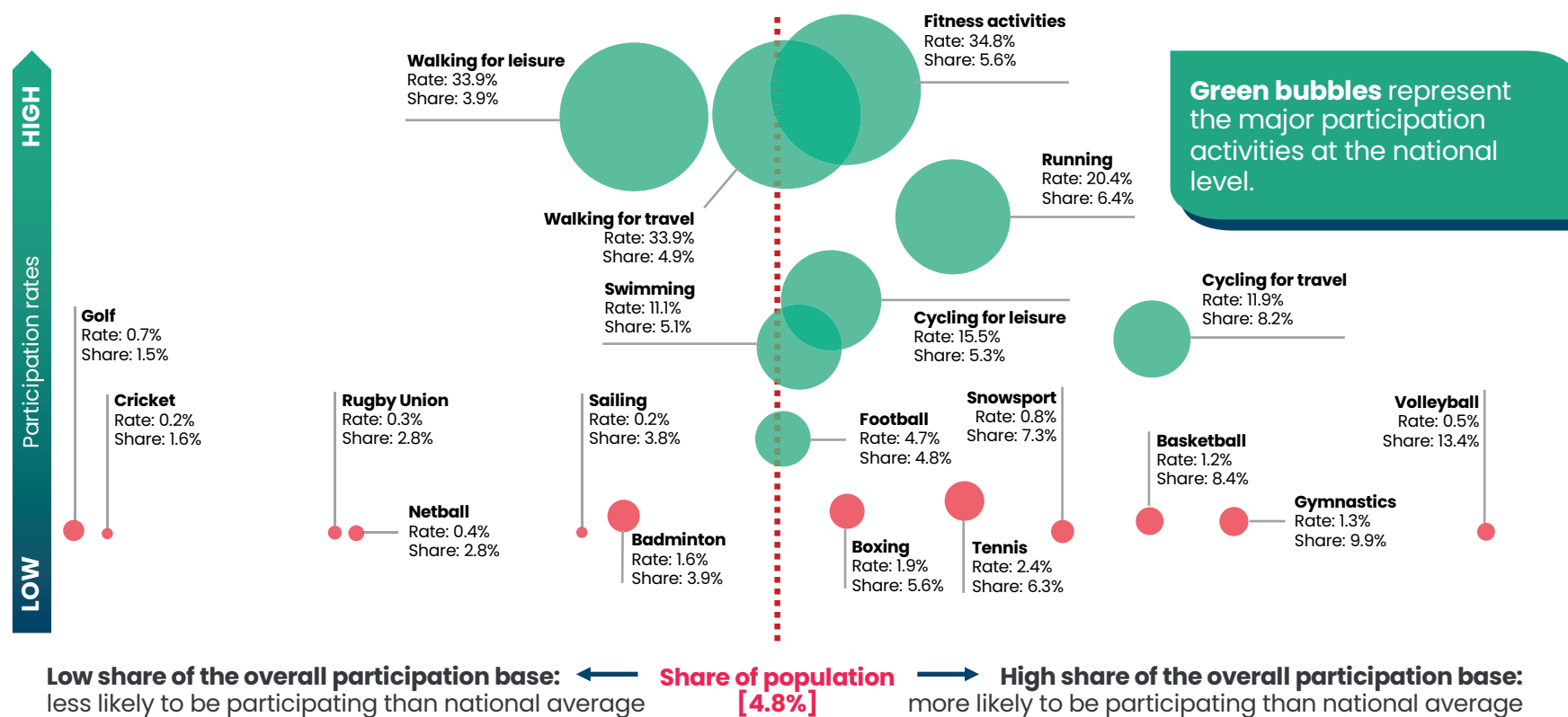


Source: Active Lives survey Nov 2016-18 (two years combined). Charts are a visual representation and not exactly to scale

Adults from Other White ethnic groups

4.8% share of the adult population. Over-represented in cycling for travel, running and fitness activities relative to their population share.

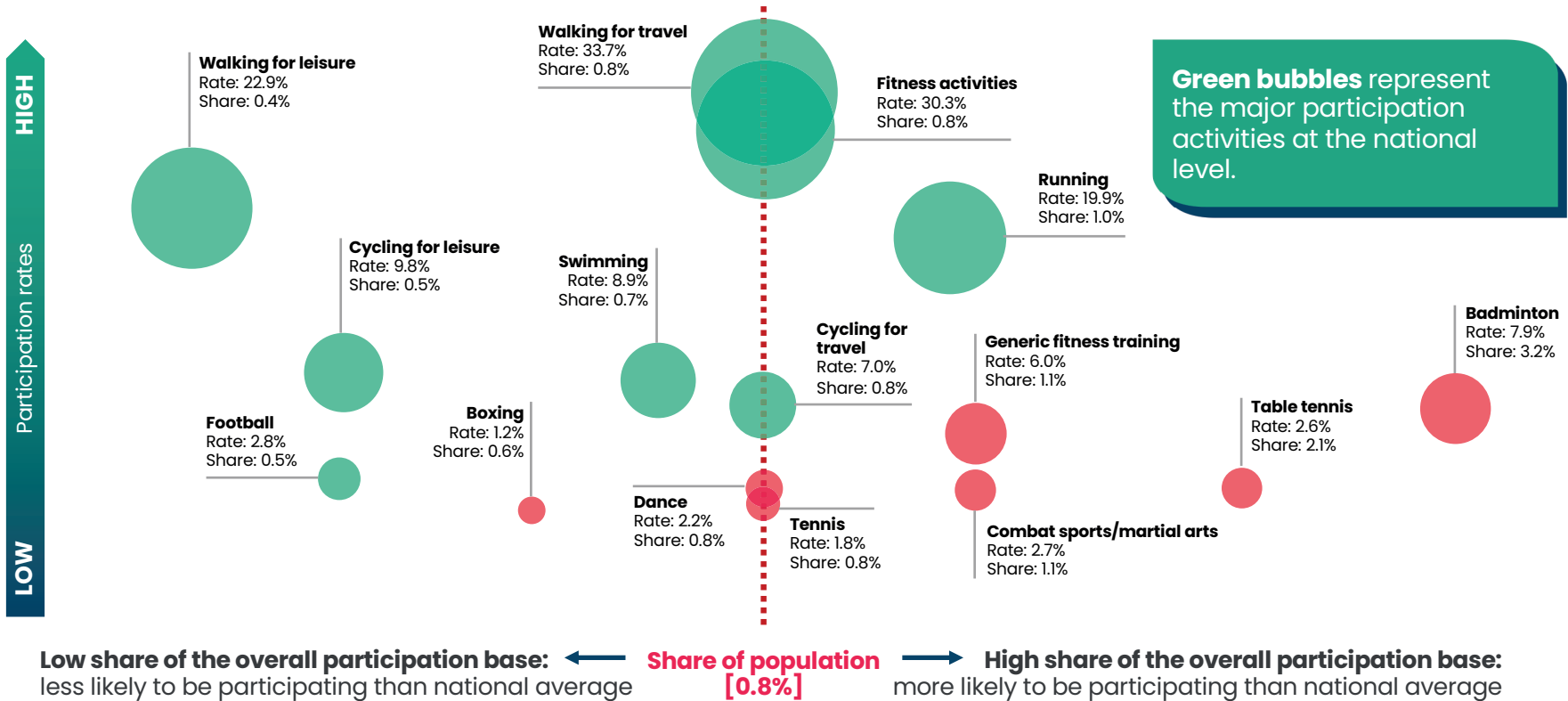
Across other sports, adults from Other White ethnic groups are significantly over-represented in the participation base of volleyball, gymnastics, basketball, and snowsport relative to their population share, but are under-represented in golf and cricket.



Chinese adults

0.8% share of the adult population. Under-represented in walking for leisure, cycling for leisure, football and swimming relative to their population share.

Across other sports, Chinese adults are significantly over-represented in badminton, table tennis, generic fitness training, combat sports/martial arts and running relative to their population share but are under-represented in boxing.

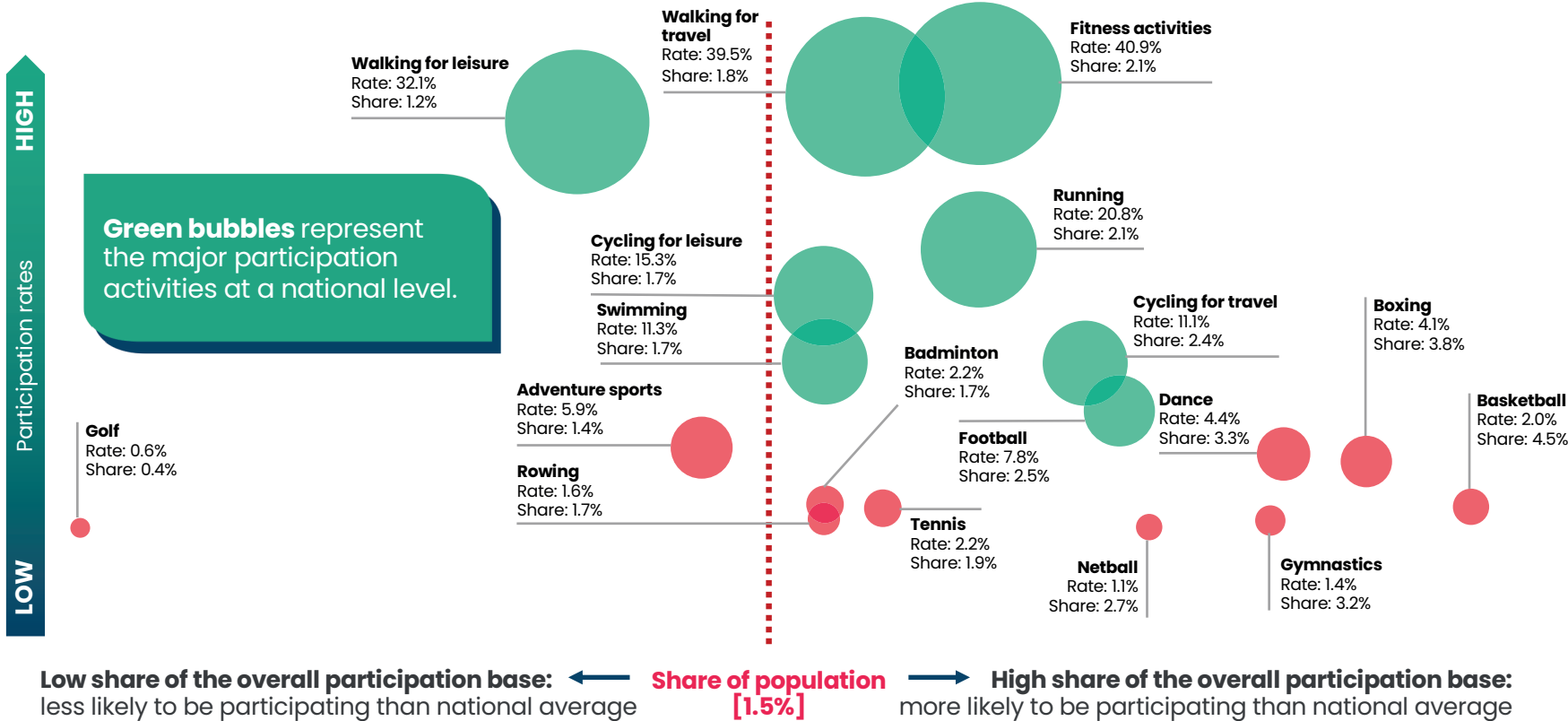


Source: Active Lives survey Nov 2016-18 (two years combined). Charts are a visual representation and not exactly to scale

Adults from Mixed ethnic backgrounds

1.5% share of the adult population. Over-represented in football, cycling for travel, running and fitness activities relative to their population share.

Across other sports, adults from Mixed ethnic backgrounds are significantly over-represented in the participation base of basketball, boxing, dance and gymnastics relative to their population share, but are under-represented in golf.

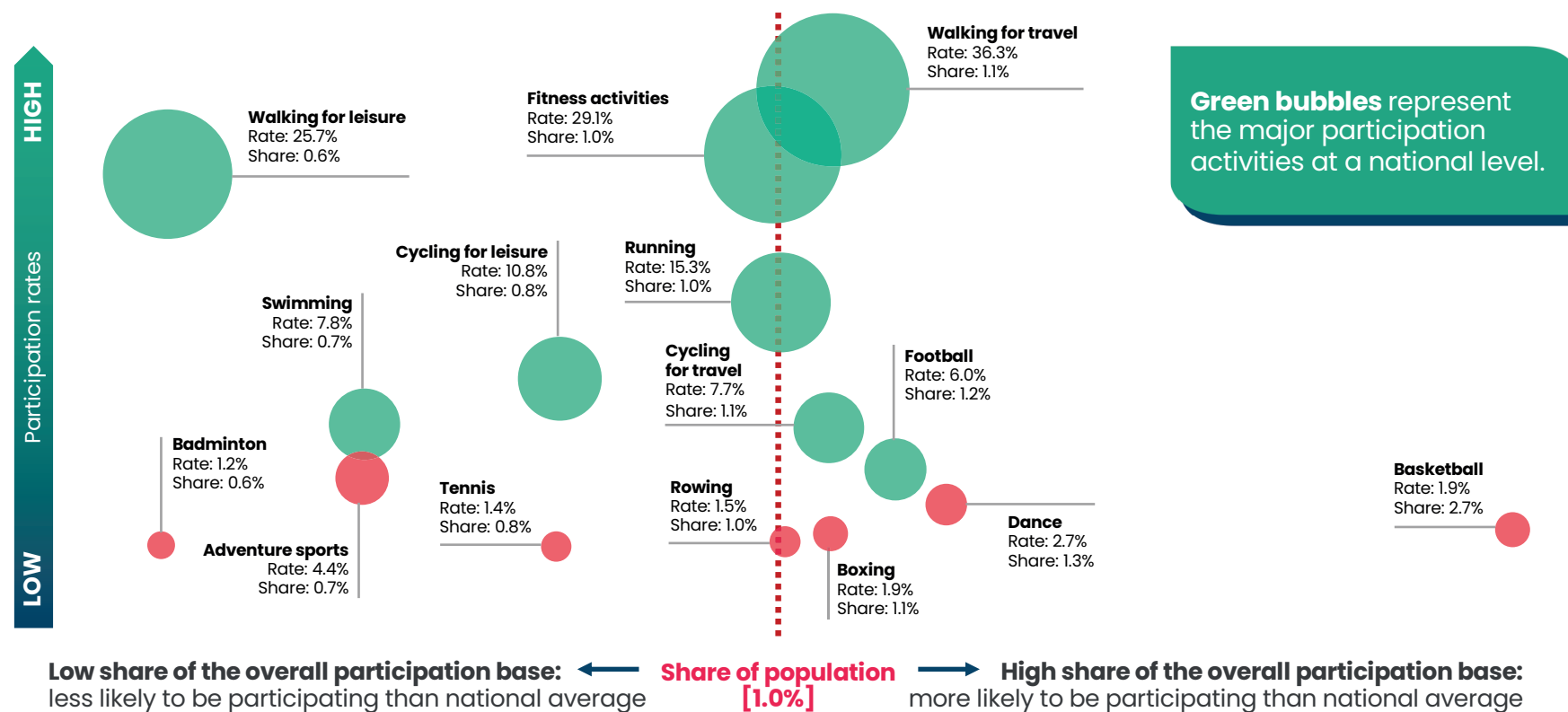


Source: Active Lives survey Nov 2016-18 (two years combined). Charts are a visual representation and not exactly to scale

Adults from Other ethnic groups

1.0% share of the adult population. Under-represented in walking for leisure, swimming and cycling for leisure relative to their population share.

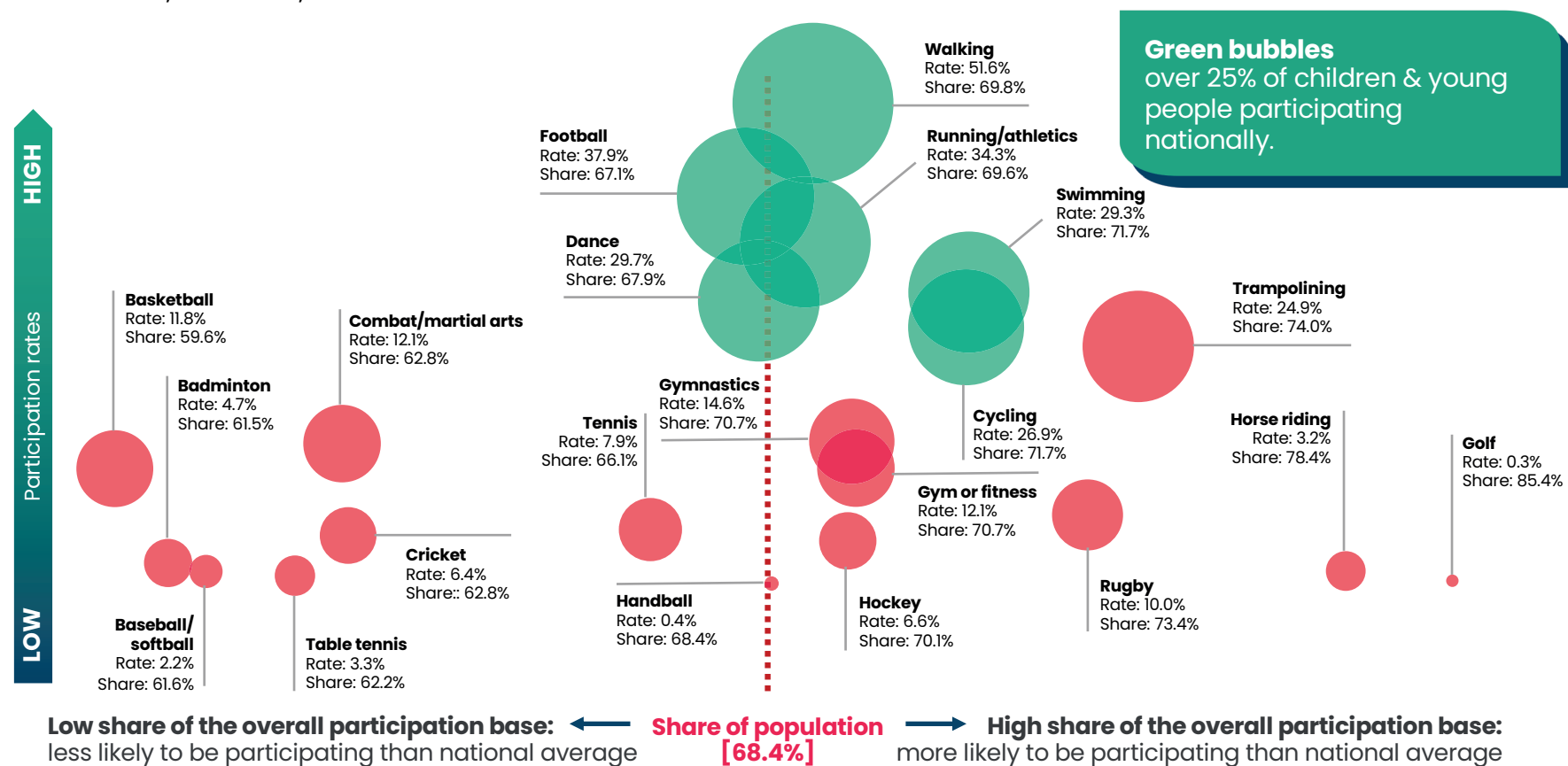
Across other sports, adults from Other ethnic groups are significantly over-represented in the participation base of basketball, dance and football relative to their population share, but are under-represented in badminton, adventure sports and tennis.



White British children & young people

68.4% share of the 5–16 year old population. Over-represented in trampolining, swimming and cycling relative to their population share.

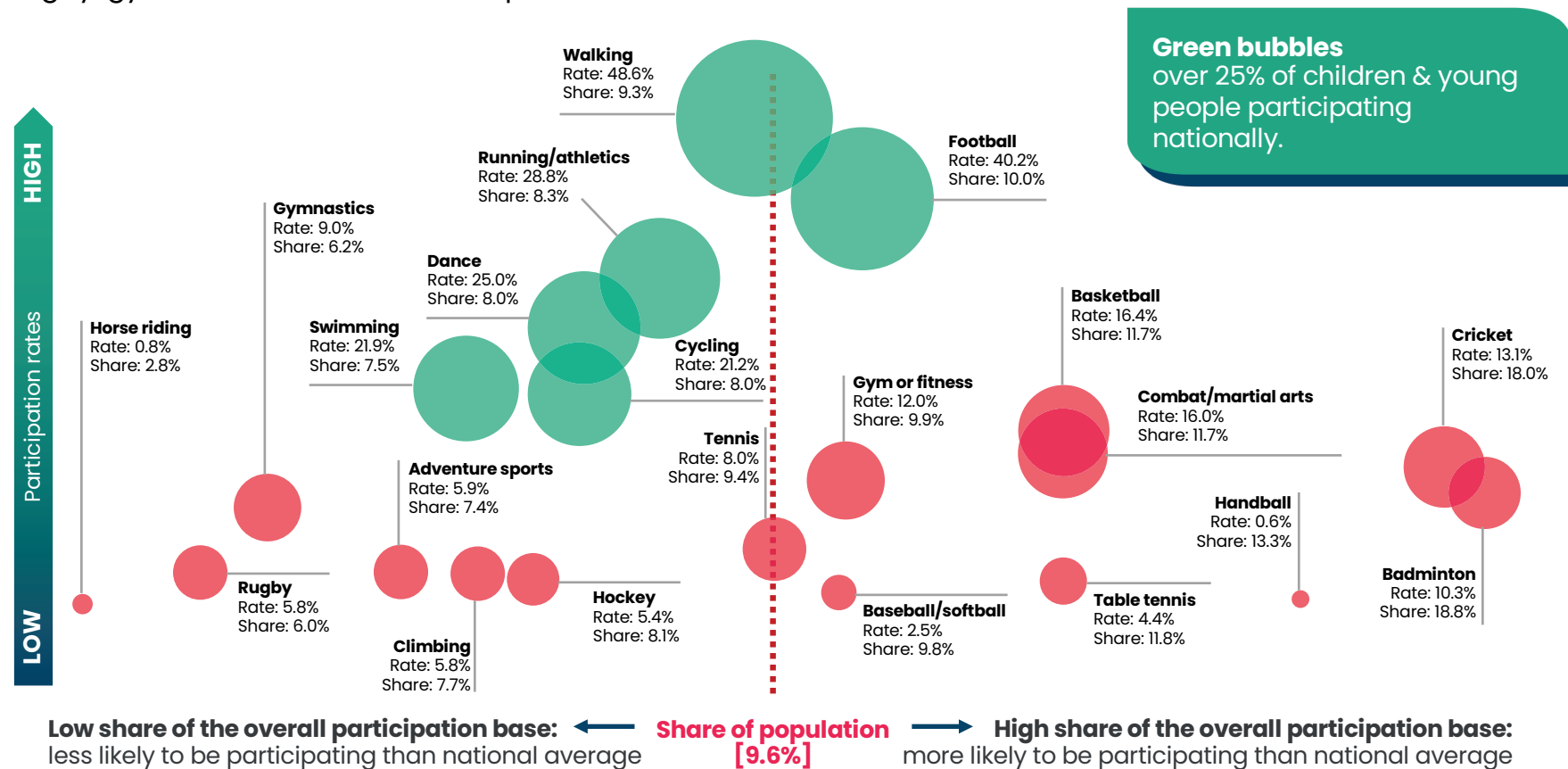
Across other activities, White British children & young people are significantly over-represented in the participation base of golf, horse riding and rugby relative to their population share, but are under-represented in basketball, badminton, baseball, table tennis and cricket.



Asian children & young people

9.6% share of the 5–16 year old population. Under-represented in swimming, cycling, dance and running/athletics relative to their population share.

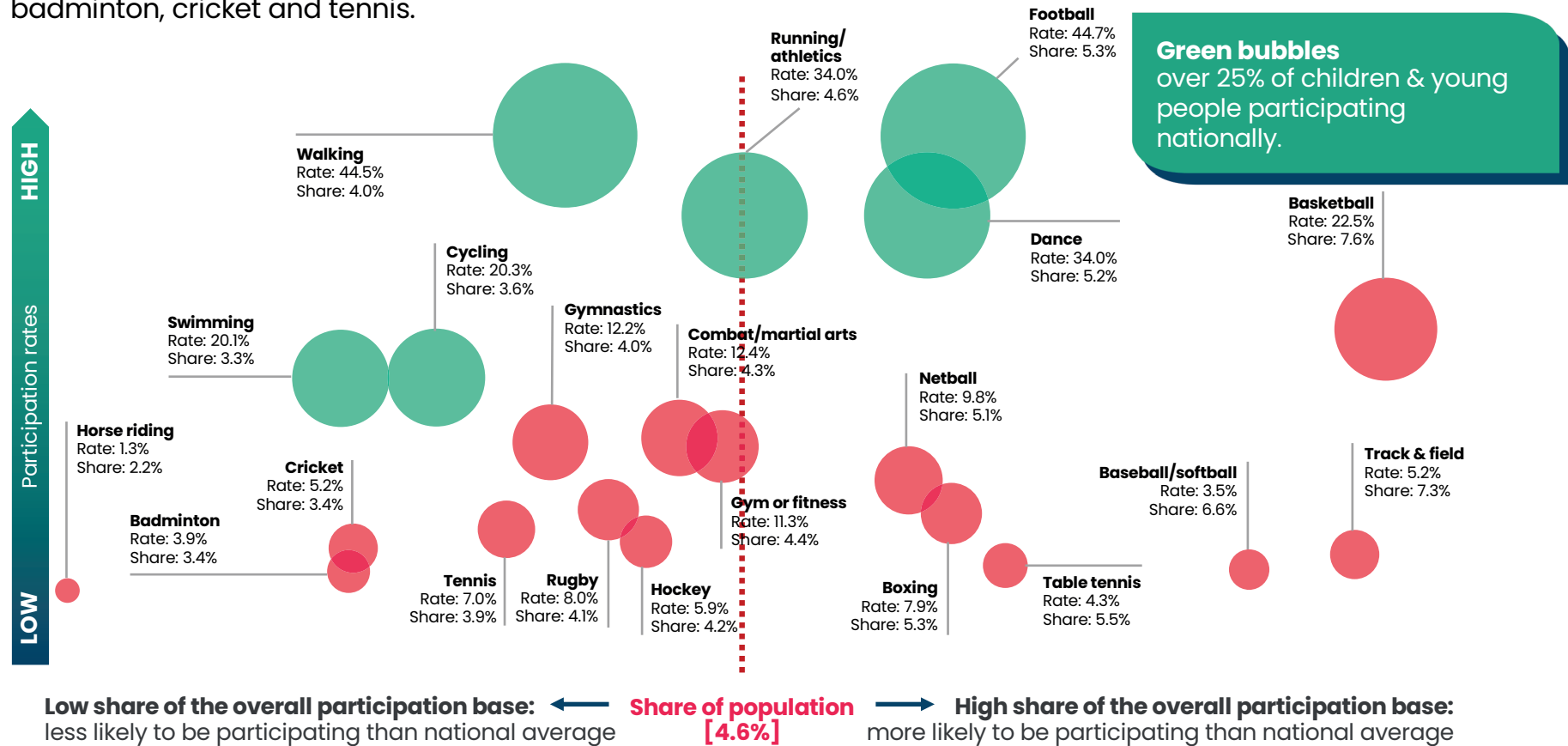
Asian children & young people are significantly over-represented in a range of other activities including badminton, cricket, handball and basketball. However, they are significantly under-represented in activities such as horse riding, rugby, gymnastics and adventure sports.



Black children & young people

4.6% share of the 5-16 year old population. Over-represented in football and dance, but under-represented in swimming, cycling and walking relative to their population share.

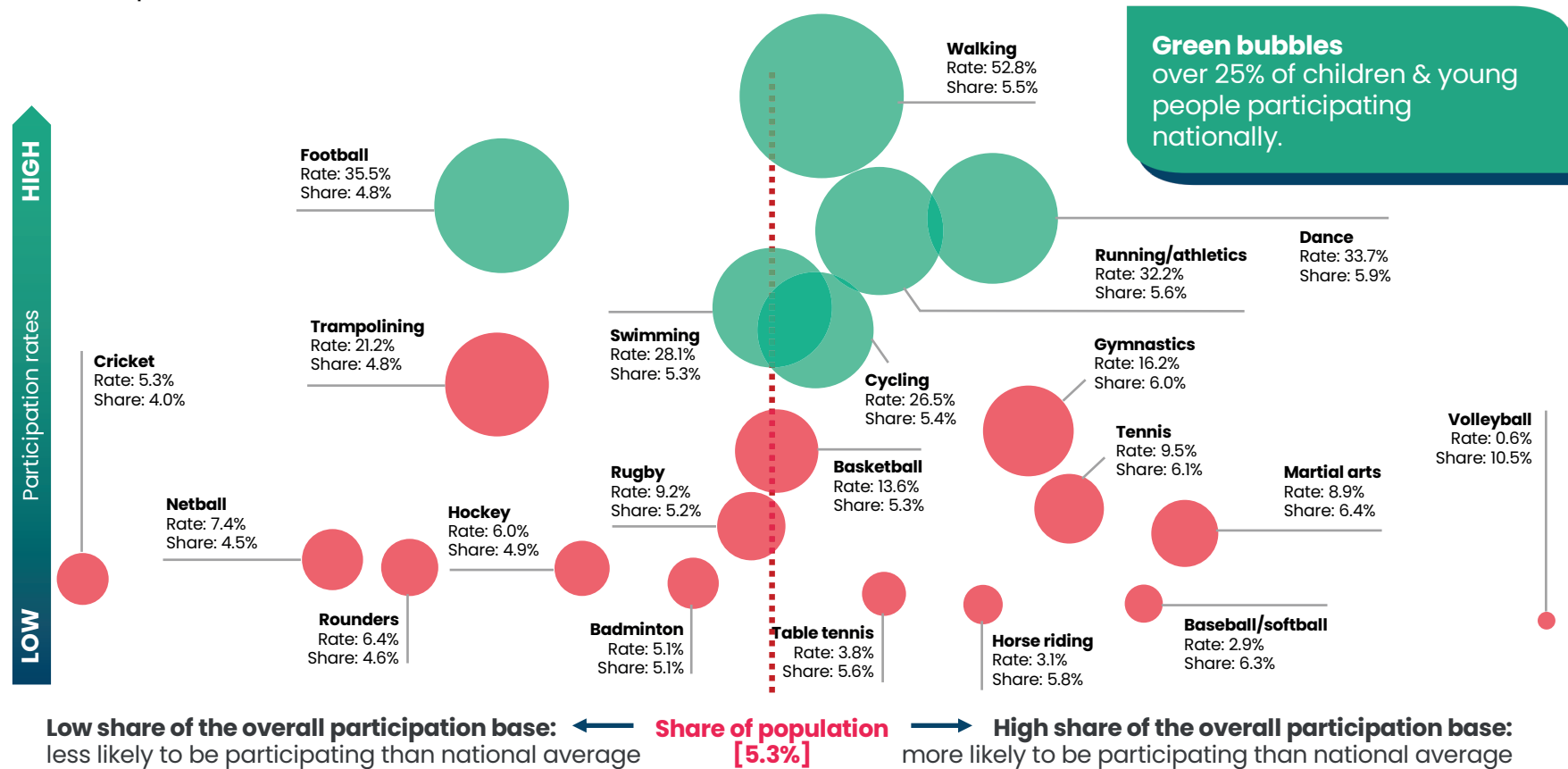
Black children & young people are significantly over-represented in a range of other activities including basketball, track & field and baseball. However, they are significantly under-represented in activities such as horse riding, badminton, cricket and tennis.



Children & young people from Other White ethnic groups

5.3% share of the 5-16 year old population. Over-represented in dance and running / athletics, but under-represented in football relative to their population share.

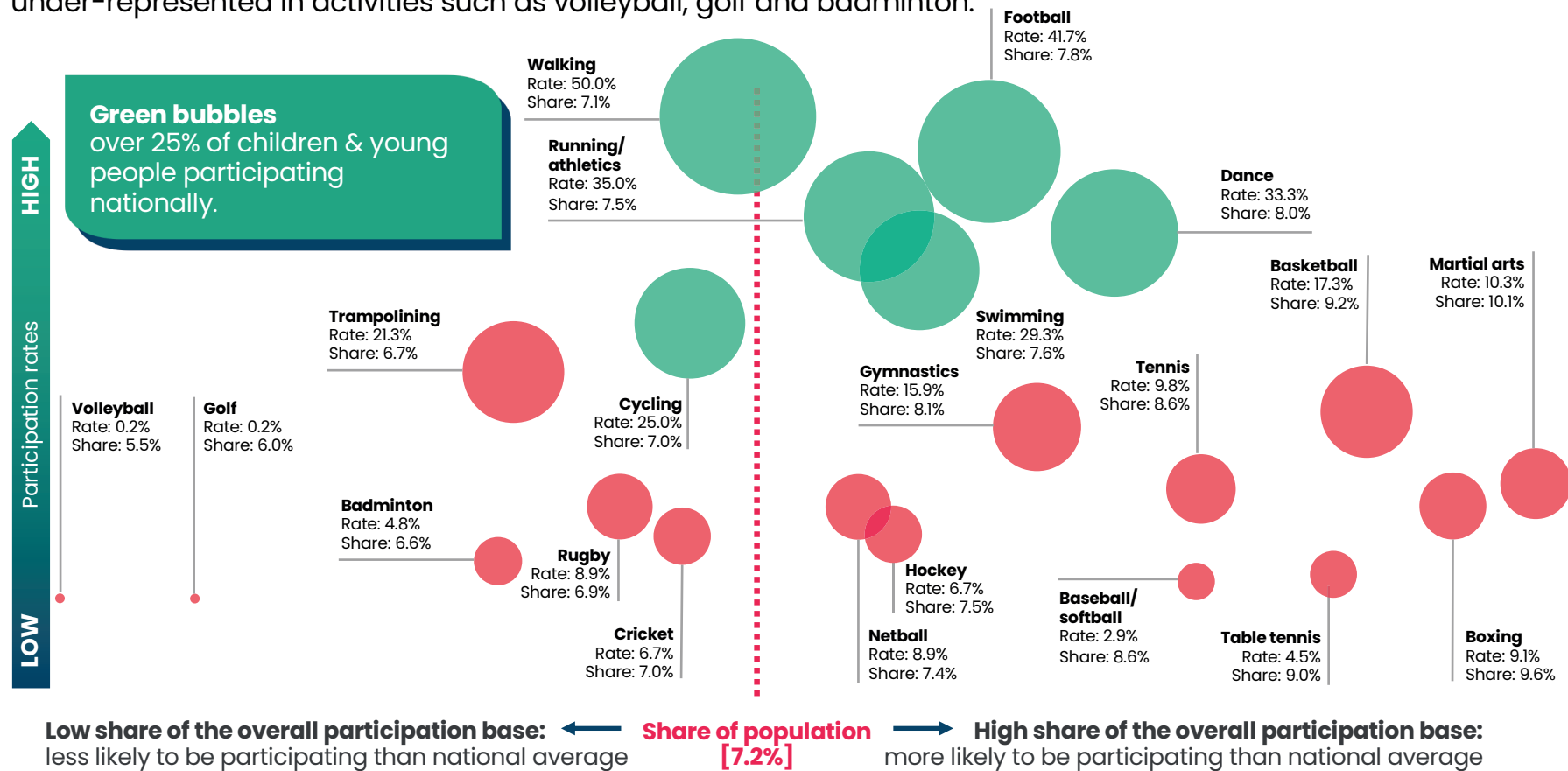
Children & young people from Other White ethnic groups are significantly over-represented in a range of other activities including volleyball, martial arts, baseball and tennis. However, they are significantly under-represented in activities such as cricket, netball and rounders.



Children & young people from Mixed ethnic backgrounds

7.2% share of the 5-16 year old population. Over-represented in dance, football, swimming and running/athletics relative to their population share.

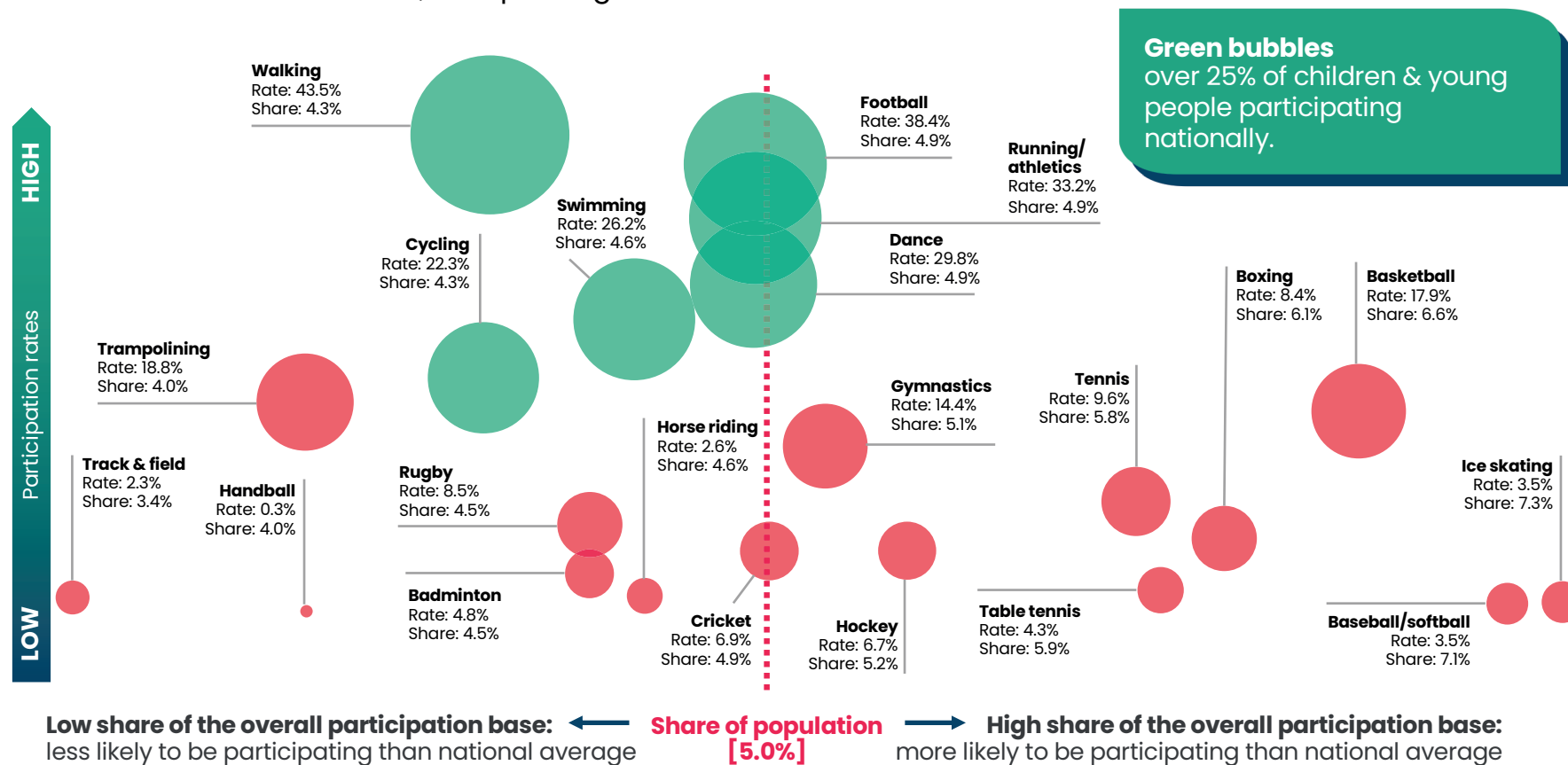
Children & young people from Mixed ethnic backgrounds are significantly over-represented in a range of other activities including martial arts, boxing, basketball, table tennis and tennis. However, they are significantly under-represented in activities such as volleyball, golf and badminton.



Children & young people from Other ethnic groups

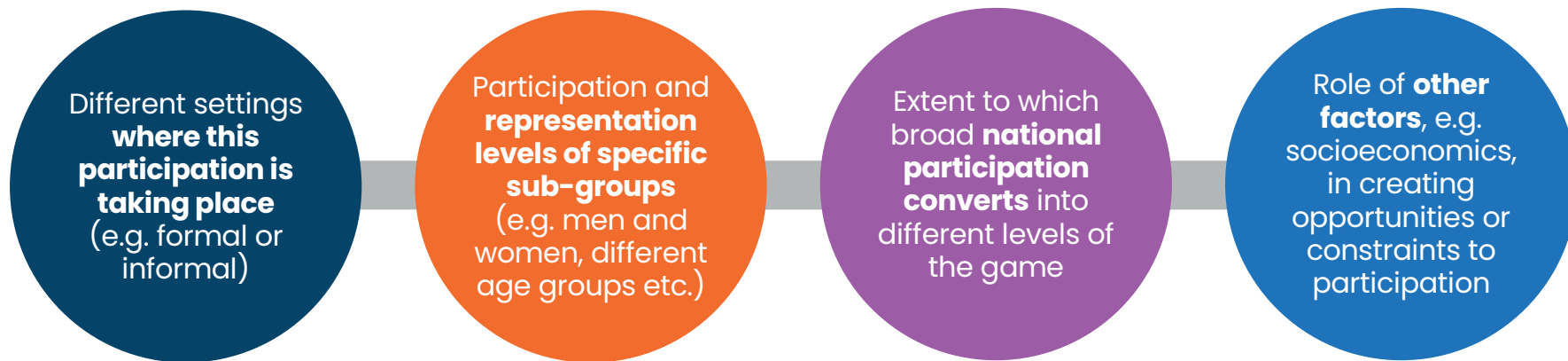
5.0% share of the 5-16 year old population. Under-represented in cycling, walking and swimming relative to their population share.

Children & young people from Other ethnic groups are significantly over-represented in a range of activities including ice skating, baseball, basketball and boxing. However, they are significantly under-represented in activities such as track & field, trampolining and handball.



Looking at national participation levels across different sports and activities by ethnic group provides a broad, but not complete, picture

Our need to understand individual and community tendencies towards specific sports and activities requires deeper insights and further exploration of other factors:



- There are important challenges for the sector to respond to when it comes to the inclusion and/or exclusion of different groups and communities, even in sports where there are already good levels of participation and representation of people from certain Black, Asian and Minority Ethnic backgrounds
- Those challenges are already more apparent for those sports where people from different Black, Asian and Minority Ethnic backgrounds have poor levels of participation and representation.

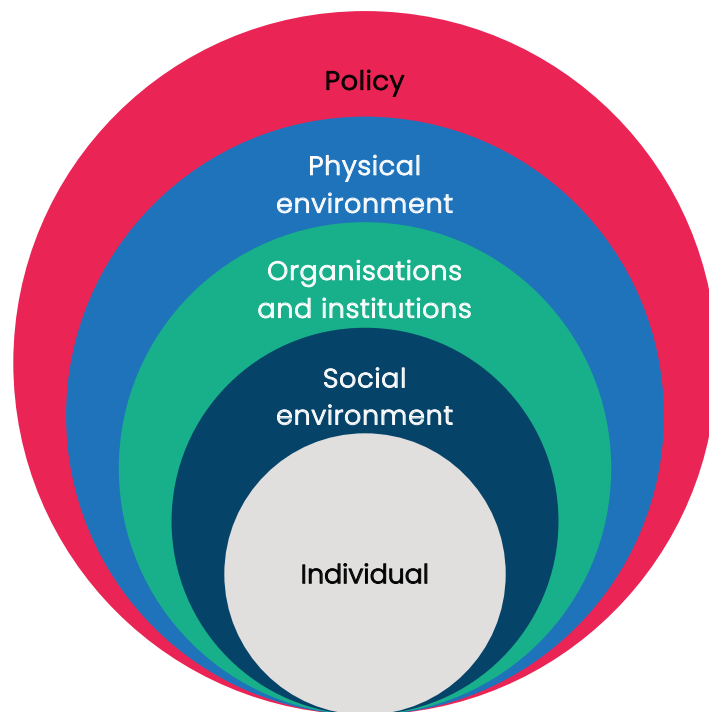
Sport for all?

A whole system challenge



A complex eco-system shapes a person's attitudes, behaviours and experience of sport and physical activity

Only focusing on the barriers and motivations of the individual will not enable a full enough understanding of where the current issues and potential solutions really exist.

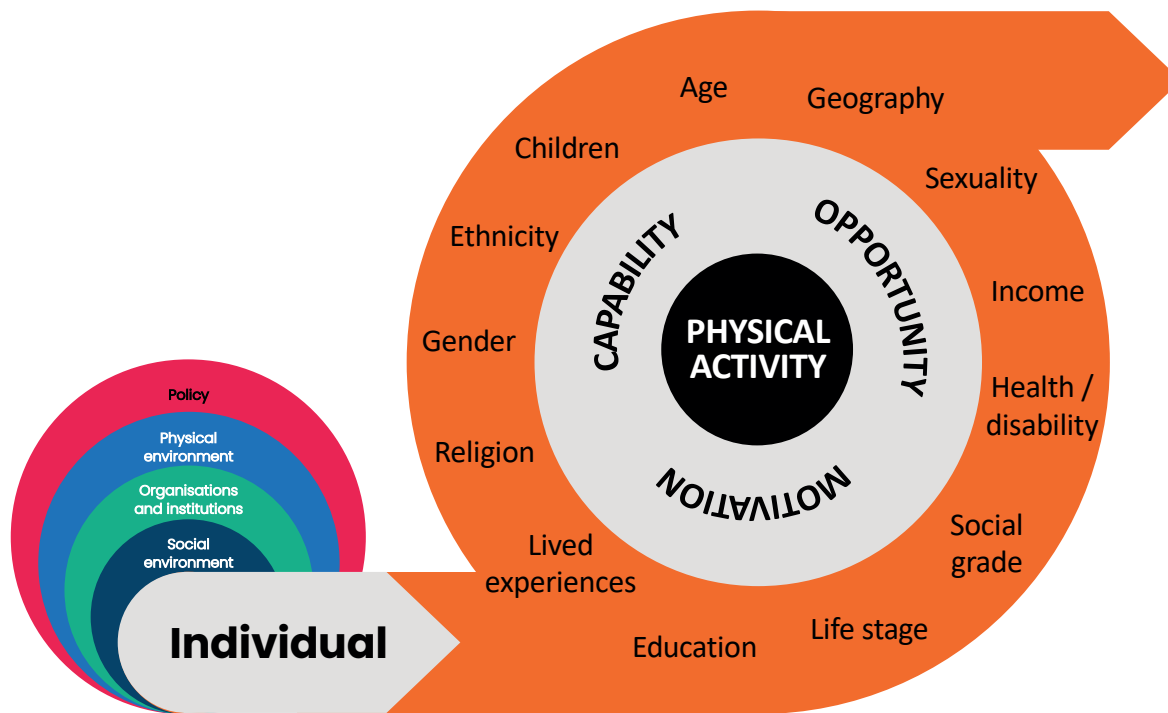


Each component includes, but is not limited to:

- ▶ **Policy**
Laws, rules, regulations, codes, local and national strategies
- ▶ **Physical environment**
Urban / rural geography
Access to parks
Access to open, safe spaces
Transport communications
- ▶ **Organisations and institutions**
Local authorities
Leisure centres and other service providers
Educational settings
NGBs and sports clubs
- ▶ **Social environment**
Cultural factors
Religious factors
Social capital and cohesion
Racism, sexism, discrimination
- ▶ **Individual**
Demographic profile
Socioeconomic factors
Education
Physical literacy
Capability, motivations, attitudes

The complexity of the eco-system is exacerbated by a person's individual characteristics

These characteristics overlap and intersect with one another to create individual identities and diverse communities, all of whom have different needs and lived experiences of sport and physical activity.



The system level factors combine with the intersecting characteristics of an individual to determine the extent to which different people and groups are having their needs met by the sector.

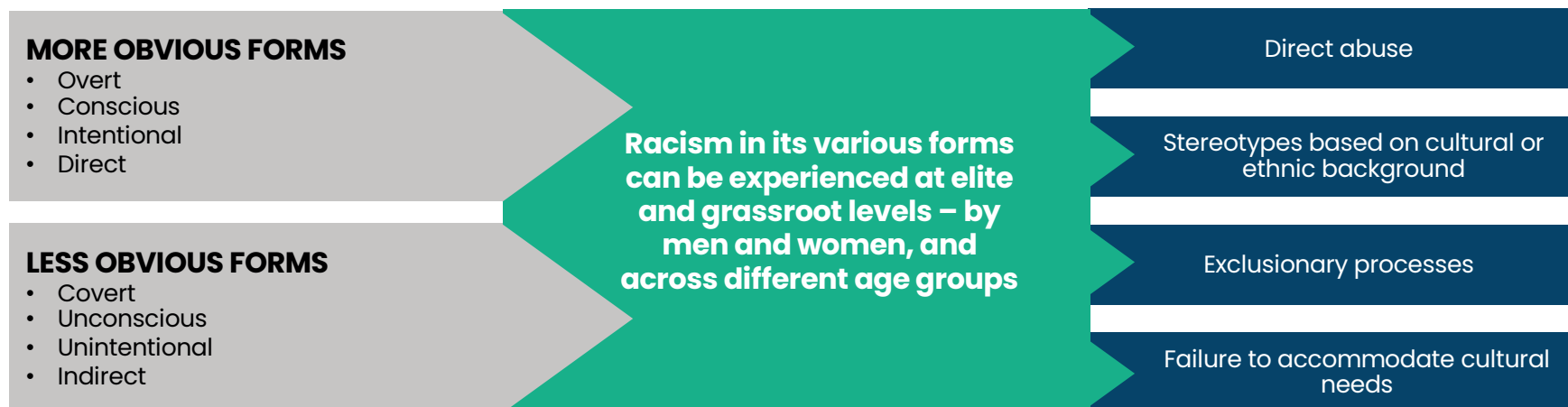
This also influences the extent to which different individuals feel like they have the opportunity, capability, and motivation required to participate in sport and physical activity regularly.

Currently, this combination of factors is resulting in lower levels of participation and engagement in sport and physical activity amongst people from certain Black, Asian, and Minority Ethnic backgrounds.

Racism and discrimination

Racism remains a wider social issue that continues to be experienced by some people within society to lesser or greater degrees. As such, it can also manifest itself in the sport and physical activity eco-system.

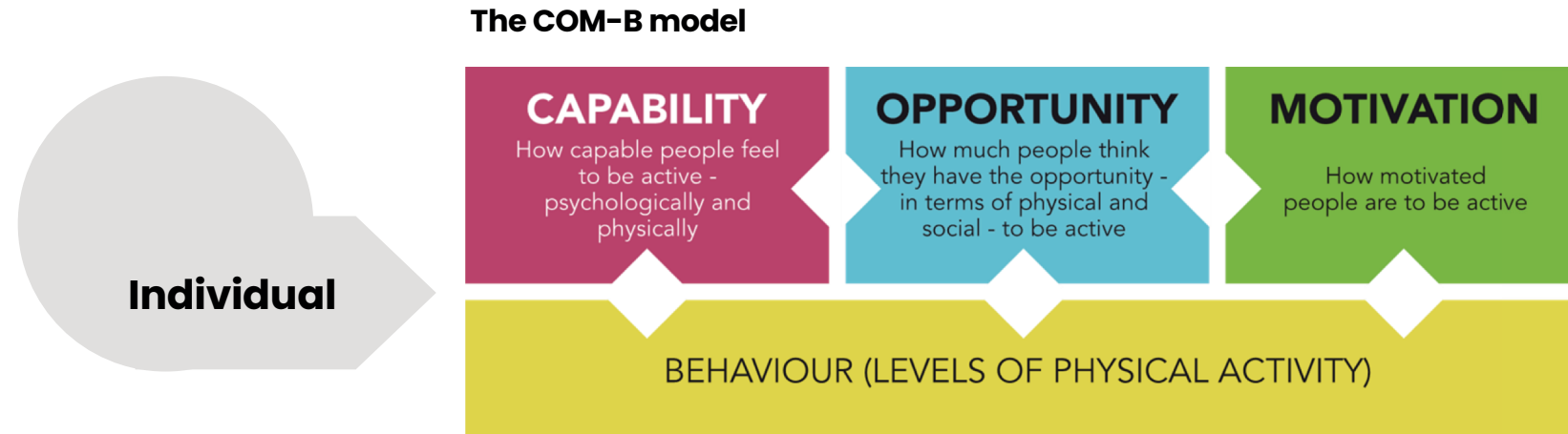
- Creating an inclusive eco-system that supports diverse groups of people to successfully engage with sport and physical activity requires the sector to recognise and address racism wherever it is present and in all its forms.
- Research from leading academics on the role of race and racism in sport outlines the different forms it can take, and the damaging effects it can have on the experiences of individuals from Black, Asian, and Minority Ethnic backgrounds.
- A body of academic literature shows that racism in sport can take both obvious and non-obvious forms, and is not always a direct, conscious or intentional process.



The role of **Capability, Opportunity, and Motivation** in driving physical activity

The 'COM-B model' is a behavior change model that is used to understand the drivers and context that influence how likely someone is to be more active.

The model consists of interacting components (Capability, Opportunity and Motivation) and proposes that for a behaviour to occur, there must be sufficient levels of each component present. Sport England have adopted this model in order to improve understanding of the drivers of an individuals behavior and in particular to understand the mindsets of those people who do not meet the behavioural threshold of 150 minutes of activity per week.



To read the full Active Lives report on Behaviours & Thresholds visit:
www.sportengland.org/media/13786/active-lives-adult-thresholds-behaviours.pdf

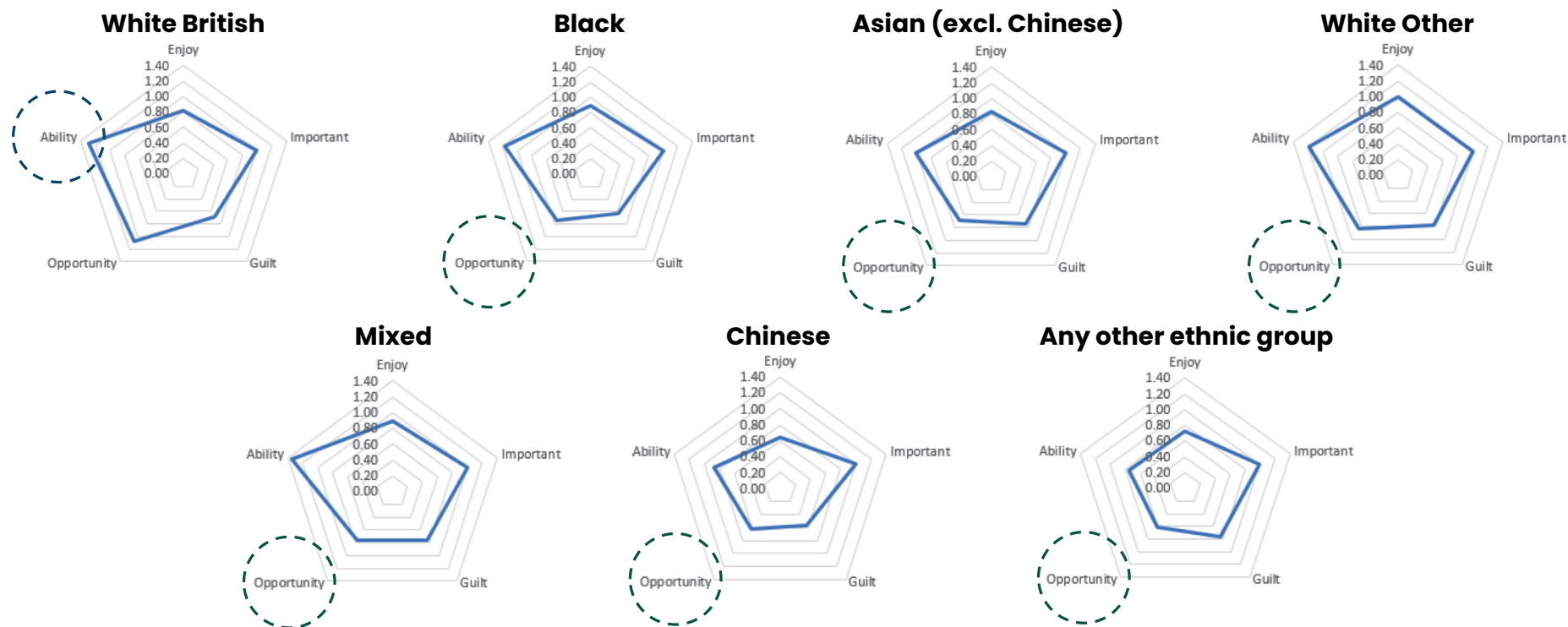
Michie, West, Atkins, 2011

Differences in COM-B components by ethnicity

We have conducted an early stage analysis of inactive adults to begin exploring how these components work for people of different ethnicity. Further investigation is required, but our initial analysis shows that relative to the levels of importance they place on being physically active:

Inactive adults from White British and Mixed ethnic backgrounds are more likely to strongly agree they have the **ABILITY** to be physically active compared to inactive adults from other ethnicities.

Inactive adults from Black, Asian (exc. Chinese), White Other, Chinese, Mixed backgrounds and people from Other ethnic groups are less likely to strongly agree they have the **OPPORTUNITY** to be physically active.



Source: Active Lives survey Nov 2016-18 (two years combined)

Associations between individual socio-demographic factors and physical activity

Analysis of Active Lives data allows us to identify which socio-demographic factors have the strongest association with a person's propensity to be physically active.

The table opposite shows the proportion of 'active' adults when the population is broken down by several key socio-demographic factors. The proportion of 'active' adults for each group is then compared against the national average for all adults (62.2%) to create an index score. The norm index score for the national average is 100.

The index score allows us to compare the relative propensity of adults in each sub-group to be physically 'active' compared to the national average.

This shows that across the main socio-demographic factors of age, gender, ethnicity, social grade and disability or long-term health condition, the group most likely to be 'active' are adults aged 16-24 years old. The index of 121 means they are 21% more likely to be physically 'active' than the national average.

This provides a useful starting point in identifying the main factors relevant to levels of physical activity. However, we need to understand how these factors intersect with each other to build a more detailed understanding of under-served groups and therefore, where the challenges in engaging people with sport and physical activity really exist.

Adults 16+: Active (at least 150 minutes a week)

Rank	Group	% Active	Index
1.	Age: 16-24 years	75.1%	121
2.	Mixed ethnic background	71.8%	115
3.	Social grade: NS-SEC 1-2	71.3%	115
4.	Social grade: NS-SEC 9	70.2%	113
5.	Age: 25-34 years	67.8%	109
6.	No disability or long-term health condition	66.9%	108
7.	Age: 35-44 years	66.4%	107
8.	White Other	66.0%	106
9.	Age: 45-54 years	65.2%	105
10.	Male	64.4%	104
11.	White British	63.2%	102
NORM	All adults	62.2%	100
12.	Social grade: NS-SEC 3-5	62.0%	100
13.	Age: 55-64 years	60.2%	97
14.	Chinese	60.2%	97
15.	Female	60.2%	97
16.	Age: 65-74 years	57.0%	92
17.	Any other ethnic group	56.5%	91
18.	Black	56.0%	90
19.	Asian (excl. Chinese)	55.1%	89
20.	Social grade: NS-SEC 6-8	54.0%	87
21.	Disability or long-term health condition	44.2%	71
22.	Age: 75+ years	34.5%	55

Levels of physical activity when ethnicity intersects with gender, socio-economic status, or a limiting disability or long-term health condition

Adults 16+: Active (at least 150 minutes a week)

Rank	Ethnic group	Sub-group	% Active	Index
1	Mixed ethnic background	High social grade	75.2%	121
2	Mixed ethnic background	No disability or LTHC*	74.4%	120
3	White British	High social grade	72.7%	117
4	Mixed ethnic background	Male	72.5%	116
5	Other White	High social grade	72.5%	116
6	Mixed ethnic background	Female	71.1%	114
7	White British	No disability or LTHC*	68.5%	110
8	Other White	No disability or LTHC*	67.6%	109
9	Other White	Male	67.0%	108
10	Chinese	High social grade	65.7%	106
11	White British	Male	65.3%	105
12	Other White	Female	65.1%	105
13	Mixed ethnic background	Low social grade	64.6%	104
14	Mixed ethnic background	Disability or LTHC*	63.4%	102
15	Black	High social grade	62.6%	101
NORM	All Adults		62.2%	100
16	Chinese	Male	62.0%	100
17	Any other ethnic group	High social grade	61.9%	99
18	Chinese	No disability or LTHC*	61.2%	98
19	White British	Female	61.2%	98
20	Black	Male	59.9%	96
21	Asian (excl. Chinese)	High social grade	59.7%	96
22	Any other ethnic group	No disability or LTHC*	59.6%	96

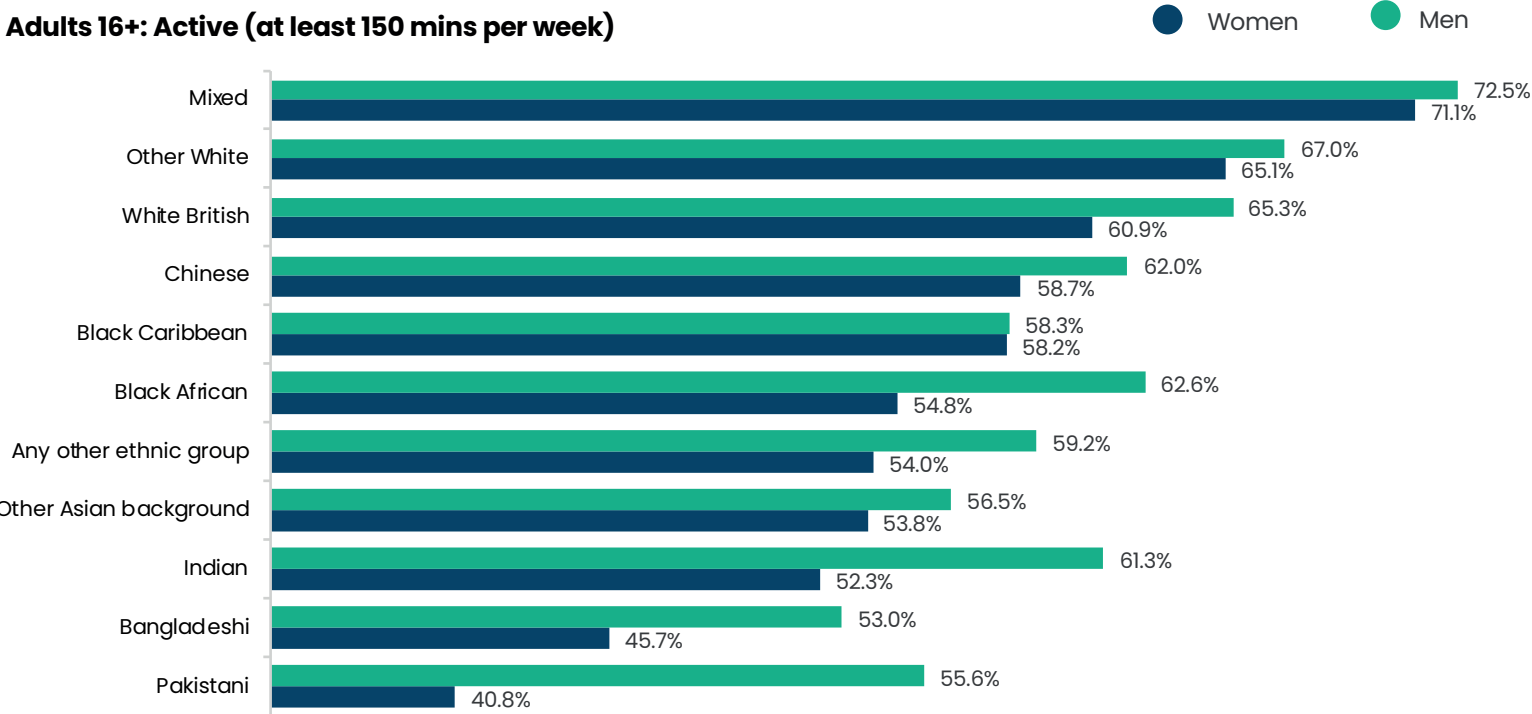
Rank	Group	% Active	Index	
23	Black	No disability or LTHC*	59.3%	95
24	Asian (excl. Chinese)	Male	59.2%	95
25	Any other ethnic group	Male	59.2%	95
26	Chinese	Female	58.7%	94
27	White Other	Low social grade	57.4%	92
28	Asian (excl. Chinese)	No disability or LTHC*	56.8%	91
29	White British	Low social grade	55.4%	89
30	White Other	Disability or LTHC*	54.9%	88
31	Any other ethnic group	Female	54.0%	87
32	Black	Female	53.0%	85
33	Asian (excl. Chinese)	Female	49.9%	80
34	Black	Low social grade	48.9%	79
35	Any other ethnic group	Low social grade	47.1%	76
36	Asian (excl. Chinese)	Low social grade	46.5%	75
37	Chinese	Low social grade	46.1%	74
38	Any other ethnic group	Disability or LTHC*	44.0%	71
39	White British	Disability or LTHC*	44.0%	71
40	Chinese	Disability or LTHC*	43.7%	70
41	Asian (excl. Chinese)	Disability or LTHC*	43.3%	70
42	Black	Disability or LTHC*	34.3%	55

Adults: the intersection of ethnicity and gender

The gender gap observed in physical activity levels holds true across nearly all ethnic groups, however, for Asian and Black African women the gap is even more pronounced.

- Moreover, there are also significant differences in the activity levels of women from different ethnic groups. For example, 61% of White British women are active compared to only 41% of Pakistani women, 46% of Bangladeshi women, and 52% of Indian women.
- This indicates the sector has failed to engage women of different ethnic backgrounds to the same degree or with equal success

Adults 16+: Active (at least 150 mins per week)



Source: Active Lives survey Nov 2016-18 (two years combined)

The associations between socio-economic factors, ethnicity, and activity levels

Individuals from Black, Asian and Minority Ethnic backgrounds are more likely to experience higher incidences of disadvantage across a range of socio-economic factors known to influence participation in sport and physical activity.

Socio-economic classification

Adults from a low socio-economic classification (NS-SEC 6-8) are twice as likely to be inactive compared to a person from a high socio-economic classification (NS-SEC 1-2)

Population studies show that compared to the general population:

Bangladeshi adults are 40% more likely to have a low socio-economic classification (NS-SEC 6-8)

Pakistani adults are 39% more likely

And **Black** adults are 14% more likely

Working status

Unemployed adults are 59% more likely to be inactive compared to a person who is working full or part time.

1 in 25 White British adults (aged 16+) are unemployed, compared to around 1 in 10 adults from **Pakistani, Bangladeshi, Black,** or **Mixed** ethnic backgrounds.

Indices of Multiple Deprivation (IMD)

Adults from the most deprived quartile of neighbourhoods are 45% more likely to be inactive compared to a person from the least deprived quartile of neighbourhoods.

People from **Black** (20%) and **Asian** (17%) ethnic groups are the most likely to live in the most deprived 10% of neighbourhoods.

Within those groups, **Pakistani** (31%) and **Bangladeshi** (28%) adults are the most likely to live in the most deprived 10% of neighbourhoods.

Levels of family affluence

Children and young people with low family affluence are 55% more likely to be less active compared to a child or young person with high family affluence.

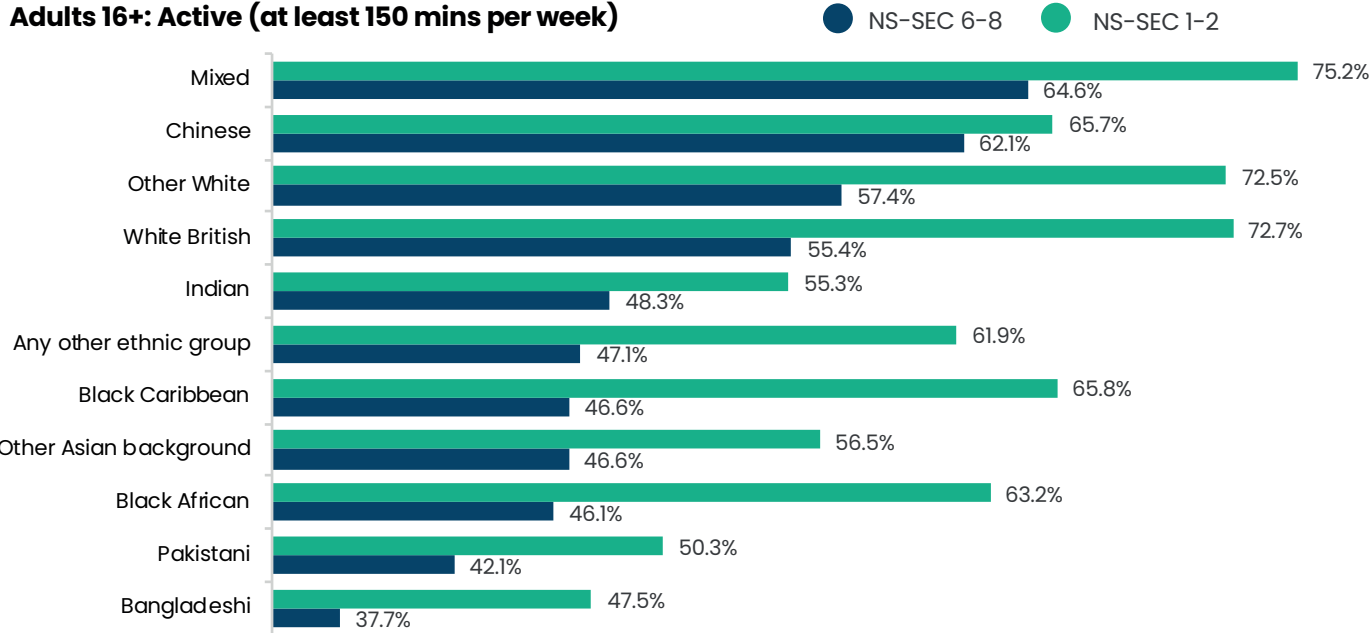
People living in a household headed by someone from a Black, Asian, or Minority Ethnic background are more likely to be on a relatively low income.

This is particularly the case for households headed by someone of **Bangladeshi, Chinese, Pakistani,** or **Black** ethnicity, with 51%, 49%, 46%, and 41% respectively on relative low income. This compares to only 19% of White households on low income.

Adults: the intersection of ethnicity and socio-economic factors

Not only are adults from certain Black, Asian and Minority Ethnic backgrounds more likely to experience different forms of socio-economic disadvantage, those that do also have some of the lowest levels of physical activity.

- The combination these two factors begins to uncover the importance of socio-economic factors in shaping the inequalities observed in activity levels between different ethnic groups.
- When adults from some of the least active groups are also classified as coming from a lower socio-economic group, we see even lower levels of physical activity.



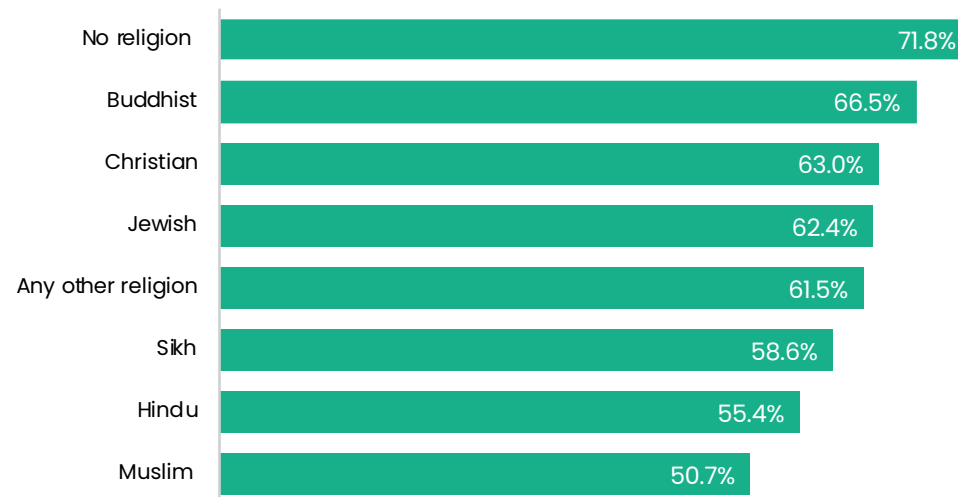
Source: Active Lives survey Nov 2016-18 (two years combined)

Adults: the association between religion and physical activity

Where different religions intersect with individual identities and the 'complex eco-system' we also see differences in levels of physical activity.

- For example, those of Muslim and Hindu faith report much lower levels of physical activity compared to those of Buddhist and Christian faith.
- We also observe lower levels of activity in Asian (excl. Chinese) adults of Muslim faith (40%) compared to those from other ethnic backgrounds. This, plus the higher incidence of Muslim faith in some Black, Asian and Minority Ethnic communities where inequalities are greatest, indicates the importance of better understanding the intersection of religion with other factors to identify the diverse needs of specific groups.

Adult (16+): Levels of activity by religion



Adults: understanding activity levels when ethnicity, gender and social grade are considered together

Adults 16+: Active (at least 150 minutes a week)

Rank	Ethnic group	Gender	Social grade	% Active	Index
1	Mixed ethnic background	Male	High	79.1%	127
2	White British	Male	High	74.8%	120
3	White Other	Male	High	74.3%	119
4	Mixed ethnic background	Female	High	71.8%	115
5	Chinese	Male	High	71.1%	114
6	White Other	Female	High	70.8%	114
7	White British	Female	High	70.5%	113
8	Black	Male	High	70.1%	113
9	Mixed ethnic background	Female	Low	65.2%	105
10	Any other ethnic group	Male	High	63.9%	103
11	Mixed ethnic background	Male	Low	63.5%	102
12	Asian (excl. Chinese)	Male	High	63.3%	102
NORM	All adults			62.2%	100
13	Chinese	Female	High	60.5%	97
14	Any other ethnic group	Female	High	59.6%	96
15	White Other	Male	Low	58.0%	93
16	Black	Female	High	57.5%	92
17	White British	Male	Low	56.9%	91
18	White Other	Female	Low	56.8%	91
19	Asian (excl. Chinese)	Female	High	54.0%	87
20	White British	Female	Low	54.0%	87
21	Any other ethnic group	Male	Low	53.6%	86
22	Asian (excl. Chinese)	Male	Low	52.4%	84

Rank	Ethnic group	Gender	Social grade	% Active	Index
23	Black	Male	Low	49.9%	80
24	Chinese	Female	Low	48.4%	78
25	Black	Female	Low	48.1%	77
26	Chinese	Male	Low	42.3%	68
27	Any other ethnic group	Female	Low	41.9%	67
28	Asian (excl. Chinese)	Female	Low	41.2%	66

By looking at how certain factors operate together, we can start building a more detailed understanding of under-served groups and identify where the challenges for the sector really exist.

For example, 70% of Black men with a high socio-economic classification are active. But this drops to 48% for Black women from a low socio-economic classification.

This is an early stage analysis. Further investigation and research is required across the sector to:

- Understand the activity levels of different groups when the interplay of other important factors are also taken into account (e.g. age, disability, children, religion etc.).
- Generate insight that deepens understanding of the lived experiences and wider contexts at play for people from these different intersecting identities.

Children & Young People: understanding activity levels when ethnicity, gender and family affluence are considered together

The patterns we observed in adults when looking at the influence of ethnicity, gender, and socio-economic status on participation are also observed in children and young people.

Children & Young People 5-16 years old: Active (an average of 60+ minutes a day)

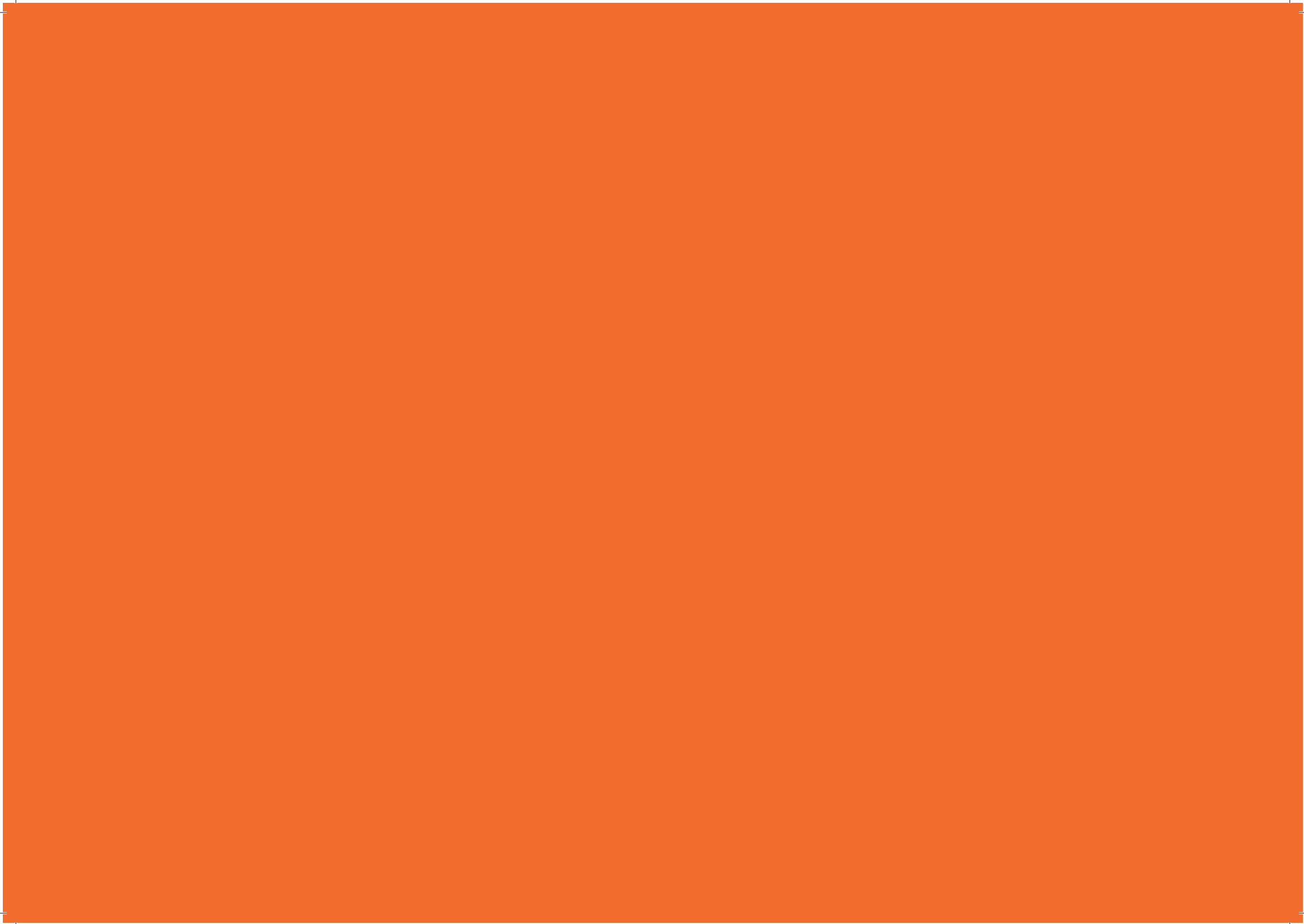
Rank	Ethnic group	Gender	Family Affluence	% Active	Index
1	Other White	Boy	High	61.8%	138
2	Asian	Boy	High	58.6%	130
3	Black	Boy	High	58.0%	129
4	Mixed ethnic background	Boy	High	57.2%	127
5	White British	Boy	High	56.7%	126
6	Black	Girl	High	53.9%	120
7	Any other ethnic group	Boy	High	52.7%	117
8	Other White	Girl	High	51.7%	115
9	White British	Girl	High	49.2%	110
10	Mixed ethnic background	Girl	High	48.8%	109
11	Any other ethnicity	Girl	High	47.5%	106
12	Mixed ethnic background	Boy	Low	45.3%	101
NORM	All children & young people			44.9%	100
13	White British	Boy	Low	44.5%	99
14	Mixed ethnic background	Girl	Low	42.5%	95
15	Black	Boy	Low	41.4%	92
16	Asian	Girl	High	40.6%	90

Rank	Ethnic group	Gender	Family Affluence	% Active	Index
17	White British	Girl	Low	40.5%	90
18	Other White	Girl	Low	39.6%	88
19	Other White	Boy	Low	38.3%	85
20	Asian	Boy	Low	35.8%	80
21	Any other ethnic group	Boy	Low	33.2%	74
22	Any other ethnic group	Girl	Low	28.9%	64
23	Black	Girl	Low	28.9%	64
24	Asian	Girl	Low	27.8%	62

As with adult populations, by looking at how these factors operate together we can see where the biggest inequalities in physical activity levels amongst children and young people really exist.

For example, 59% of boys of Asian heritage with high family affluence are active. But this drops to 28% for girls of Asian heritage with low family affluence.

Notes



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