

Isle of Wight Joint Strategic Needs Assessment: Core Dataset		2009		
Domain:	Lifestyle and Risk Factors	Indicator:	Adult Participation in Sport and Active Recreation	
Sub-Domain:	Behaviour	Indicator Reference:	National Indicator 8	
Sub-sub- Domain:	Physical Activity	Data Source:	Sport England - Active People Surveys	
		Indicator definition:	see below	

% of Adults aged 16+ who participate in sport and active recreation, at moderate intensity, for at least 30 minutes on 3 or more days a week.

Comparisons by Year

Participation Rates	2005-06	2007-08
England	21.3%	21.6%
IW	21.6%	20.4%

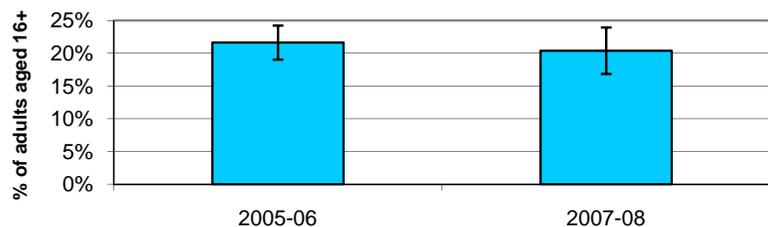
Comparisons by Year showing Confidence Intervals

	2005-06			2007-08		
	Participation Rate	Confidence Intervals		Participation Rate	Confidence Intervals	
		Upper CI	Lower CI		Upper CI	Lower CI
England	21.3%	21.4%	21.2%	21.6%	21.8%	21.4%
IW	21.6%	24.2%	19.0%	20.4%	23.9%	16.8%

Isle of Wight: Estimated Number of Adult Participants based on 2007-08 Survey Findings

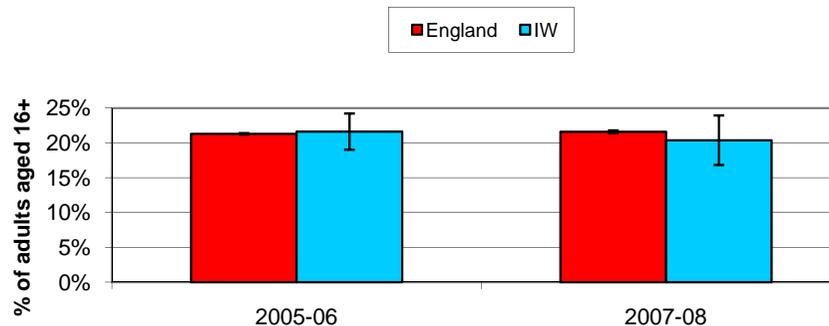
	Prevalence		Population aged 16+	Number of Adults aged 16+	
	at least 3 x a week	less than 3 x a week		at least 3 x a week	less than 3 x a week
Isle of Wight participation	20.4%	79.6%	116,080	23,669	92,411

Isle of Wight: Adult Participation in Physical Activity: % of Adults Participating in Sport & Recreation of Moderate Intensity for at least 30 minutes on 3 or More Days a Week (National Indicator 8)



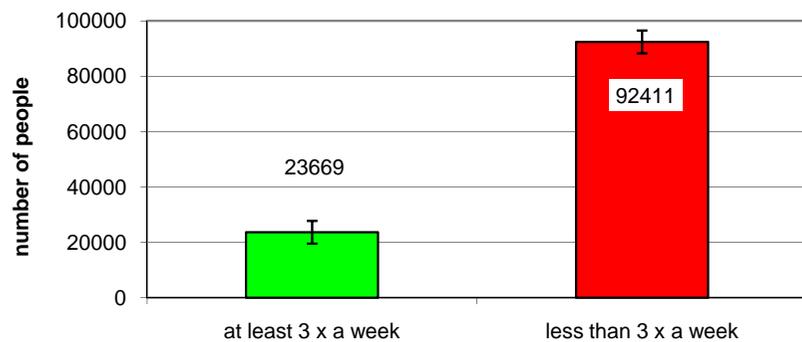
Data source: Sport England - Active People Surveys

Adult Participation in Sport & Recreation of Moderate Intensity for at least 30 minutes on 3 or More Days a Week (National Indicator 8)



Data source: Sport England - Active People Surveys

Isle of Wight: Estimated Number of Adults Participating in Sport & Recreation of Moderate Intensity for at least 30 minutes on 3 or More Days a Week (National Indicator 8)



Data source: Extrapolation of Sport England - Active People Survey (2007-08) findings to 2007 Population Estimate

COMMENTARY

The Chief Medical Officer recommends that: "for general health, a total of at least 30 minutes a day of moderate intensity physical activity on 5 or more days of the week reduces the risk of premature death from cardio-vascular disease and some cancers, significantly reduces the risk of type 2 diabetes, and can also improve psychological well-being". The Framework for Sport in England has defined sport's "larger contribution" to the overall 5 days a week physical activity target as 30 minutes of moderate intensity sport and active recreation on at least 3 days a week (12 days out of the previous 28 days). This '3 days a week' target has been incorporated into National Indicator 8.

Sport England has commissioned the Active People Survey, which measures adult participation in sport and active recreation for all Local Authorities England. Two rounds have been conducted: Active People 1 (2005-06) and Active People 2 (2007-08). Results for performance against National Indicator 8 are shown here.

The chart **above, left** compares the Isle of Wight's results in the 2 survey periods. Participation fell slightly in the Active People 2 survey, but the change is not statistically significant.

The chart **above, right** compares the IW's results with England in the 2 surveys. The IW's participation rate is slightly higher than England's in survey 1 and slightly lower in survey 2, but the confidence intervals overlap and the differences might not be statistically significant.

The chart **below, left** extrapolates the IW's data from survey 2 to estimate the number of adults aged 16+ who undertake at least / less than 3 sessions of sport and active recreation weekly. This shows that an estimated 90,000+ adults undertake less than 3 sessions a week.

INDICATOR DEFINITION	
Indicator:	Adult participation in physical activity (at least moderate intensity sport and active recreation)
Definitions:	The percentage of the adult population (age 16 and over) in a local area who participate in sport and active recreation, at moderate intensity, for at least 30 minutes on at least 12 days out of the last 4 weeks (equivalent to 30 minutes on 3 or more days a week).
Numerator (number of people or events)	Number of adults participating in sport and active recreation, at moderate intensity, for at least 30 minutes on at least 12 days out of the last 4 weeks (equivalent to 30 minutes on 3 or more days a week).
Denominator (total population or events)	Resident Population of the specified area in the specified time period. Persons aged 16+. (ONS 2007 Mid Year Estimate)
Geographic Coverage	Local Authority
Time period	2005-06 and 2007-08
Data Source(s)	Sport England - Active People Surveys http://www.sportengland.org/index/get_resources/research/active_people.htm
Significance for Health	Higher rates indicate more physical activity which is better for health. Lower rates indicates less physical activity which is poorer for health.
Factors that might affect the Accuracy of this Indicator	The Active People 2 Survey (2007-08) used smaller sample sizes at Local Authority level than the Active People 1 Survey (2005-06): approximately 500 compared with 1100. This means that the Confidence Intervals for the Local Authority figures are wider and differences between (a) different survey year findings for the same Local Authority and (b) Local Authority findings compared with England are less likely to be statistically significant. This indicator reflects participation only in activities which are counted as sport and active recreation, and not other forms of physical activity. For example recreational walking and cycling are included, gardening and dancing are not.