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NATIONAL SURVEY FOR WALES 2021-2022

Sport and Active Lifestyles: State of the Nation Report



Llywodraeth Cymru
Welsh Government

The National Survey for Wales is a large-scale, random sample household survey of adults (ages 16-years and above) across Wales. This survey is implemented by Welsh Government on behalf of public bodies in Wales.

Due to methodological changes to the 2021-22 survey, comparisons between 2021-22 figures and figures from previous iterations of the survey should be limited and treated with discretion.

For more information on methodology, please refer to the [Introduction](#).

Headline Findings:

Participation:

- 56% of adults in Wales participated in sport and physical activity (at least once in the last four weeks).
- 34% of adults in Wales participated in sport and physical activity three or more times a week (Future Generations Indicator No. 38).
- More adults said they participated in 'Fitness activities' (51%), compared to 'Sports and Games' (14%), or 'Outdoor Pursuits' (6%) (Note adults could report participation for multiple activities).
- Adults were most likely to participate in 'Fitness Activities' multiple times per week; 59% of adults who participated in this kind of activity participated three or more times per week. Comparatively, 19% of those participating in 'Sports and Games', and 12% of those participating in 'Outdoor Pursuits' participated in these types of activity three or more times per week.

Demand:

- Overall, 31% of all adults said they wanted to participate in more sport and/or physical activity.
- 'Fitness Activities' were more in demand than 'Sports and Games' and 'Outdoor Pursuits'; 20% of adults said they wanted to do more 'Fitness Activities', compared to 10% of adults reporting a demand for 'Sports and Games', and 5% for Outdoor Pursuits (Note - adults could report demand for multiple activities).
- Of those who have a demand for more sport and/or physical activity, 43% already participate three or more times per week.
- 20% of adults who do not already participate in sport or physical activity said they would like to participate in at least one sport or physical activity. This represents 224,000 people, and equates to 9% of the total adult population in Wales.



The Vision for Sport in Wales

This report is structured around the Vision for Sport in Wales. The Vision is the platform for cross sector engagement in sport and physical activity, and seeks to transform Wales into an active nation, where everyone can have a lifelong enjoyment of sport and physical activity.

The Vision was co-produced with a wide range of stakeholders and represents the voice of the people of Wales. A collaborative effort in working towards The Vision will:

- Improve population health and wellbeing
- Provide the people of Wales with the skills to reach their potential
- Support communities to flourish
- Create opportunities for everyone to join in
- Promote Wales to the world through our sporting approach

**VISION FOR
SPORT**

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1. Introduction

The State of the Nation Report explores the findings from the 'Sport and Active Lifestyles' section of the National Survey for Wales, 2021-2022.

The National Survey for Wales is a large-scale, random sample household survey of adults (ages 16-years and above) from across Wales. This survey is implemented by Welsh Government on behalf of public bodies in Wales.

Prior to 2016, Sport Wales ran an independent survey, called 'The Active Adults Survey'. Since then, large scale public-body surveys have been brought together to improve efficiency in data collection across Wales, forming the National Survey for Wales as it is today. Subsequently, Sport Wales survey questions are now embedded within the National Survey for Wales, called the 'Sport and Active Lifestyle' section of the survey.

Methodology of the National Survey for Wales

The National Survey for Wales is ongoing, with data collected continuously throughout the year to avoid seasonal bias within the results.

Each Spring, a new cycle begins, and data from the previous 12-months is analysed to produce an annual summary of behaviour amongst adults in Wales. The data is then weighted to represent the characteristics of the overall population in Wales, equating to approximately 2.5 million adults. Headline results are published by Welsh Government during the summer months.

Headline findings and background information are available on the Welsh Government website: [National Survey for Wales | GOV.WALES](https://gov.wales).

Key Information:

- In 2021-22, 12,500 adults (Ages 16+) across Wales took part.
- The "Sport and Active Lifestyles" section of the survey focussed on participation and demand in "Sport and Physical Activity". These survey questions are available online (Pages 130-143).
- In this report, the term "Sport and/or Physical Activity" refers to the activities listed in Appendix 7.1.
- To collect participation figures, respondents were asked about their sport and physical activity behaviour within the "...previous four weeks", as this provides an indication of typical behaviour for that individual.
- The questions within this section of the survey allow the ability to report on the "Percentage of people participating in sporting activities three or more times a week". This is a National Indicator (No. 38) for the Wellbeing of Future Generations (Wales) Act 2015.
- By April 2023, another annual cycle of data collection will have concluded. The next set of comparable results are likely to be released during the Summer.

Important Changes to the 2021-22 National Survey for Wales:

Due to differences in methodology used, results from the Sport & Active Lifestyles section of the National Survey for Wales 2021-22 should not be directly compared with results from previous editions of the National Survey for Wales.

The 2020-21 survey cycle was adapted for use due to the COVID-19 pandemic, and so The Sport and Active Lifestyles section could not be included, as original questions were designed to be asked in-person with the use of showcards. During this time, work was completed on adapting and piloting the original questions ready for inclusion within the 2021-22 survey.

For the Sport and Active Lifestyle Section, changes included:

- Telephone interviews replaced a face-to-face interviewing method used previously.
- Questions were revised to be better suited to delivery by telephone, such as Sport Activities being categorised into broader groups.
- Showcards could no longer be used to provide participants with a list of response options.

These changes have resulted in a break in the trend data between 2019-20 and 2021-22. In turn, comparisons over time should be limited, and treated with discretion.

However, whilst the recent methodological changes impact upon comparisons with previous data, the new methodology is considered to produce an accurate reflection of participation and demand in sport and physical activity amongst adults in Wales.

Interpreting the data:

It should be noted that there will be occasions throughout the report where table totals may vary despite reporting on the same topic. This can happen when there are responses that are classed as missing data, for example, a 'don't know' response. Another example of where this could happen is where a particular question is asked to a representative sub-sample of the survey.

Percentages are rounded to the nearest percent, and population the nearest thousand. Differences between data points and their associated population groups have been highlighted throughout the report. These differences are statistically significant, unless otherwise stated.

2. Active Nation

The Vision is that as many people as possible are inspired to be active through sport

This section explores overall participation and frequency of participation in sport and physical activity amongst adults in Wales. These figures allow us to explore progress toward The Vision for Sport in Wales.



2.1 National Participation

Across the 2.5 million adults in Wales, 1,405,000 participated in at least one sport or physical activity during the previous four weeks, representing 56% of all adults.

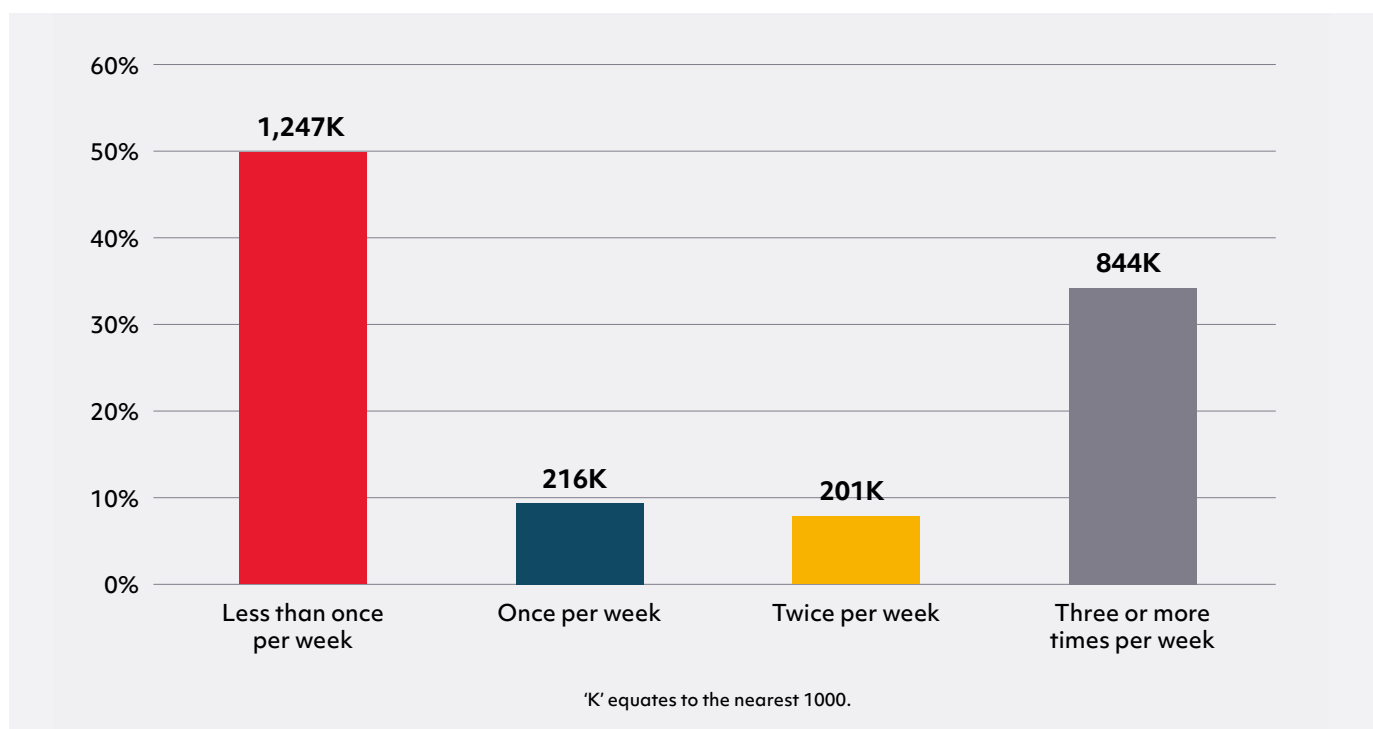
This report categorises sport and physical activity into 'Fitness Activities', 'Sports and Games' and 'Outdoor Pursuits'. Amongst adults, 51% (1,295,000 people) participated in at least one 'Fitness Activity', 14% (343,000 people) participated in at least one 'Sports and Games', and 6% (145,000 people) participated in at least one 'Outdoor Pursuits' during the previous four weeks.

2.2 National Frequency of Participation

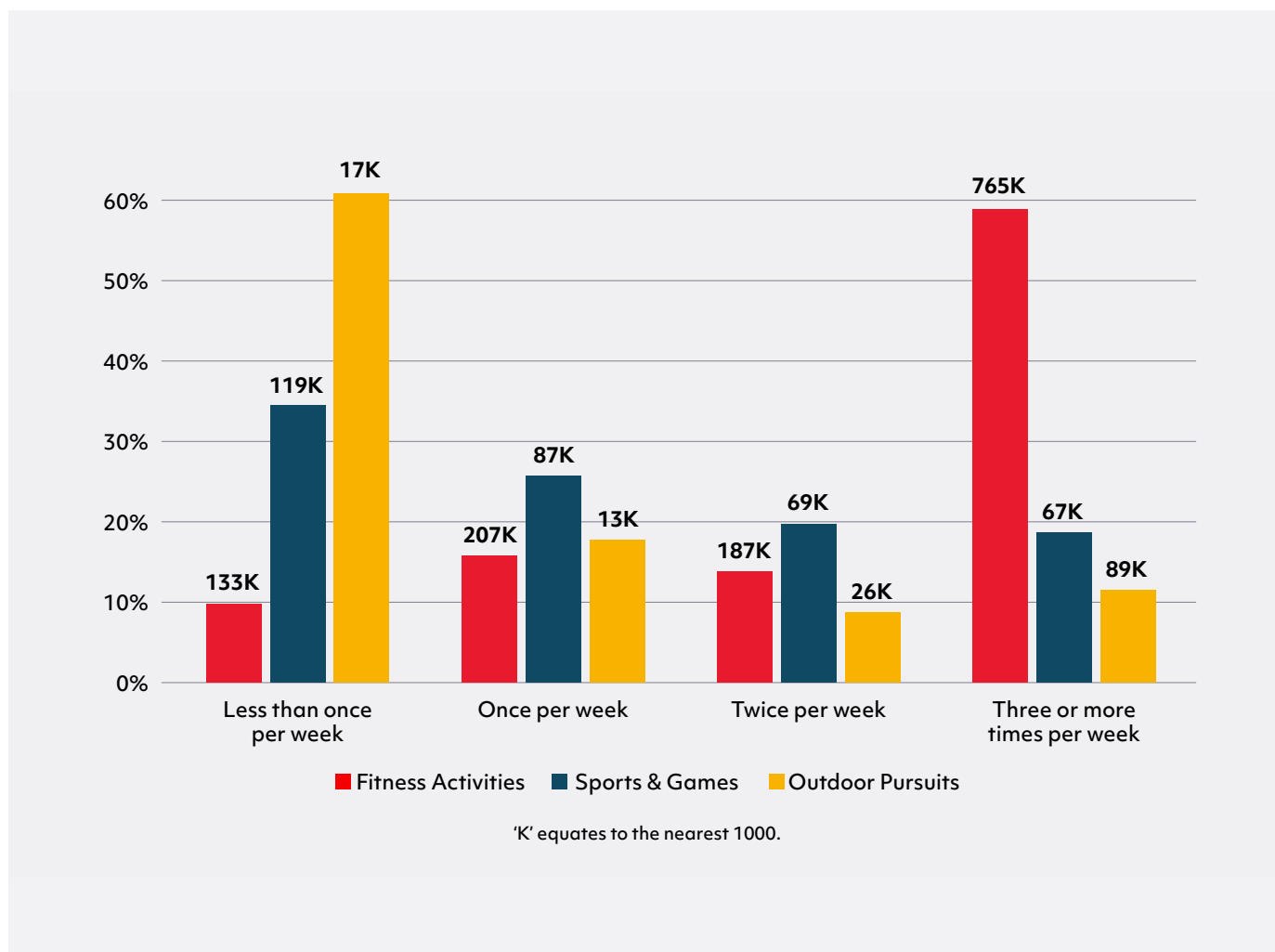
34% of adults participated in a sport and/or physical activity three or more times per week during the previous four weeks (Future Generations Indicator No. 38).

Conversely, 50% of adults participated in sport or physical activity less than once per week, or not at all, during the previous four weeks (Graph 1).

Graph 1: National Frequency of Adult Participation in all Sport and Physical activity.



Graph 2: Frequency of Adult Participation by Activity Type.



Graph 2 illustrates the frequency of adult participation within each broad activity type.

Adults who participated in a 'Fitness Activity' were most likely to report participating in this type of activity three or more times per week, whereas adults who participated in 'Sports and Games' or 'Outdoor Pursuits' were more likely to participate in these types of activity less than once per week, illustrating that 'Fitness Activities' were more likely to be undertaken multiple times per week, whereas other activities were not¹.

¹Note: participants can feature in multiple broad sport categories, but are only counted once within each category.

3. Everyone

The vision is for everyone. From people who don't see themselves as sporty to people who win medals.

This section explores participation and frequency of participation in sport and physical activity, by geography and demographic groups in Wales. These figures help to examine similarities or differences between these groups to ensure the benefits of sport and physical activity reach everyone across Wales.



3.1 Geography

Table 1: Participation in at least one sport or physical activity in the previous four weeks, by Regional Sport Partnership area², and Population Density.

	Percentage of Adults (%)	Number of Adults
Regional Sport Partnership		
North Wales	58%	319,000
Mid Wales	52%	86,000
West Wales	52%	299,000
Central South	58%	436,000
Gwent	56%	265,000
Population Density³		
Urban	56%	937,000
Rural	55%	468,000
Wales Total⁴	56%	1,405,000

Table 1 shows the number and percentage of adults who participated in at least one sport or physical activity during the previous four weeks, by Regional Sport Partnerships (RSP) area, and by rural and urban areas.

In 2021-22, North Wales and Central South had the highest proportion of adults participating in at least one sport/physical activity during the previous four weeks (58%). In Central South, this proportion represented 436,000 adults - the highest figure reported for 'Any Participation' in 2021-22.

² Information on Sport Partnerships can be found in Appendix 7.2

³ Population Density definition can be found here: <https://www.gov.uk/government/statistics/2011-rural-urban-classification>

⁴ Information on interpreting totals can be found on [page 6](#)

Figures for North Wales and Central South figures were greater than figures for Mid Wales and West Wales. Gwent figures were similar to the national average.

Additionally, whilst the number of adults participating in Urban areas was approximately double that of Rural areas, the proportions of adults participating in Urban and Rural areas were similar, with a difference of only 1-percentage-point.

Table 2: Participation in at least one sport or physical activity in the previous four weeks, by Welsh Index of Multiple Deprivation (WIMD):

	Percentage of Adults (%)	Number of Adults
Welsh Index of Multiple Deprivation		
Quintile 1 (20% most deprived)	43%	173,000
Quintile 2	51%	239,000
Quintile 3	56%	291,000
Quintile 4	59%	326,000
Quintile 5 (20% least deprived)	66%	377,000
Wales Total⁵	56%	1,405,000

Table 2 illustrates the proportion and number of adults who participated in any sport and/or physical activity during the previous four weeks, by quintiles of Welsh Index of Multiple Deprivation (WIMD). The Welsh Index of Multiple Deprivation (WIMD) is the Welsh Government's official measure of relative deprivation for small areas in Wales. Each quintile has a similar population size, and so the proportion and number of adults who participated in sport and/or physical activity at least once during the previous four weeks can be compared against each other.

The proportion of adults participating in any sport and/or physical activity was significantly lower amongst those living in the top 20% most deprived (Q1) areas in Wales. There was a 23-percentage-point difference in the proportion of adults participating in any sport and/or physical activity between those who live in the most deprived compared to those who live in the least deprived areas in Wales. This is a difference of approximately 204,000 adults.

⁵ Information on interpreting totals can be found on [page 6](#)

Table 3: Participation three or more times per week by Regional Sport Partnership area, and Population Density.

	Percentage of Adults (%)	Number of Adults
Regional Sport Partnership Areas		
North Wales	35%	191,000
Mid Wales	30%	50,000
West Wales	32%	181,000
Central South	36%	266,000
Gwent	33%	155,000
Population Density⁶		
Urban	34%	563,000
Rural	33%	281,000
Wales Total⁷	34%	843,000

Table 3 explores the number and percentage of adults who participated in sport and/or physical activity three or more times a week, by Regional Sport Partnership, and by rural and urban areas.

In 2021-22, Central South had the highest proportion of adults participating in sport/physical activity three or more time per week (36%), equating to 266,000 adults.

North Wales and Central South had the highest proportion of adults participating three or more times per week, whereas figures reported across Gwent, West Wales and Mid Wales fall below the national average. However, differences in figures between regions were not statistically significant.

Additionally, whilst the number of adults participating in Urban areas were approximately double that of Rural areas, the proportions of adults participating in Urban and Rural areas were similar, with a difference of only 1-percentage-point.

⁶ Population Density Definition can be found here: <https://www.gov.uk/government/statistics/2011-rural-urban-classification>

⁷ Information on interpreting totals can be found on [page 6](#)

Table 4: Participation three or more times per week, by Welsh Index of Multiple Deprivation (WIMD):

	Percentage of Adults (%)	Number of Adults
Welsh Index of Multiple Deprivation		
Quintile 1 (20% most deprived)	25%	101,000
Quintile 2	29%	135,000
Quintile 3	33%	170,000
Quintile 4	36%	201,000
Quintile 5 (20% least deprived)	42%	236,000
Wales Total⁸	34%	844,000

Table 4 illustrates the proportion and number of adults who participated in sport and/or physical activity three or more times per week, by quintiles of Welsh Index of Multiple Deprivation (WIMD). The Welsh Index of Multiple Deprivation (WIMD) is the Welsh Government’s official measure of relative deprivation for small areas in Wales. Each quintile has a similar population size, and so the proportion and number of adults who participated in sport and/or physical activity at three or more times per week can be compared against each other.

The proportion of adults participating in sport and/or physical activity three or more times per week was similar amongst those living in the top 20% and 40% most deprived areas in Wales (i.e., Q1 and Q2).

However, those living in the 20% and 40% most deprived areas in Wales were less likely to participate in sport and/or physical activity three or more times per week compared to those living in Quintile 3, Quintile 4 and Quintile 5 (least deprived).

There was a 17-percentage-point difference in the proportion of adults participating in sport and/or physical activity three or more times per week between those who live in the most deprived compared to those who live in the least deprived areas in Wales. This is a difference of 135,000 adults.

⁸ Information on interpreting totals can be found on [page 6](#)

3.2 Demographics

Table 5: Participation in at least one Sport or Physical Activity in the previous four weeks by (1) Sex, (2) Ethnicity, (3) Illness, Disability or Infirmity, (4) Material Deprivation, and (5) Use of Welsh language.

	Percentage of Adults (%)	Number of Adults
Sex		
Females	52%	659,000
Males	61%	745,000
Ethnicity⁹		
White (Welsh, English, British, etc.)	56%	1,295,000
White – Other	61%	39,000
Any other Ethnic Group	63%	70,000
Illness, Disability, or Infirmity		
Has a longstanding illness, disability or infirmity	42%	486,000
No longstanding illness, disability or infirmity	68%	916,000
Deprivation		
Living in material deprivation	37%	106,000
Not living in material deprivation	58%	1,299,000
Welsh Language		
People using Welsh language in everyday life	63%	183,000
People not using Welsh language in everyday life	55%	1,222,000
Wales Total¹⁰	56%	1,405,000

⁹ Ethnicity groupings reported reflect those adopted by Welsh Government.

¹⁰ Information on interpreting totals can be found on [page 6](#)

Table 5 presents participation data broken down by different demographic groups in Wales.

In 2021-22, Females were less likely to report having participated in sport and/or physical activity during the previous four weeks compared to Males, with a 9-percentage-point difference.

Between the broad ethnicity groups, those from 'Any Other Ethnic Group' were more likely to report having participated in the previous four weeks, compared to those who reported being 'White British'.

Adults who reported having a longstanding illness, disability or infirmity were less likely to have participated during the previous four weeks compared to those without, with a 26-percentage-point difference.

Adults living in material deprivation were also significantly less likely to report having participated in the previous four weeks, with a 21-percentage-point difference.

Finally, amongst those using the Welsh language every day, a significantly higher proportion reported participating during the previous four weeks compared to those who do not use the Welsh language every day, with an 8-percentage-point difference.



Table 6: Participation in sport and/or physical activity three or more times a week by (1) Sex, (2) Ethnicity, (3) Illness, Disability or Infirmity, (4) Material Deprivation, and (5) Use of Welsh language.

	Percentage of Adults (%)	Number of Adults
Sex		
Females	30%	380,000
Males	38%	463,000
Ethnicity¹¹		
White (Welsh, English, British, etc.)	33%	779,000
White – Other	36%	23,000
Any other Ethnic Group	38%	42,000
Illness, Disability, or Infirmity		
Has a longstanding illness, disability or infirmity	25%	289,000
No longstanding illness, disability or infirmity	41%	552,000
Deprivation		
Living in material deprivation	19%	54,000
Not living in material deprivation	36%	790,000
Welsh Language		
People using Welsh language in everyday life	40%	116,000
People not using Welsh language in everyday life	33%	727,000
Wales Total¹²	34%	844,000

¹¹ Ethnicity groupings reported reflect those adopted by Welsh Government.

¹² Information on interpreting totals can be found on [page 6](#)

Table 6 illustrates that, in 2021-22, Females were less likely to report having participated in sport and/or physical activity three or more times per week compared to Males; an 8-percentage-point difference.

Between the broad ethnicity groups, those who reported being 'White – Other', and 'Any other Ethnic Group' were more likely to report having participated three or more times per week. However, these differences were not statistically significant, and so should be treated as being similar across groups.

Adults reporting a longstanding illness, disability or infirmity were less likely to have participated three or more times per week compared to those without, with a 16-percentage point difference.

Adults living in material deprivation were also significantly less likely to report having participated three or more times per week, with a 17-percentage-point difference.

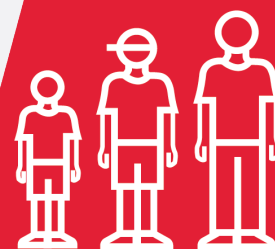
Finally, amongst those using the Welsh language every day, a greater proportion of adults reported participating three or more times per week compared to those who do not use the Welsh language every day, with a 7-percentage-point difference.



4. Lifelong

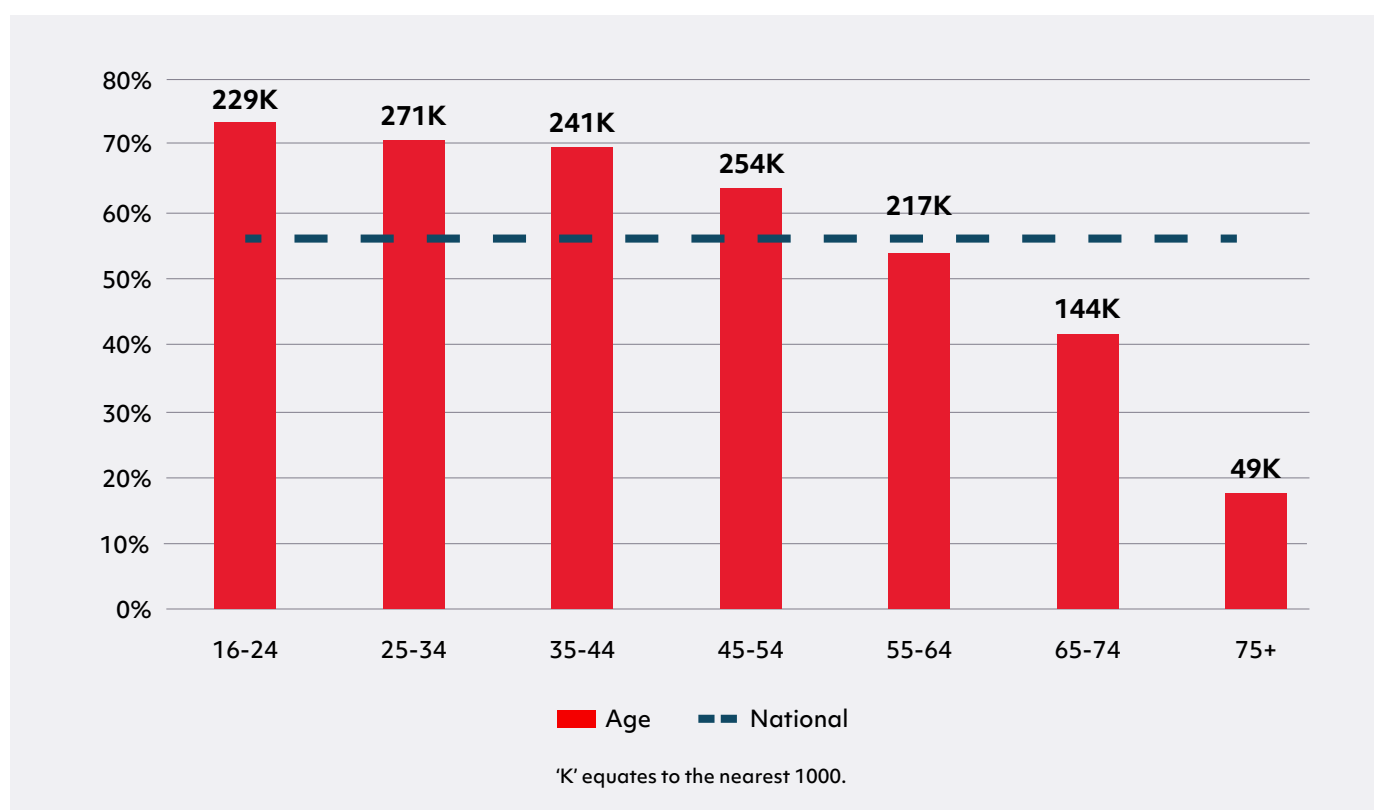
The vision is for life. It responds to the needs of people at different stages of their life.

This section explores participation in sport and physical activity by Age, alongside additional life factors that can impact different people during different stages of their life.



4.1 Age

Graph 3: Participation in at least one Sport or Physical Activity in the Previous Four Weeks, by Age Groups.



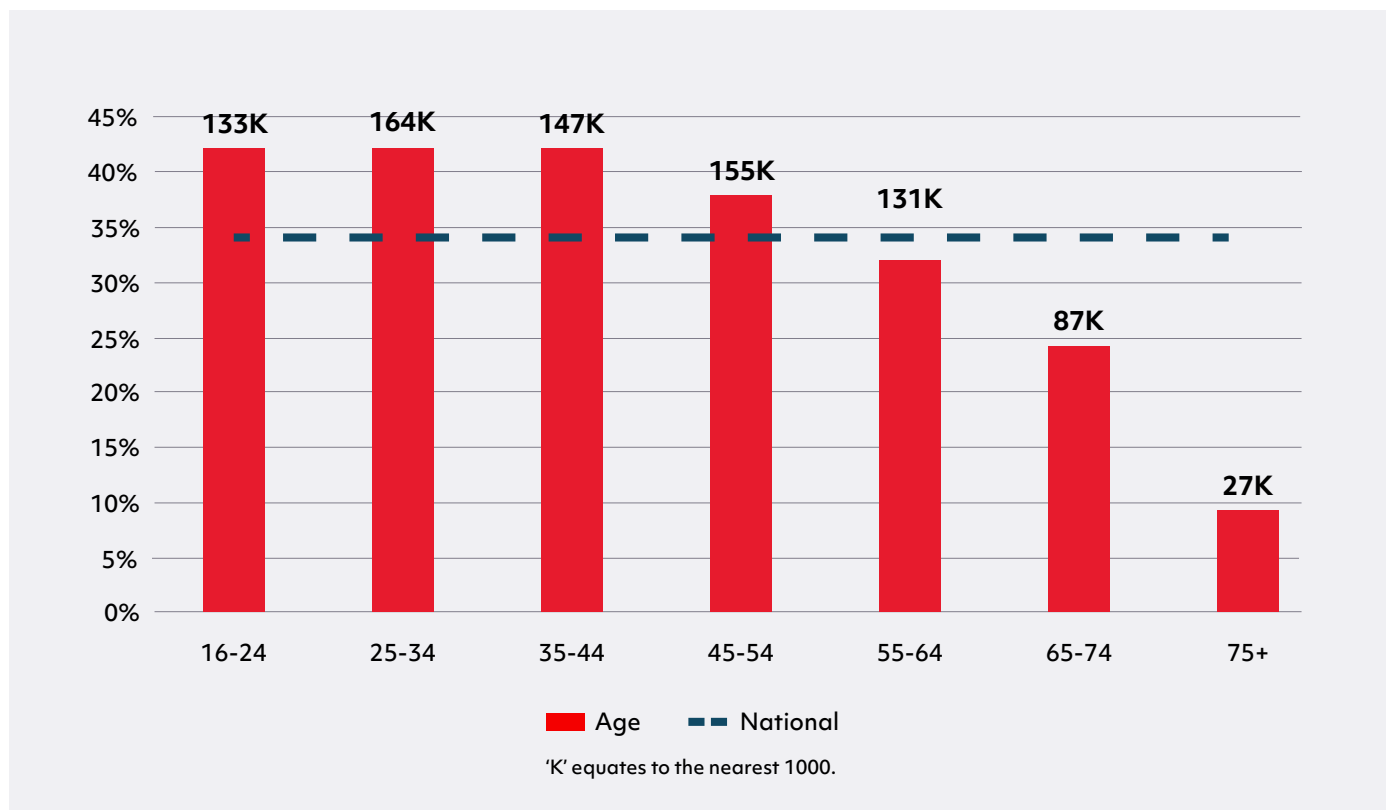
Graph 3 shows the proportion of adults within each age group who participated in at least one sport or physical activity within the previous four weeks.

The proportion of adults who participated in sport and/or physical activity at least once during the previous four weeks declined as age increased.

A greater proportion of adults aged 16-24-years, 25-34-years, 35-44-years, and 45-54-years participated at least once during the previous four weeks compared to the national average (56%), and to older age groups.

Conversely, a lower proportion of adults participated at least once during the previous four weeks amongst those aged 55-64-years, 65-74-years, and 75+ years when compared to the national average (56%), and to younger age groups.

Graph 4: Participation in Sport and/or Physical Activity Three or More Times per Week, by Age Groups.



The proportion of adults who participated in sport and/or physical activity three or more times per week during the previous four weeks was equivalent between those aged 16-24-years, 25-34-years, and 35-44-years. As age increased beyond 45-years, the proportion of adults participating three or more times per week declined.

A greater proportion of adults participated three or more times amongst those aged 16-24-years, 25-34-years, 35-44-years, and 45-54-years compared to the national average (34%), and to adults aged 55-64-years, 65-74-years and 75+ years.

Those aged 55-64-years were statistically similar to the national average (34%) and less likely to participate three or more times per week compared to younger age groups.

4.2 Self-Reported Health and Wellbeing

Table 7: The number and percentage of adults who participated in sport/physical activity three or more times per week, by health and well-being question responses.

	Percentage of Adults (%)	Number of Adults
General Health		
Very good or good	40%	733,000
Fair	20%	97,000
Bad or very bad	7%	14,000
Loneliness		
Not lonely	36%	262,000
Sometimes lonely	34%	498,000
Lonely	26%	84,000
Satisfaction with Life		
Very high	37%	299,000
High	35%	432,000
Medium	26%	90,000
Low	17%	22,000
Overall Happiness		
Very high	36%	347,000
High	35%	347,000
Medium	30%	106,000
Low	22%	43,000
Overall Anxiety		
Very low	34%	367,000
Low	36%	181,000
Medium	33%	128,000
High	33%	166,000

4.2 Self-Reported Health and Wellbeing (continued)

	Percentage of Adults (%)	Number of Adults
Overall extent of feeling that the things done in life are worthwhile		
Very high	37%	357,000
High	34%	389,000
Medium	27%	80,000
Low	13%	14,000
Have a sense of community (belonging; different backgrounds get on, treat with respect)		
Yes	34%	526,000
No	34%	275,000
Wales Total¹³	34%	844,000

Table 7 shows how people who participated three or more times a week in sport and physical activity responded to self-reported health and well-being questions.

Those who reported their general health as 'Very good or Good' were more likely to participate three or more times a week than those reporting 'Fair' or 'Bad or very bad' health. Conversely, 93% (194,000) of adults with 'Bad or Very Bad' health participated in sport and/or physical activity less than three times per week.

Similarly, those who reported having 'Very high' or 'High' overall satisfaction with life, alongside those who reported 'Very high' or 'High' overall happiness, were more likely to participate three or more times a week compared to those who reported 'Medium' or 'Low' life-satisfaction and overall happiness. In turn, 78% (149,000) of adults who reported 'Low' happiness, and 83% (107,000) of adults who reported 'Low' life satisfaction, participated in sport and/or physical activity less than three times per week.

Further, those who reported being 'Lonely' were less likely to report participating three or more times per week compared to those who reported being 'Sometimes Lonely' or 'Not Lonely'. In turn, 74% (236,000) of adults who reported being 'Lonely' participated in sport and/or physical activity less than three times per week.

The proportion of adults participating three or more times per week was statistically similar across the different levels of self-reported anxiety.

Further, there was no difference in the proportion of adults participating three or more times per week between those who said they had a sense of belonging in their community and those who said they did not.

¹³ Information on interpreting totals can be found on [page 6](#)

4.3 Employment and Qualifications

Table 8: The number and percentage of adults who participated in sport/physical activity three or more times per week, by Employment and Education Status.

	Percentage of Adults (%)	Number of Adults
Employment¹⁴		
In employment	42%	594,000
Unemployed	26%	15,000
Economically inactive	23%	234,000
Highest Qualification Attained		
Degree Level	44%	350,000
HNC, HND, BTEC Higher, or equivalent	38%	132,000
A or AS levels or equivalent	40%	117,000
Apprenticeship	30%	25,000
O level / GCSE grades A-C, or equivalent	30%	107,000
O level / GCSE grades D-G, or equivalent	23%	21,000
Other qualifications	24%	59,000
No qualifications	11%	31,000
Wales Total¹⁵	34%	844,000

Table 8 shows how people who participated three or more times a week in sport and physical activity reported on their employment and highest education qualification attained.

Those in employment were more likely to report participating in sport and/or physical activity three or more times per week compared to those who reported being unemployed or economically inactive.

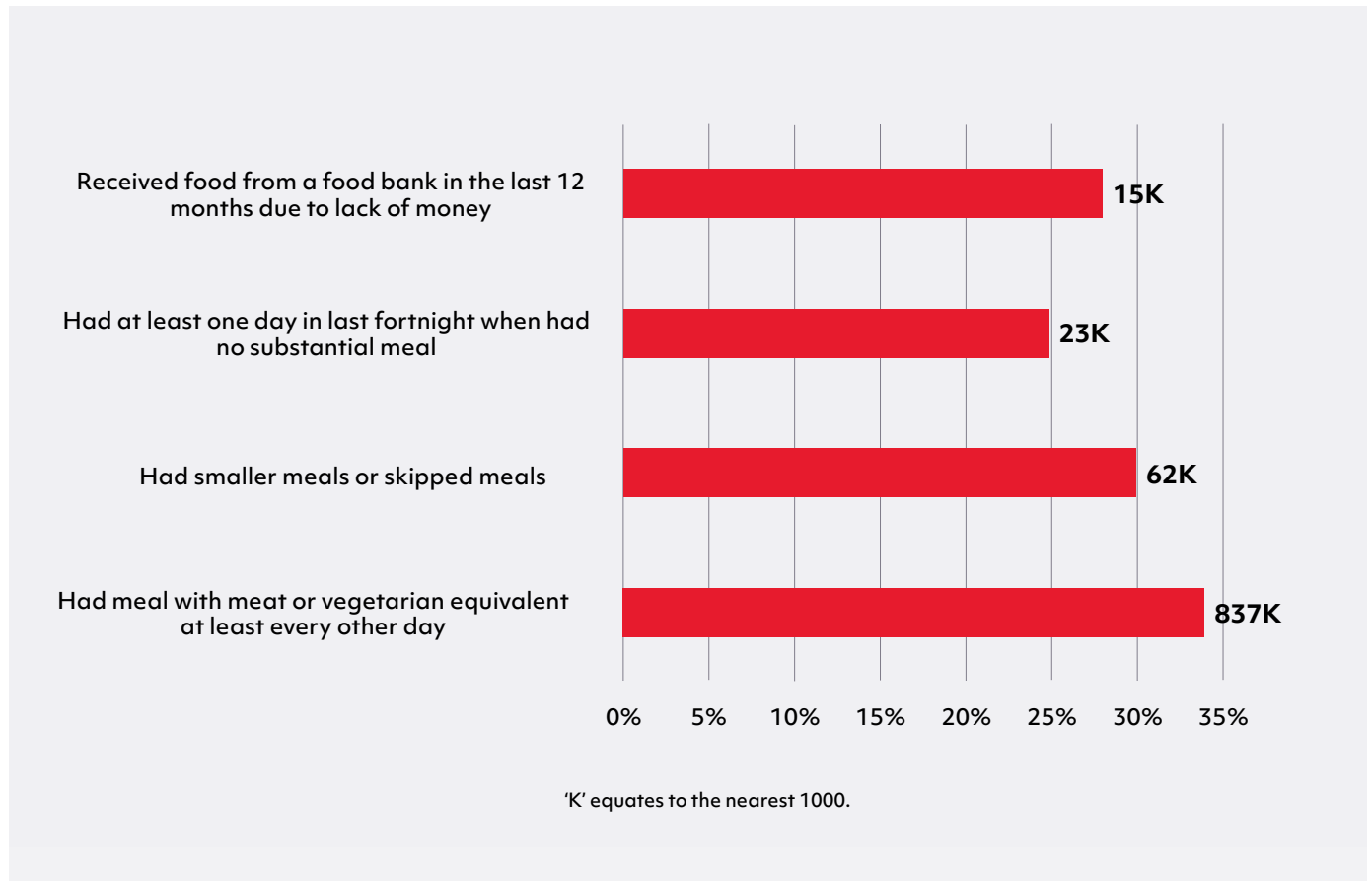
Those who reported that they had attained a Degree, A Level /AS Level, or HNC/HND/ BTEC Higher (or equivalent) were more likely to report participating three or more times per week compared to those whose highest attainment was an Apprenticeship, GCSE/ O-Level or Other. Those who had no qualifications were least likely to participate three or more times per week.

¹⁴Wide Confidence Intervals between 'Employment' categories were observed.

¹⁵Information on interpreting totals can be found on [page 6](#)

4.4 Food Affordability, Living Situation, and Access to Vehicles.

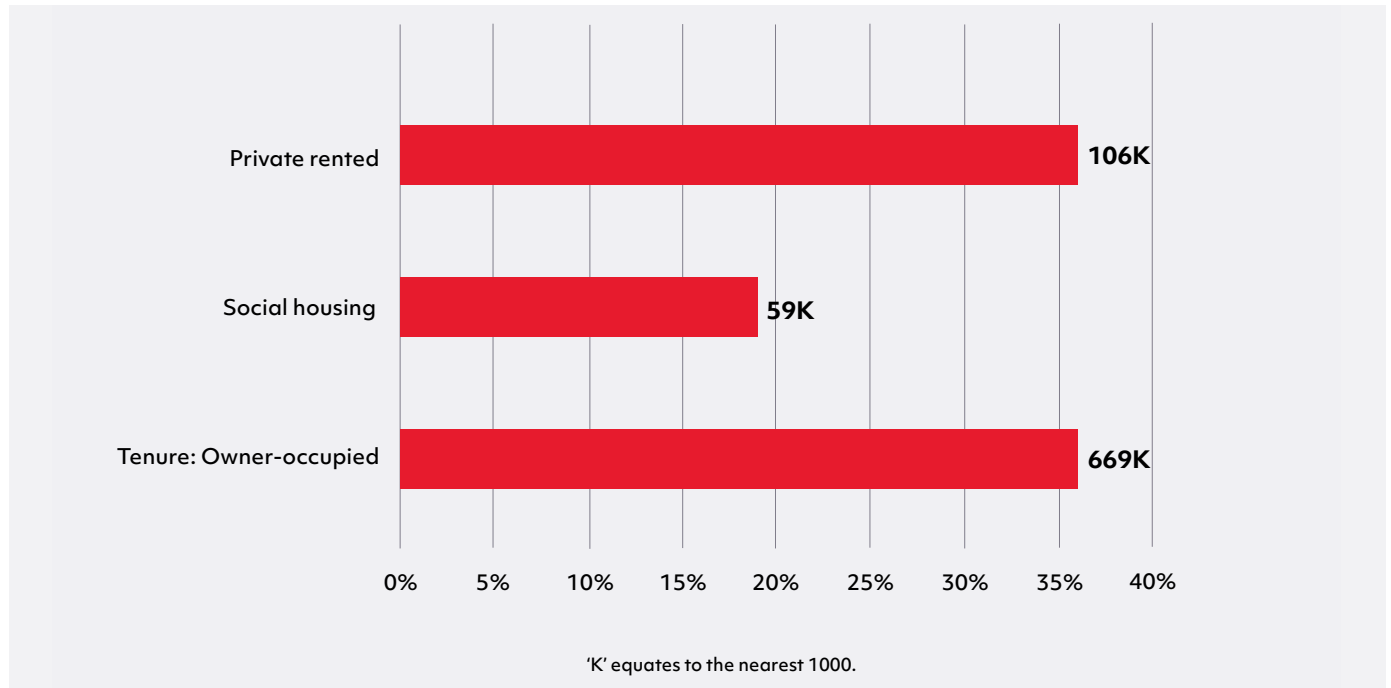
Graph 5: The percentage of adults who participated in sport three or more times per week, by food affordability.



Graph 5 presents the proportion of adults who participated in sport/physical activity three or more times per week by food affordability questions.

Those who experienced one or more days in the past fortnight with no substantial meals were less likely to participate this frequently, compared to those who had had a meal with a meat/vegetarian equivalent at least every other day.

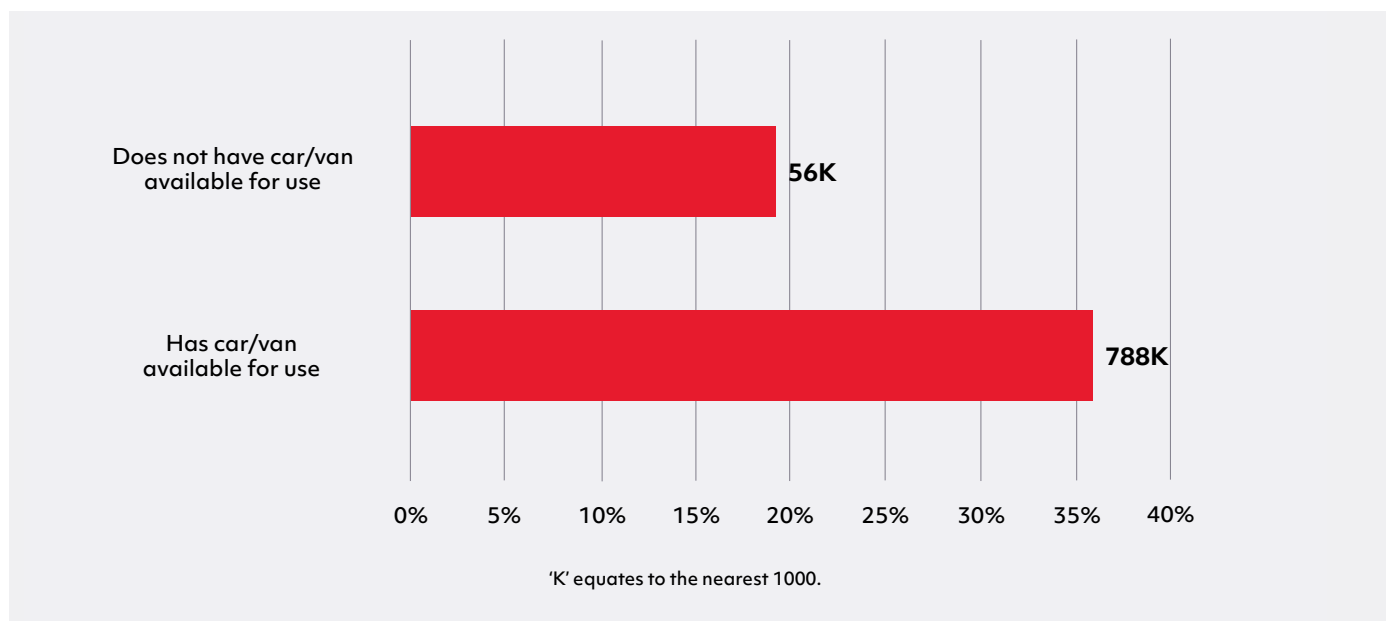
Graph 6: The percentage of adults who participated in sport three or more times per week, by Living Situation.



As shown in Graph 6, those who privately rented or lived in a property they owned were more likely to participate in sport/physical activity three or more times per week compared to those who lived in social housing.

The percentage of adults who lived in social housing and participated three or more times per week (19%) was significantly lower than the national average (34%).

Graph 7: The percentage of adults who participated in sport three or more times per week, by vehicle access.



As shown in Graph 7, those who have access to a car or van were more likely to participate in sport/physical activity three or more times per week.

The percentage of adults who did not have access to a car or van and participating three or more times per week was significantly lower than the national average of 34%.

5. Enjoyment

The vision focuses on creating a wide range of positive experiences, so that everyone can enjoy sport and activity.

This section focuses on exploring the 'Demand' and 'Unmet Demand' for sport and physical activity in adults. These figures indicate where activities have the potential to grow, and in turn, provide more opportunities for adults to enjoy.

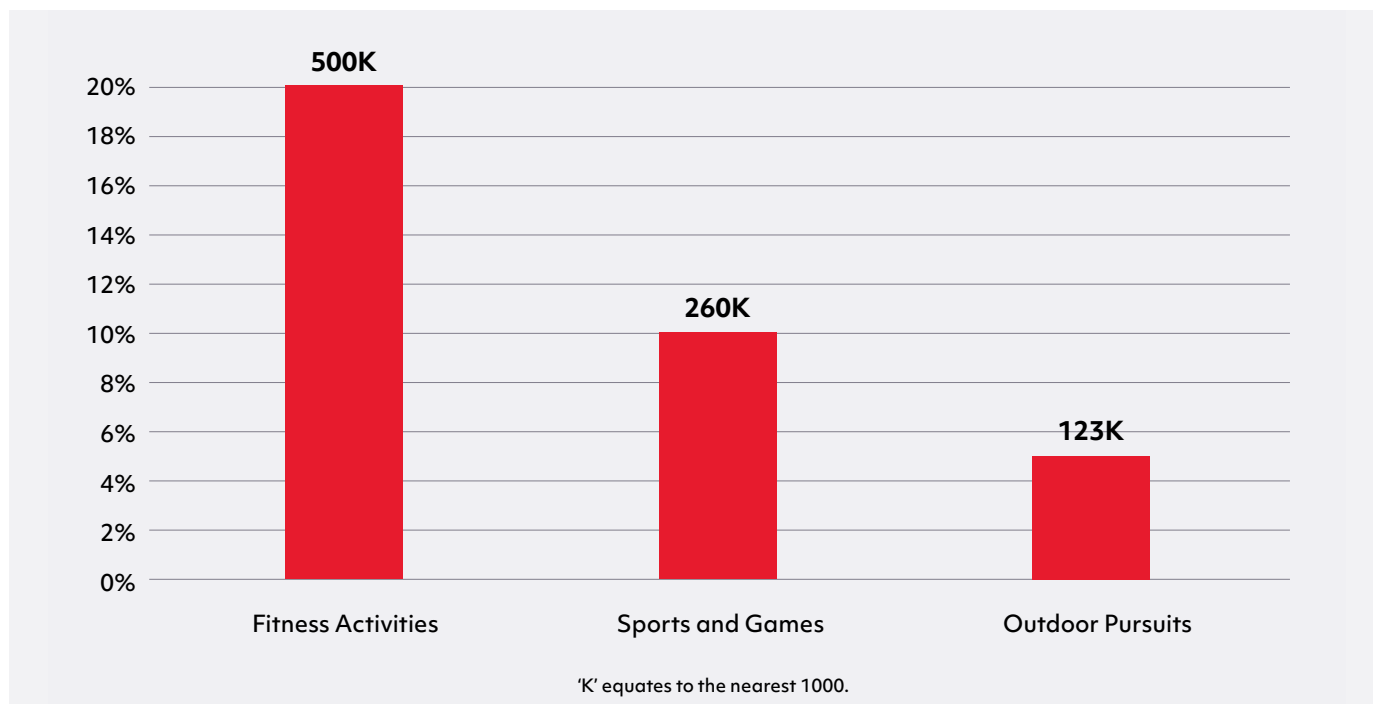


5.1 National Demand

Adults with 'Demand' refers to those who said they wanted to do more of a sport and/or activity. These adults might already participate in sport and/or physical activity.

Across the 2.5 million adults in Wales, 773,000 said they had a demand to participate in at least one sport or physical activity, representing 31% of all adults.

Graph 8: The proportion of adults who have a demand for at least one type of activity



Across the broad activity categories^{1,2}, 20% (500,000 people) had a demand for at least one 'Fitness Activity', 10% (260,000 people) had a demand for at least one 'Sport and/or Game' activity, and 5% (123,000 people) had a demand for at least one 'Outdoor Pursuit' activity.

This equates to approximately 1 million additional opportunities for participation across the adult population.

Table 9: The proportion and number of adults who have a demand for more activity, by frequency of participation.

	Percentage of Adults (%)	Number of Adults
Participated in three or more times per week	43%	328,000
Participated 2 times per week	10%	79,000
Participated 1 time per week	11%	82,000
Participated less than once per week	37%	281,000

Amongst adults who have a demand for sport, 43% participated, on average, three or more times per week during the previous four weeks. Conversely, 37% of adults who had demand participated on average less than once per week, or not at all, during the previous four weeks.

5.2 Geography

Table 10: The proportion and number of adults who have a demand for more sport/physical activity, by Regional Sport Partnership Area.

	Percentage of Adults (%)	Number of Adults
Regional Sport Partnership Areas		
North Wales	30%	165,000
Mid Wales	33%	55,000
West Wales	27%	156,000
Central South	35%	265,000
Gwent	28%	132,000
Population Density¹⁶		
Urban	32%	529,000
Rural	29%	244,000
Wales Total¹⁷	31%	773,000

¹⁶ Population Density Definition can be found here: <https://www.gov.uk/government/statistics/2011-rural-urban-classification>

¹⁷ Information on interpreting totals can be found on [page 6](#)

Central South had the highest proportion of adults with a demand for at least one type of sport/physical activity (35%), equating to 265,000 adults. The proportion of adults with demand in Central South is significantly greater than North Wales, Mid Wales, West Wales and Gwent.

Further, the proportion of adults with demand in West Wales and Gwent was significantly lower when compared with the national average of 31%.

Additionally, the number of adults who have demand for at least one type of sport/physical activity in Urban areas were more than double that of Rural areas, representing a statistically different proportion of demand between populations with varying density characteristics.

Table 11: The proportion and number of adults who have a demand for more sport and/or physical activity, by Welsh Index of Multiple Deprivation (WIMD):

	Percentage of Adults (%)	Number of Adults
Welsh Index of Multiple Deprivation		
Quintile 1 (20% most deprived)	28%	113,000
Quintile 2	27%	126,000
Quintile 3	31%	164,000
Quintile 4	30%	168,000
Quintile 5 (20% least deprived)	35%	202,000
Wales Total¹⁸	31%	773,000

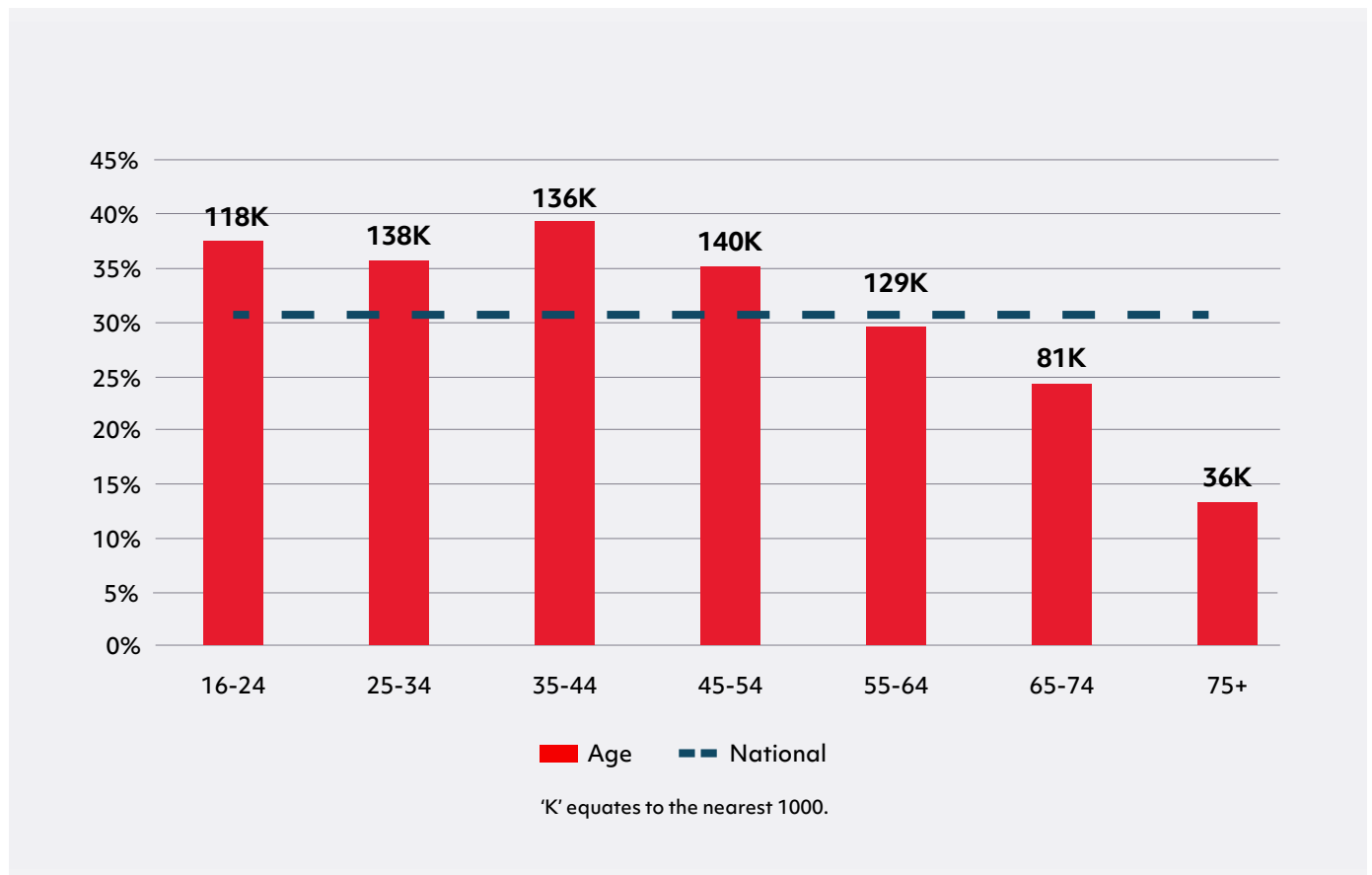
Table 11 illustrates the proportion and number of adults who had a demand for more sport and/or physical activity by quintiles of Welsh Index of Multiple Deprivation (WIMD). The Welsh Index of Multiple Deprivation (WIMD) is the Welsh Government's official measure of relative deprivation for small areas in Wales. Each quintile has a similar population size within it, and so the proportion and number of adults who have a demand for more sport and/or physical activity can be compared against each other.

There was a significant 7-percentage-point difference in the proportion of adults who had a demand for more sport and/or physical activity between those who live in the most deprived compared to those who live in the least deprived areas in Wales. This is a difference of 89,000 adults.

¹⁸Information on interpreting totals can be found on [page 6](#)

5.3 Ages

Graph 9: The proportion and number of adults who have a demand for more sport and/or physical activity, by Age Group



Overall, the proportion of adults who have a demand for more sport and/or physical activity declines with age. Those aged between 16-24-years, 25-34-years, 35-44-years, and 45-54-years were more likely to report have a demand to participate compared to those aged 55-56-years, 65-74-years and 75+ years.

5.4 Demographics

Table 12: The proportion and number of adults with a demand to do more of at least one type of sport or physical activity.

	Percentage of Adults (%)	Number of Adults
Sex		
Females	32%	382,000
Males	30%	390,000
Ethnicity¹⁹		
White (Welsh, English, British, etc.)	30%	697,000
White – Other	40%	26,000
Any other Ethnic Group	44%	49,000
Illness, Disability, or Infirmary		
Has a longstanding illness, disability or infirmity	28%	341,000
No longstanding illness, disability or infirmity	32%	430,000
Deprivation		
Living in material deprivation	31%	89,000
Not living in material deprivation	31%	684,000
Welsh Language		
People using Welsh language in everyday life	33%	94,000
People not using Welsh language in everyday life	30%	678,000
Wales Total²⁰	31%	773,000

¹⁹ Ethnicity groupings reported reflect those adopted by Welsh Government.

²⁰ Information on interpreting totals can be found on [page 6](#)

Table 12 illustrates the proportion of adults who said they have a demand for more sport and/or physical activity, by demographic characteristics.

Between the broad ethnicity groups, those who reported being 'White – Other', and 'Any other Ethnic Group' were more likely to report having a demand for at least one sport or physical activity. Both of these groups had a greater demand for more activity compared with those who reported being 'White – (Welsh, English, British, etc.)'

Further, those who did not report having a longstanding illness, disability or infirmity were more likely to report a demand for more sport and/or physical activity compared to those who did have a longstanding illness, disability or infirmity.

Conversely, no differences were found between Males and Females, those who do and do not live in material deprivation, and those who do and do not speak Welsh daily.

5.5 Self-Reported Health and Wellbeing

Table 13: The number and percentage of adults who have a demand for more sport and/or physical activity, by health and well-being question responses.

	Percentage of Adults (%)	Number of Adults
General Health		
Very good or good	32%	587,000
Fair	29%	142,000
Bad or very bad	21%	44,000
Loneliness		
Not lonely	24%	177,000
Sometimes lonely	33%	484,000
Lonely	35%	111,000
Satisfaction with Life		
Very high	27%	214,000
High	33%	407,000
Medium	32%	111,000
Low	30%	39,000

5.5 Self-Reported Health and Wellbeing (continued)

	Percentage of Adults (%)	Number of Adults
Overall Happiness		
Very high	27%	263,000
High	33%	325,000
Medium	34%	122,000
Low	33%	63,000
Overall Anxiety		
Very low	27%	292,000
Low	34%	174,000
Medium	33%	130,000
High	34%	176,000
Overall extent of feeling that the things done in life are worthwhile		
Very high	28%	268,000
High	32%	369,000
Medium	34%	101,000
Low	31%	32,000
Have a sense of community (belonging; different backgrounds get on, treat with respect)		
Yes	29%	451,000
No	34%	296,000
Wales Total²¹	31%	773,000

²¹ Information on interpreting totals can be found on [page 6](#)

Table 13 shows how people who have a demand for more sport and/or physical activity responded to self-reported health and wellbeing questions.

Those who reported their general health as 'Very good or Good' were more likely to have a demand for sport and/or physical activity compared to those who reported 'Bad or very bad' health.

Demand rates across 'Overall Life Satisfaction' and 'Overall Happiness' response groups were mixed. Those who reported having 'Low' or 'Medium' overall happiness, alongside those who reported 'Low', 'Medium' or 'High' Life Satisfaction were significantly more likely to have a demand for more sport and/or physical activity compared to those who reported 'Very High' happiness and life satisfaction.

Those who reported being 'Lonely' or 'Sometimes Lonely' were more likely to have a demand for more sport and/or physical activity compared to those who reported being 'Not Lonely'.

Further, the proportion of adults with a demand for sport and/or physical activity was higher amongst adults who reported 'High' levels of overall anxiety compared to those who reported 'Very Low' overall anxiety.

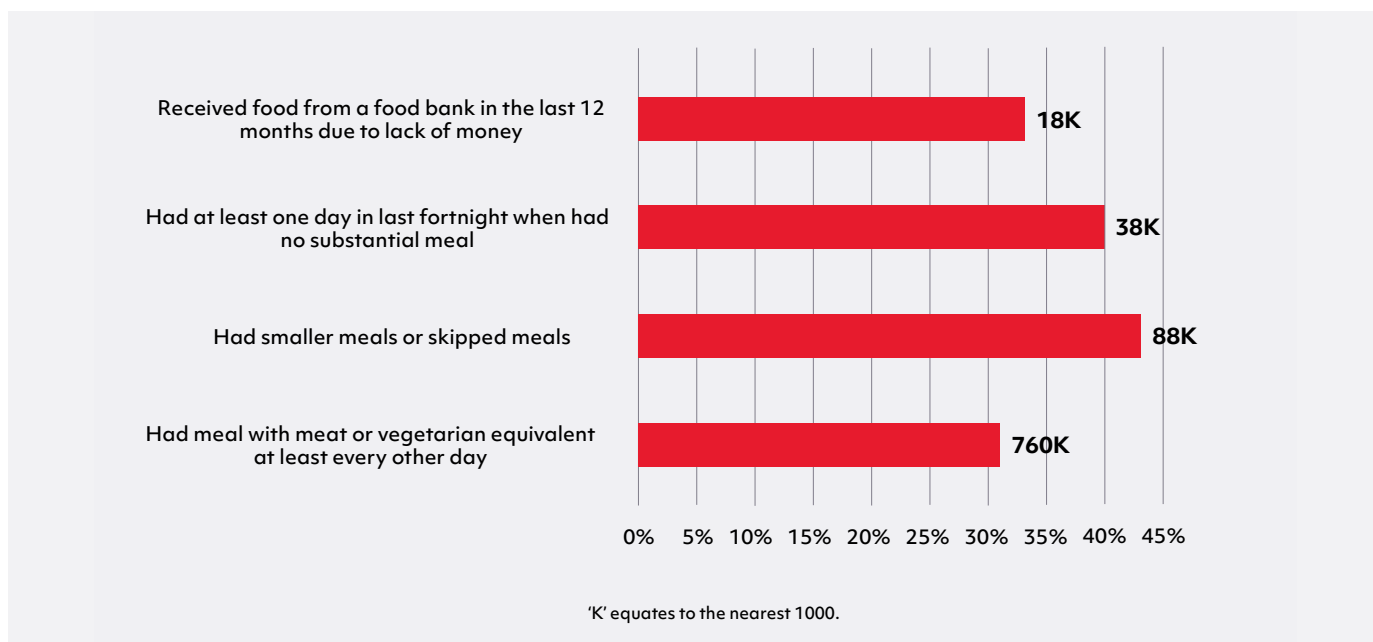
The proportion of adults who had a demand for more sport/physical activity was statistically similar across 'Overall extent of feeling that the things done in life are worthwhile' response groups.

Finally, those who do not have a sense of community were more likely to report having a demand for more sport and/or physical activity compared to those who do report having a sense of community.



5.6 Food Affordability, Living Situation, and Access to Vehicles.

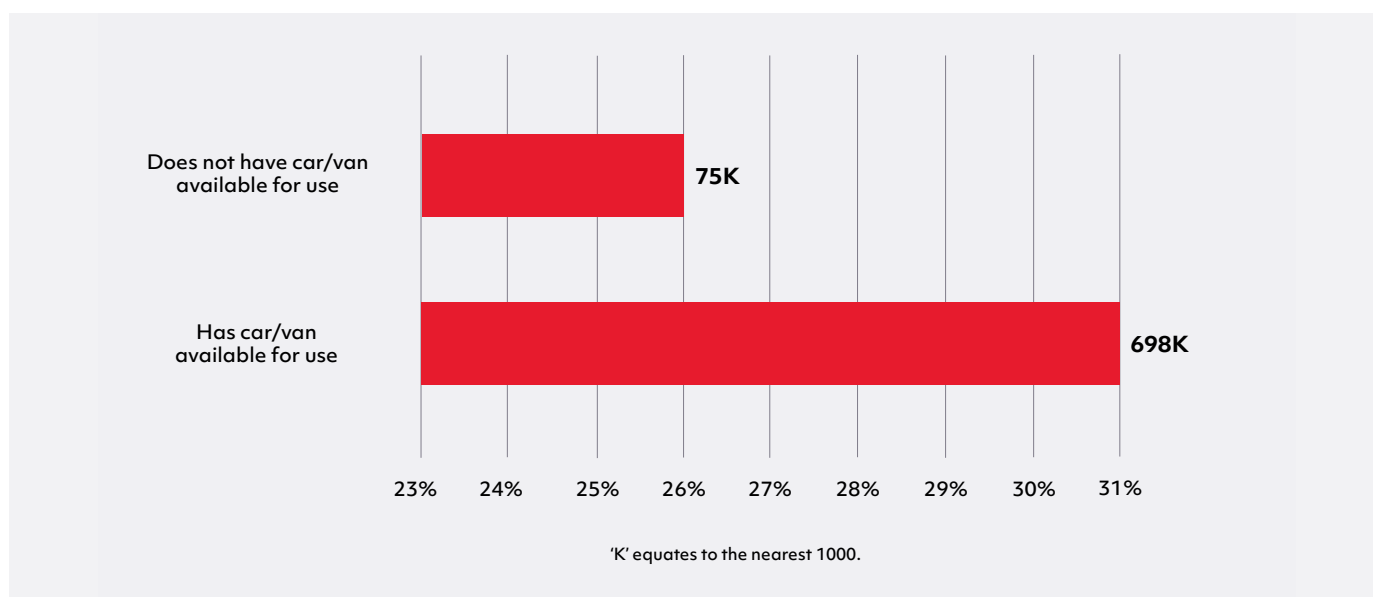
Graph 10: The percentage of adults who have a demand for more sport and/or physical activity, by food affordability²².



Graph 10 presents the proportion of adults who have a demand for more sport/physical activity by food affordability questions

Those who reported having had a meal with meat/vegetarian equivalent at least every other day were less likely to report having a demand for more sport and/or physical activity compared to those who had had smaller or skipped meals, or had a day in the previous fortnight with no substantial meal.

Graph 11: The percentage of adults who have a demand for sport and/or physical activity, by vehicle access.



As shown in Graph 11, those who have access to a car or van were more likely to report having a demand in sport/physical activity compared those who do not have access to a vehicle.

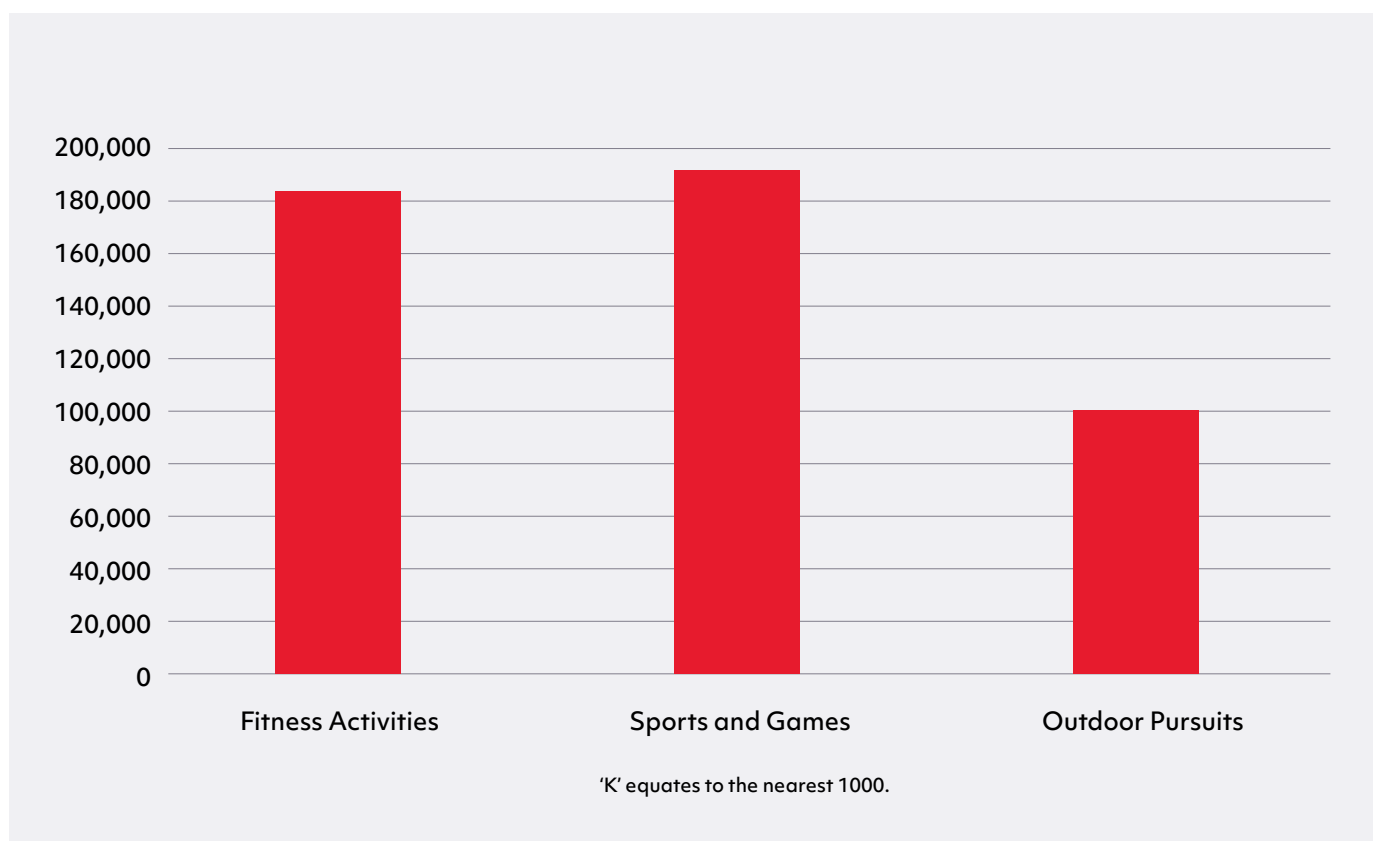
²² Note: Wide Confidence Intervals between 'Food Affordability' categories were observed.

5.7 Unmet Demand²³

For the purposes of this report, those with an 'Unmet Demand' refers exclusively to those who did not participate in a sport/activity already, but said they would like to do so in the future.

In 2021-22, 44% or 1,104,000 adults, said they had not participated in any sport or physical activity during the previous four weeks. However, 20% of these adults say they want to participate in at least one type of sport or physical activity. This represents 224,000 people, or 9% of the total adult population in Wales.

Graph 12: The number of adults who do not yet participate in 'Fitness Activities', 'Sports and Games' and/or 'Outdoor Pursuits', but say they would like to²⁴.



Graph 12 illustrates that, in 2021-22, there were 183,000 adults who did not participate in any 'Fitness Activity' in 2021-22 but said they would like to. Further, 191,000 adults who did not participate in any 'Sports or Games', but said they would like to. Finally, 101,000 adults said they did not participate in an 'Outdoor Pursuit', but said they would like to.

Overall, this equates to almost half a million opportunities in sport amongst adults, which were yet to be met during 2021-22.

²³ Note: the definition for 'Unmet Demand' may differ within the State of the Nation Report for the School Sport

²⁴ Note: participants can feature in multiple broad categories, but are only counted once within each category

Table 14: The proportion and number of adults who have an unmet demand for activity, by Regional Sport Partnership Area.

	Percentage of Adults (%)	Number of Adults
Regional Sport Partnership Areas		
North Wales	8%	44,000
Mid Wales	10%	17,000
West Wales	9%	49,000
Central South	11%	79,000
Gwent	8%	36,000
Population Density²⁵		
Urban	10%	161,000
Rural	7%	64,000
Wales Total²⁶	9%	224,000

Central South had the highest proportion of adults with an unmet demand for sport and/or physical given the total number of adults in this region. The rate of unmet demand in Central South is higher than in North Wales and Gwent. Table 14 illustrates that there are many more adults with unmet demand in Central South than there are in other parts of Wales. For example, despite having a similar rate to Mid Wales the actual number of adults with unmet demand in Central South is over 4 times greater.

Further, a higher proportion of adults from urban areas reported an unmet demand for sport and/or physical activity than in rural areas. Moreover, approximately 2.5 times the number of adults with unmet demand live in urban areas compared to rural areas.

²⁵ Population Density Definition can be found here: <https://www.gov.uk/government/statistics/2011-rural-urban-classification>

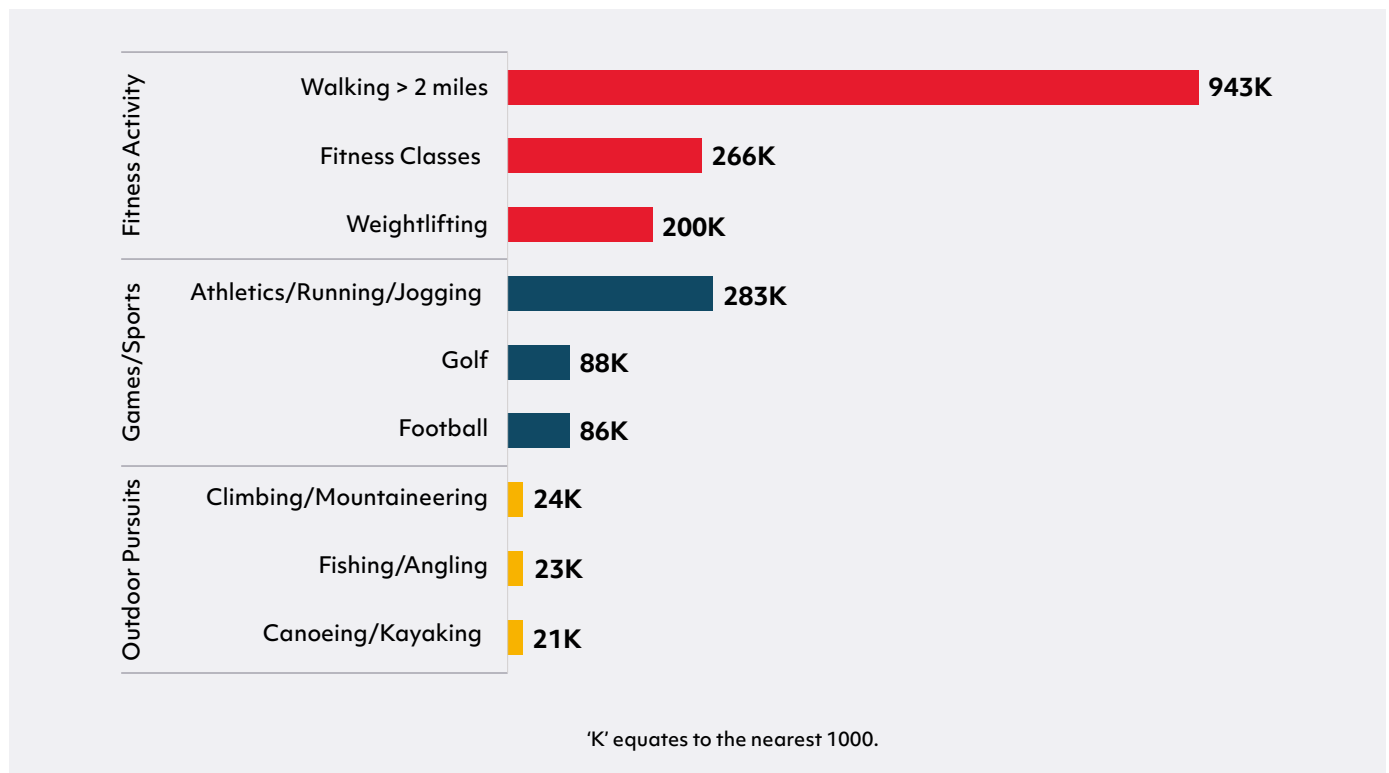
²⁶ Information on interpreting totals can be found on [page 6](#)

6. Sport Specific Data

Overall, the most common activity adults reported participating in was 'Walking (over 2 miles)'; 37% of adults said they had participated in this activity at least once during the previous four weeks, equating to 943,000 people.

The sport or physical activity that had the highest demand was Swimming, with 9% of adults saying they would like to do more, equating to 234,000 people.

Graph 13: Top three participation activities, by broad category.



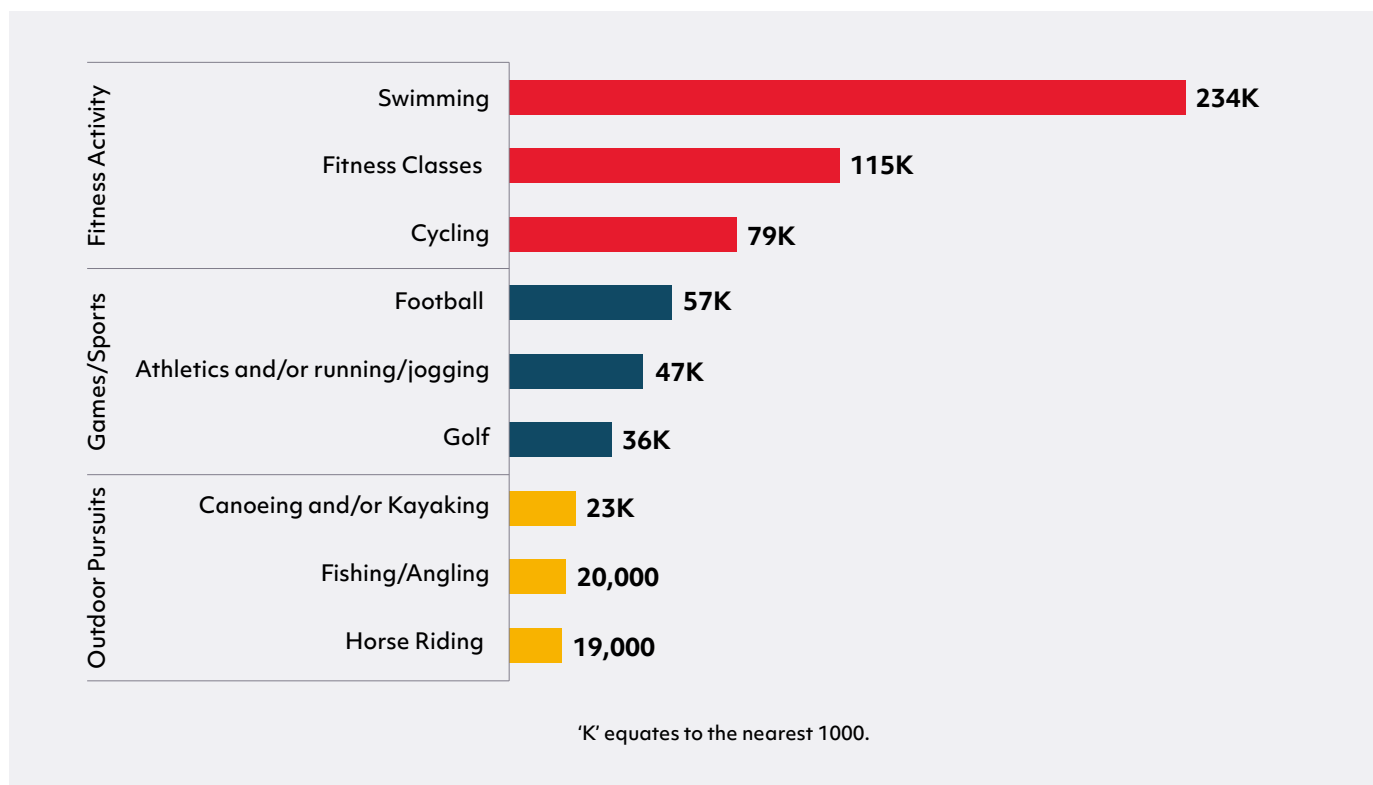
Graph 13 illustrates the three activities within each broad category that had the highest number of adults participating during the previous four weeks.

Within 'Fitness Activities', the most common activity adults reported participating in was Walking (over 2 miles), with 943,000 adults having participated during the previous four weeks. Following this, 266,000 adults reported participating in Fitness Classes, and 200,000 adults reported participating in Weightlifting.

Within 'Sport and Games', the combined category of 'Athletics, Running and/or Jogging' was the most common activity adults reported participating in; 283,000 adults had participated at least once during the previous four weeks. Following this, 88,000 adults participated in Golf, and 86,000 adults participated in Football.

Within 'Outdoor Pursuits', the activity of Climbing and/or Mountaineering was the most common; 24,000 adults participated at least once during the previous four weeks in this type of activity. Following this, 23,000 adults participated in Fishing and/or Angling, and 21,000 adults participated in Canoeing and/or Kayaking.

Graph 14: Top three activities adults have demand for, by broad category.



Graph 14 illustrates the top three activities adults wanted to do more of, within each broad category.

Within 'Fitness Activities', the most common activity adults reported a demand for was Swimming, with 234,000 adults saying they wanted to do more. Following this, 115,000 adults said they wanted to participate in more Fitness Classes, and 79,000 adults said they wanted to participate in more Cycling.

Within 'Sports and Games', the most common activity adults reported a demand for was Football, with 57,000 adults saying they wanted to do more. Following this, 47,000 adults said they wanted to participate in more Athletics, Running and/or Jogging, and 36,000 adults said they wanted to play more Golf.

Within 'Outdoor Pursuits', the most common activity adults reported a demand for was Canoeing and/or Kayaking, with 23,000 adults saying they wanted to do more. Following this, 20,000 adults said they wanted to participate in more Fishing and/or Angling, and 19,000 adults said they wanted to do more Horse Riding.

7. Appendix

7.1 Classifications of 'Fitness Activity', 'Sports and Games', and 'Outdoor Pursuits':

Broad Group	Subcategory
Fitness Activity	Fitness Classes ²⁷
	Gym Activities e.g. Weightlifting
	Dance Classes
	Cycling
	Swimming
	Walking / Rambling (over 2 miles)
	Jogging or Running
Games and Sports	Team Sports
	Racket Sports
	Indoor Games
	Bowling or Bowls
	Combat Sports or Martial Arts
	Golf
	Shooting or archery
	Athletics
	Triathlon, duathlon or other multisport
Outdoor Pursuits	Mountain sports like climbing or skiing
	Motorsport
	Fishing or angling
	Horse riding
	Skating or skateboarding
	Watersport (kayaking, surfing, sailing)

²⁷ Examples of fitness classes (in person /online) include: Yoga, Pilates, Boot Camp, Circuit Training, Zumba, Aerobics, HIIT, Spinning, Bounce Classes.

The full list of activities are shown within the survey questionnaire: <https://gov.wales/sites/default/files/statistics-and-research/2022-05/national-survey-for-wales-questionnaire-april-2021-to-march-2022.pdf> (English)

<https://llyw.cymru/sites/default/files/statistics-and-research/2022-05/arolwg-cenedlaethol-cymru-holiadur-ebrill-2021-i-fawrth-2022.pdf> (Cymraeg)

7.2 Regional Sport Partnerships:

Regional Sport Partnership	Local Area
North Wales	Isle of Anglesey
	Gwynedd
	Conwy
	Denbighshire
	Flintshire
	Wrexham
Mid Wales	Powys
	Ceredigion
West Wales	Pembrokeshire
	Carmarthenshire
	Swansea
	Neath Port Talbot
Central South	Bridgend
	Vale of Glamorgan
	Cardiff
	Rhondda Cynon Taf
	Merthyr Tydfil
Gwent	Caerphilly
	Blaenau Gwent
	Torfaen
	Monmouthshire
	Newport

Information on Regional Sport Partnerships in Wales can be found here:

<https://www.sport.wales/content-vault/play-your-part/#:~:text=Designed%20to%20overcome%20ongoing%20and,a%20lifelong%20enjoyment%20of%20sport.>

7.3 Detailed Activity Breakdown 2021-22

Appendix 2.7: National Participation by Activity Type (2021-22)

Activity type	Participation	Participation	Demand	Demand
Walking over 2 miles	943,000	37%	59,000	2%
Athletics and/or running/jogging	283,000	11%	47,000	2%
Fitness classes	266,000	11%	115,000	5%
Weightlifting	200,000	8%	27,000	1%
Cycling	181,000	7%	79,000	3%
Swimming	158,000	6%	234,000	9%
Golf	88,000	3%	36,000	1%
Football	86,000	3%	57,000	2%
Mountain biking	49,000	2%	-	-
Pool	45,000	2%	-	-
Dance classes	38,000	2%	27,000	1%
Tennis	31,000	1%	30,000	1%
Darts	30,000	1%	-	-
Bowling (ten pin)	24,000	1%	-	-
Climbing or mountaineering	24,000	1%	17,000	1%
Fishing or angling	23,000	1%	20,000	1%
Canoeing and/or kayaking	21,000	1%	23,000	1%
Rugby union	21,000	1%	12,000	<1%
Combat sports and martial arts	20,000	1%	35,000	1%
Gymnastics and/or trampolining	20,000	1%	16,000	1%
Paddleboarding	19,000	1%	12,000	<1%
Horse riding	18,000	1%	19,000	1%
Skating or skateboarding	17,000	1%	7,000	<1%
Badminton	16,000	1%	27,000	1%
Table tennis	16,000	1%	-	-

7.3 Detailed Activity Breakdown 2021-22 (continued)

Activity type	Participation	Participation	Demand	Demand
Indoor and/or outdoor bowls	15,000	1%	14,000	1%
Motorsport	13,000	1%	-	-
Target shooting	11,000	<1%	-	-
Surfing	11,000	<1%	13,000	<1%
Snooker	10,000	<1%	-	-
Sailing	7,000	<1%	6,000	<1%
Squash	-	-	16,000	1%
Netball	-	-	16,000	1%
Skiing and/or snowboarding	-	-	13,000	<1%
Ice hockey	-	-	11,000	<1%
Aqua aerobics	-	-	9,000	<1%
Archery	-	-	9,000	<1%

Note: “-” represents less than 30 unweighted responses. All other activities (not listed above) in the survey had less than 30 unweighted responses for both participation and demand (from a survey of 12,000 adults).