

sportwales
chwaraeoncymsu

National Survey for Wales **2022-23**

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.

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

Headline Findings:

Participation:

- **60%** of adults in Wales participated in sport and physical activity (at least once during the last four weeks).
- **39%** of adults in Wales participated in sport and physical activity three or more times per week (Future Generations Indicator No. 38).
- More adults said they participated in 'Fitness Activities' (**56%**), compared to 'Sports and Games' (**16%**) and Outdoor Pursuits (**6%**). (Note: Adults could report participation for multiple activities).
- Adults were most likely to participate in 'Fitness Activities' weekly; **52%** of adults participated in this kind of activity at least once per week, whilst **11%** of adults participated in 'Sports and Games', and **2%** of adults participated in 'Outdoor Pursuits' at least once per week.
- Adults were most likely to participate in 'Fitness Activities' multiple times per week; **36%** of adults who participated in this kind of activity participated three or more times per week. Comparatively, **3%** of those participating in 'Sports and Games', and **1%** of those participating in 'Outdoor Pursuits' participated in these types of activity three or more times per week.

Demand:

- Overall, **27%** of all adults said they wanted to participate in more sport and/or physical activity.
- 'Fitness Activities' were more in demand than 'Sport and Games' and 'Outdoor Pursuits'; **16%** of adults said they wanted to do more 'Fitness Activities', compared to **10%** of adults reporting a demand for 'Sport 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, **49%** already participate three or more times per week.
- **18%** 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 **183,000** people and equates to **7%** 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, 2022-2023.

The National Survey for Wales (NSW) is a large-scale, random sample household survey of adults (ages 16-years and above) from across Wales. The 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.

Since 2016, Sport Wales has had questions about sport participation and demand embedded within the NSW. These questions are now known as the 'Sport and Active Lifestyles' section of the survey and are the focus of this report.

Methodology of the National Survey for Wales

The National Survey for Wales is an annual survey. Data is collected continuously throughout the year, from April to the following March. 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 first published by Welsh Government during the summer months (usually July).

The current contract for the delivery of the National Survey for Wales comes to an end with the 2022-23 survey results. To allow for the new contract to begin, there will be a gap in the data publication for the National Survey for Wales in 2024. During this time, the set-up, testing and fieldwork for the survey will be undertaken. Data publication will therefore resume as normal in the summer of 2025, and will continue to run annually for the duration of the survey contract. Data will in turn be available for 2024-25; 2025-26; 2026-27; and 2027-28 annual cycles.

Headline findings and background information is available on the Welsh Government website: [National Survey for Wales | GOV.WALES](#).

Helpful to Know:

- In 2022-23, **11,000** adults (Ages 16+) across Wales took part in the survey.
- 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 170-184).
- 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.
- Throughout, “Frequency of participation” refers to the total number of occasions an adult participated in sport and/or physical activity during the previous four weeks, averaged to provide a weekly participation estimate.
- Survey fieldwork runs continuously throughout the year which ensures that, overall, the annual responses account for seasonal variations in activity levels.
- The questions within this section of the survey allow us to report on the “Percentage of people participating in sporting activities three or more times per week”. This is a National Indicator (No. 38) for the [Wellbeing of Future Generations \(Wales\) Act 2015](#).

Interpreting the Data:

- Each section of the report provides descriptive statistics from the Sport & Active Lifestyles section of the NSW 2022-23.
- Additionally, it is now possible to make comparisons to the previous results from the NSW 2021-22, and so changes over time have also been referenced throughout.
- Differences highlighted between population groups, and in change over time, have been highlighted where a statistically significant change has been identified.
- There are 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 figures are rounded to the nearest thousand.

Report Structure

This report is structured into sections related to the Vision for Sport in Wales. These sections are:

Active Nation: a section containing headline information about participation behaviours.

Everyone: a section that explores the participation behaviours of different types of adults in Wales.

Lifelong: a section that focuses on differences by population age groups and other lifestyle factors.

Enjoyment: this section focuses on the demand to do more sport across Wales and how much of this demand is met.

Sport: this section presents the activities that are currently most popular in Wales. Information is provided for participation and demand for different types of sport activities.



2. Active Nation

The vision is to create an active nation, with as many people as possible 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

The population of Wales is approximately **3.1 million** people, of whom **2.5 million** are adults (those aged 16+ years)¹.

Across the **2.5 million** adults in Wales, **1,528,000** participated in at least one sport or physical activity during the previous four weeks, representing **60%** of all adults. In turn, approximately **123,000** more adults participated in sport related activities in 2022-23 compared to 2021-22 (**56%** in 2021-22).

Sports and physical activities can be categorised into broad groups. This report categorises participation behaviours into three broad groups²: 'Fitness Activities', 'Sports and Games' and 'Outdoor Pursuits'.

56% (1,430,000) of adults participated in a 'Fitness Activity', **16% (412,000)** of adults participated in 'Sports and Games', and **6% (148,000)** of adults participated in 'Outdoor Pursuits' during the previous four weeks.

A greater proportion of adults participated in 'Fitness Activities' and 'Sports and Games' in 2022-23 compared to 2021-22, whereas the proportion of adults who participated in 'Outdoor Pursuits' remained similar.

2.2 National Frequency of Participation

39% of adults participated in a sport and/or physical activity three or more times per week³ during the previous four weeks. This equates to roughly **986,000** adults.

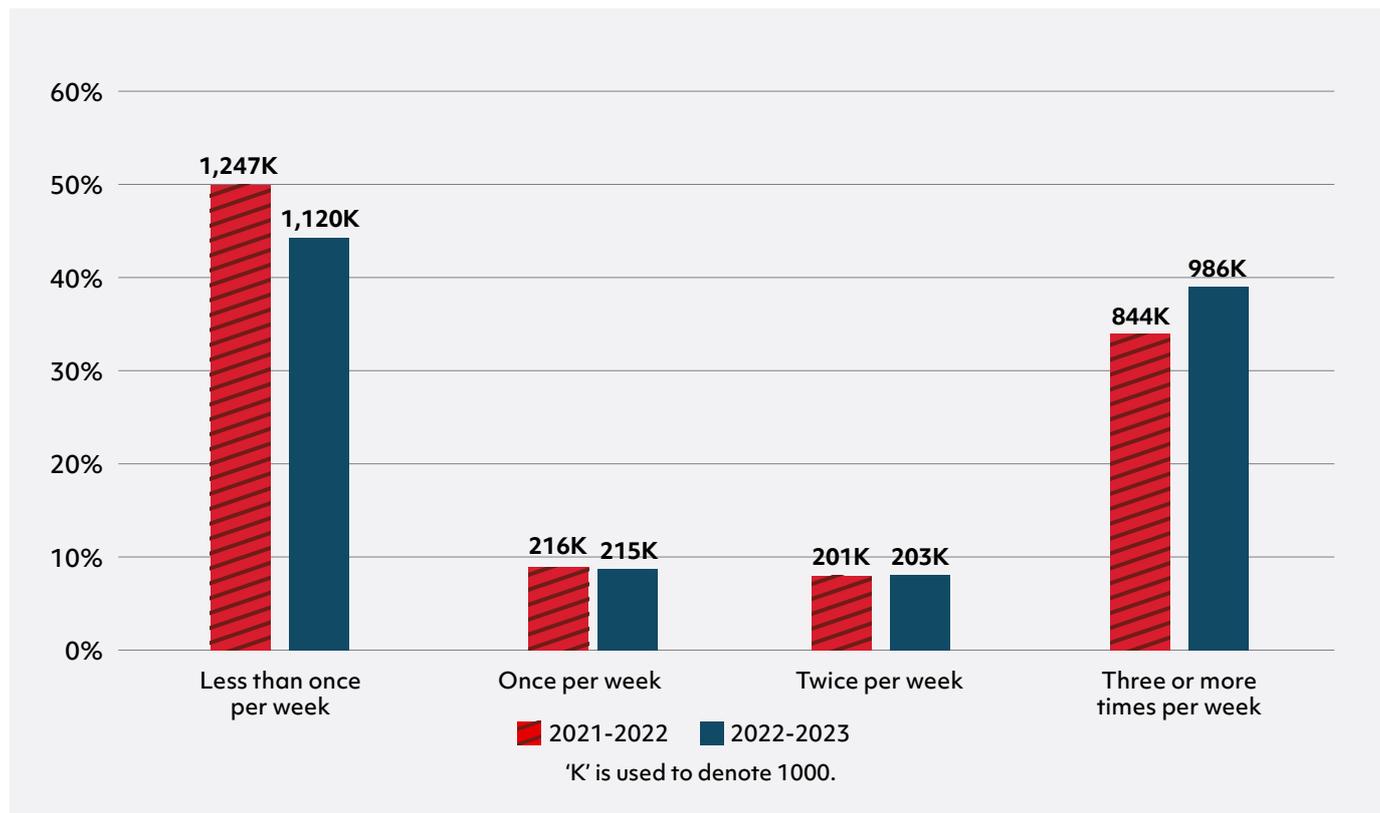
Conversely, **44%** of adults participated in sport and/or physical activity less than once per week, or not at all, during the previous four weeks (Graph 1). This is equivalent to **1,120,000** adults.

¹Population and Household Estimates in Wales: [Census 2021](#).

²[Appendix 7.1](#) provides detail of the types of activities categorised into the broad groups. Note: adults could report activity in multiple broad groups.

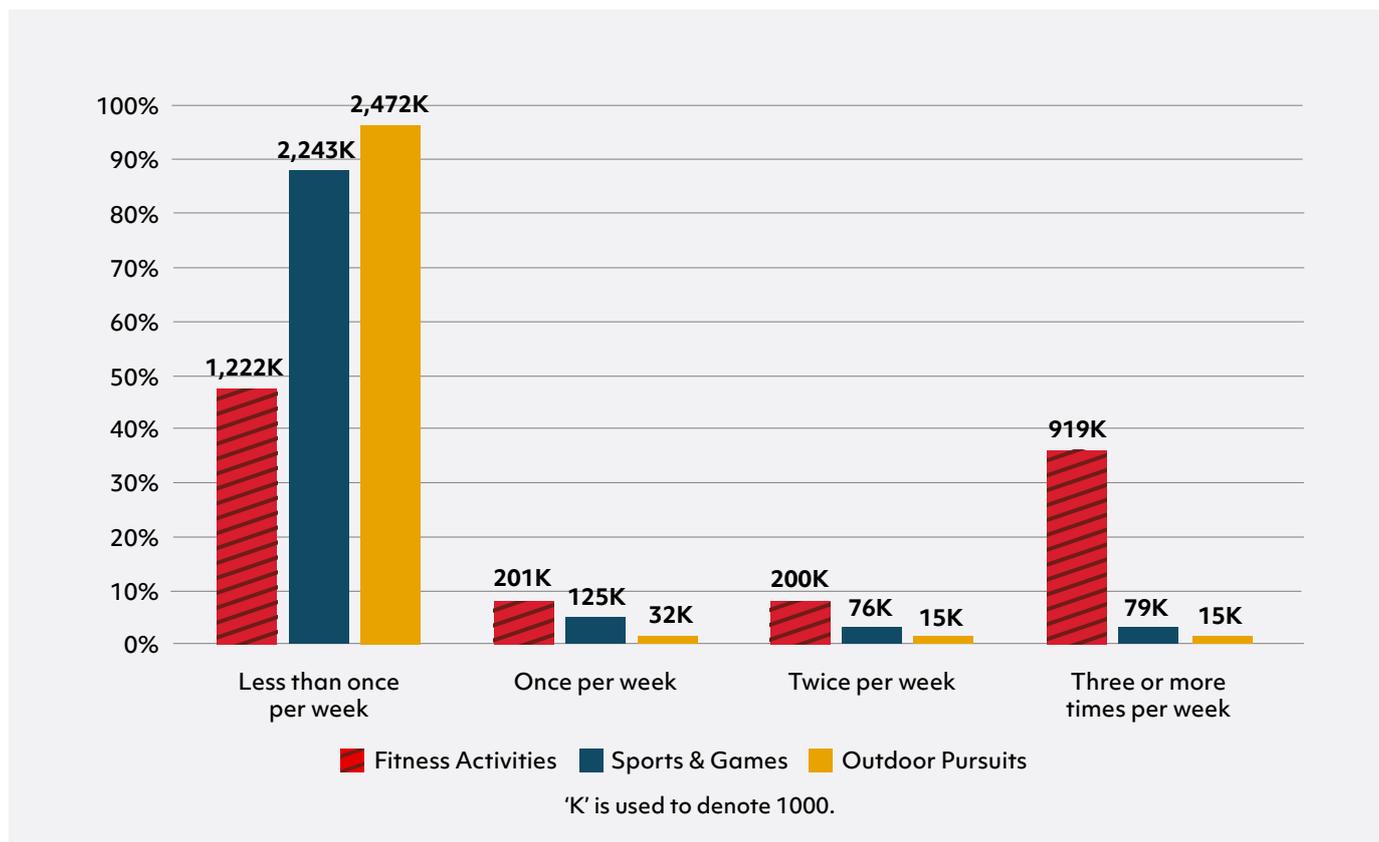
³[Future Generations Indicator](#) No. 38.

Graph 1: National Frequency of Adult Participation in All Sport and / or Physical Activity, Comparison Over Time.



Graph 1 illustrates the average number of times adults in Wales participated in sport and activity each week in 2021-22 and 2022-23.

A higher proportion of adults participated in sport and/or physical activity three or more times per week in 2022-23 compared to 2021-22, whilst the proportion of people participating once or twice per week remained similar. Conversely, a lower proportion of adults participated in sport and/or physical activity less than once per week in 2022-23 compared to 2021-22.

Graph 2: Frequency of Adult Participation, by Broad Activity Type in 2022-23.

Graph 2 illustrates adults' average frequency of participation per week by each broad activity type⁴.

A higher proportion of adults participated in 'Fitness Activities' three or more times per week compared to 'Sports and Games' or 'Outdoor Pursuits'. Further, adults were more likely to participate in 'Fitness Activities' at least once per week (**52%**), compared with 'Sports and Games' (**11%**) and 'Outdoor Pursuits' (**2%**)

Conversely, adults who participated in 'Sports and Games' or 'Outdoor Pursuits' were more likely to participate in these types of activities less than once per week.

These findings illustrate the role that 'Fitness Activities' play in keeping adults regularly active.

⁴[Appendix 7.1](#) provides detail of the types of activities categorised into the broad groups.

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 Footprint, and Population Density.

	Percentage of Adults (%)	Number of Adults
Regional Sport Partnership Area⁵		
North Wales	62%	349,000
Mid Wales	54%	92,000
West Wales	60%	340,000
Central South	64%	477,000
Gwent	57%	269,000
Population Density⁶		
'Urban'	60%	1,007,000
'Rural'	61%	521,000
Wales Total⁷	60%	1,528,000

Table 1 shows the proportion and number 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 2022-23, Central South had the highest proportion of adults who participated in at least one sport/physical activity during the previous four weeks (**64%**) representing **477,000** adults.

⁵Information on Regional Sport Partnerships can be found at <https://www.sport.wales/content-vault/play-your-part>. [Appendix 7.2](#) provides detail of the Local Authorities within each Regional Sport Partnership.

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

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

Figures for North Wales and Central South were significantly greater than figures for Mid Wales. Mid Wales had the lowest proportion and number of adults participating in at least one sport/physical activity during the previous four weeks; for every participant in Mid Wales there were five adults who had participated in Central South. Figures for West Wales and Gwent were similar to the national average.

Compared to 2021-22, the proportion of adults who participated in at least one sport or physical activity during the previous four weeks increased in both West Wales and in Central South, by **8- and 6-percentage points**, respectively, whereas Gwent and North Wales remained similar to figures reported in 2021-22.

Additionally, whilst the number of adults who participated in 'Urban' areas was approximately double that of 'Rural' areas, the proportions of adults who participated in 'Urban' and 'Rural' areas were similar.

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)	53%	223,000
Quintile 2	56%	267,000
Quintile 3	61%	318,000
Quintile 4	62%	342,000
Quintile 5 (20% least deprived)	68%	378,000
Wales Total⁸	60%	1,528,000

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 who participated in sport and/or physical activity at least once during the previous four weeks was lowest amongst those living in the top 20% most deprived (Quintile 1) areas in Wales; there was a **15-percentage-point** difference between those living in the most deprived compared to those living in the least deprived areas in Wales. This difference equates to approximately **154,000** adults.

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

Compared to 2021-22, the proportion of adults who participated in sport and/or physical activity at least once during the previous four weeks increased amongst those living in the top 20% most deprived (Quintile 1) areas by **10-percentage points**. As a result, the participation gap between the most and least deprived communities has narrowed.

Table 3: Participation Three or More Times Per Week by Regional Sport Partnership Footprint, and Population Density.

	Percentage of Adults (%)	Number of Adults
Regional Sport Partnership Area⁹		
North Wales	41%	230,000
Mid Wales	33%	56,000
West Wales	38%	219,000
Central South	43%	325,000
Gwent	33%	156,000
Population Density¹⁰		
'Urban'	40%	659,000
'Rural'	38%	327,000
Wales Total¹¹	39%	986,000

Table 3 explores the proportion and number of adults who participated in sport and/or physical activity three or more times per week, by Regional Sport Partnership footprint, and by 'Rural' and 'Urban' areas.

In 2022-23, Central South had the highest proportion of adults participating in sport/physical activity three or more times per week (**43%**), equating to **325,000** adults.

Compared to figures reported in 2021-22, Central South, North Wales, and West Wales showed increased proportions of adults participating three or more times per week, whereas figures for Gwent and Mid Wales remain similar to those reported in 2021-22, and continue to fall below the national average.

Additionally, whilst the number of adults participating three or more times per week in 'Urban' areas were approximately double that of 'Rural' areas, the proportions of adults participating three or more times per week in 'Urban' and 'Rural' areas were similar.

⁹ Information on Regional Sport Partnerships can be found at <https://www.sport.wales/content-vault/play-your-part>. [Appendix 7.2](#) provides detail of the Local Authorities within each Regional Sport Partnership.

¹⁰ Population Density definition can be found here: <https://www.gov.uk/government/statistics/2011-rural-urban-classification>.

¹¹ 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)	34%	141,000
Quintile 2	36%	171,000
Quintile 3	40%	208,000
Quintile 4	40%	220,000
Quintile 5 (20% least deprived)	44%	246,000
Wales Total¹²	39%	986,000

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 the [Welsh Index of Multiple Deprivation \(WIMD\)](#). As described above, the Welsh Index of Multiple Deprivation (WIMD) is the Welsh Government's official measure of 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 between those living in the top 20% and 40% most deprived areas in Wales (i.e., Quintile 1 and Quintile 2).

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 (less deprived to least deprived).

There was a **11-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 areas, compared to those who live in the least deprived areas in Wales. This is a difference of **40,000** adults.

The proportion of adults participating in sport and/or physical activity three or more times per week has increased in the most deprived communities (Quintile 1) from **25%** in 2021-22 to **34%** in 2022-23. This change was greater than those observed for Quintile 2, Quintile 3, Quintile 4, and Quintile 5 since 2021-22.

¹² 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	57%	728,000
Males	64%	797,000
Ethnicity		
White (Welsh, English, Scottish, Northern Irish and British)	60%	1,401,000
White Other (Irish, Gypsy or Irish Traveller, or any other White background)	64%	41,000
Any other Ethnic Group (Black, Black Welsh, Black British, Caribbean, or African, Asian, Asian Welsh, Asian British, Mixed or Multiple ethnic groups)	68%	86,000
Illness, Disability, or Infirmity		
Has a longstanding illness, disability or infirmity	49%	585,000
No longstanding illness, disability or infirmity	72%	928,000
Deprivation		
Living in material deprivation	49%	192,000
Not living in material deprivation	63%	1,336,000
Welsh Language		
People using Welsh language in everyday life (FG36)	67%	180,000
People not using Welsh language in everyday life	60%	1,348,000
Wales Total¹³	60%	1,528,000

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

Table 5 presents participation data explored by different demographic groups in Wales. Females were less likely to report having participated in sport and/or physical activity during the previous four weeks compared to Males, with an **8-percentage point** difference.

Between broad ethnicity groups, those who reported their ethnicity as 'White' had the lowest participation levels. Those from 'Any Other Ethnic Group' were most likely to report having participated in the previous 4-weeks. Exploring further, there were additional trends within the 'Any other Ethnic Group' broad group, as those who reported their ethnicity as 'Mixed or Multiple Ethnic groups' had the highest level of participation (**82%**); **22-percentage points** greater than the national average.

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 **23-percentage point** difference. Further, those who reported that they were limited by their illness, disability or infirmity, were even less likely to have participated at least once during the previous four weeks, with **42% (385,000)** of adults having participated.

Adults living in material deprivation were also less likely to report having participated in the previous four weeks compared to those who were not in material deprivation, with a **14-percentage point** difference. However, **86,000** more adults living in material deprivation participated in 2022-23 compared to 2021-22, suggesting the participation gap between those in material deprivation, and those who are not, has narrowed.

Finally, amongst those using the Welsh language every day, a higher proportion reported participating during the previous four weeks compared to those who do not use the Welsh language every day, with a **7-percentage point** difference.



Table 6: Participation in Sport and/or Physical Activity Three or More Times Per 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	35%	451,000
Males	43%	533,000
Ethnicity		
White (Welsh, English, Scottish, Northern Irish and British)	39%	899,000
White Other (Irish, Gypsy or Irish Traveller, or any other White background)	42%	26,000
Any other Ethnic Group (Black, Black Welsh, Black British, Caribbean, or African, Asian, Asian Welsh, Asian British, Mixed or Multiple ethnic groups)	47%	60,000
Illness, Disability, or Infirmity		
Has a longstanding illness, disability or infirmity	30%	362,000
No longstanding illness, disability or infirmity	48%	614,000
Deprivation		
Living in material deprivation	31%	120,000
Not living in material deprivation	41%	866,000
Welsh Language		
People using Welsh language in everyday life (FG36)	46%	122,000
People not using Welsh language in everyday life	38%	864,000
Wales Total¹⁴	39%	986,000

¹⁴ Information on interpreting totals can be found [on page 6](#).

Table 6 illustrates that, in 2022-23, 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.

Adults who reported their ethnicity as 'White' had the lowest participation rates. Between broad ethnicity groups, those classified as 'Any Other Ethnic Group' were most likely to report having participated three or more times per week.

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 an **18-percentage point** difference. Further, those who reported that they were limited by their illness, disability or infirmity, were even less likely to have participated three or more times per week, with **26% (238,000)** participating this frequently.

Adults living in material deprivation were also less likely to report having participated three or more times per week than those who were not in material deprivation, with a **10-percentage point** difference. Despite this, **66,000** more people living in material deprivation participated in sport and/or physical activity three or more times per week in 2022-23 compared to 2021-22.

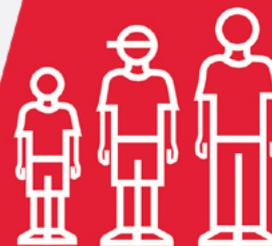
Finally, amongst those using the Welsh language every day, a greater proportion of adults reported participating three or more times per week compared to those who do not use the Welsh language every day, with a **7-percentage point** difference.

The results in this section show that, despite participation rates increasing across Wales between 2021-22 and 2022-23, there are still differences in these rates when explored by certain population characteristics. Despite there being evidence of the gaps narrowing across survey years, there remains significant, deep rooted differences in participation levels by gender, disability, deprivation, ethnicity, and Welsh language. These factors are reflected in local and regional participation patterns, alongside additional factors such as age and general health explored in the next section, [4. Lifelong](#).

4. Lifelong

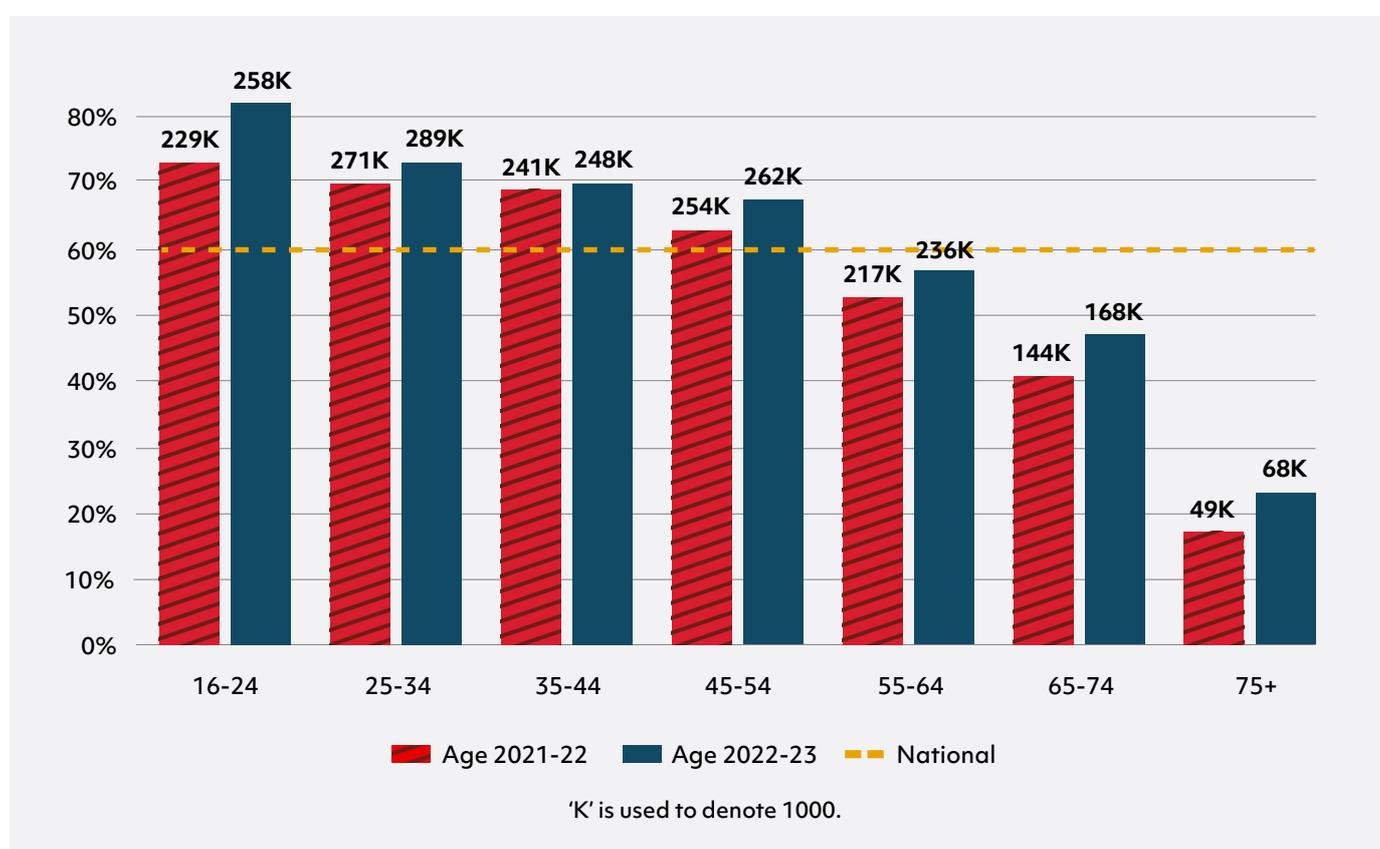
The vision is for life. It responds to the needs of people at different stages of their life.

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 in 2021-22 and 2022-23. The national average for 2022-23 is also shown.

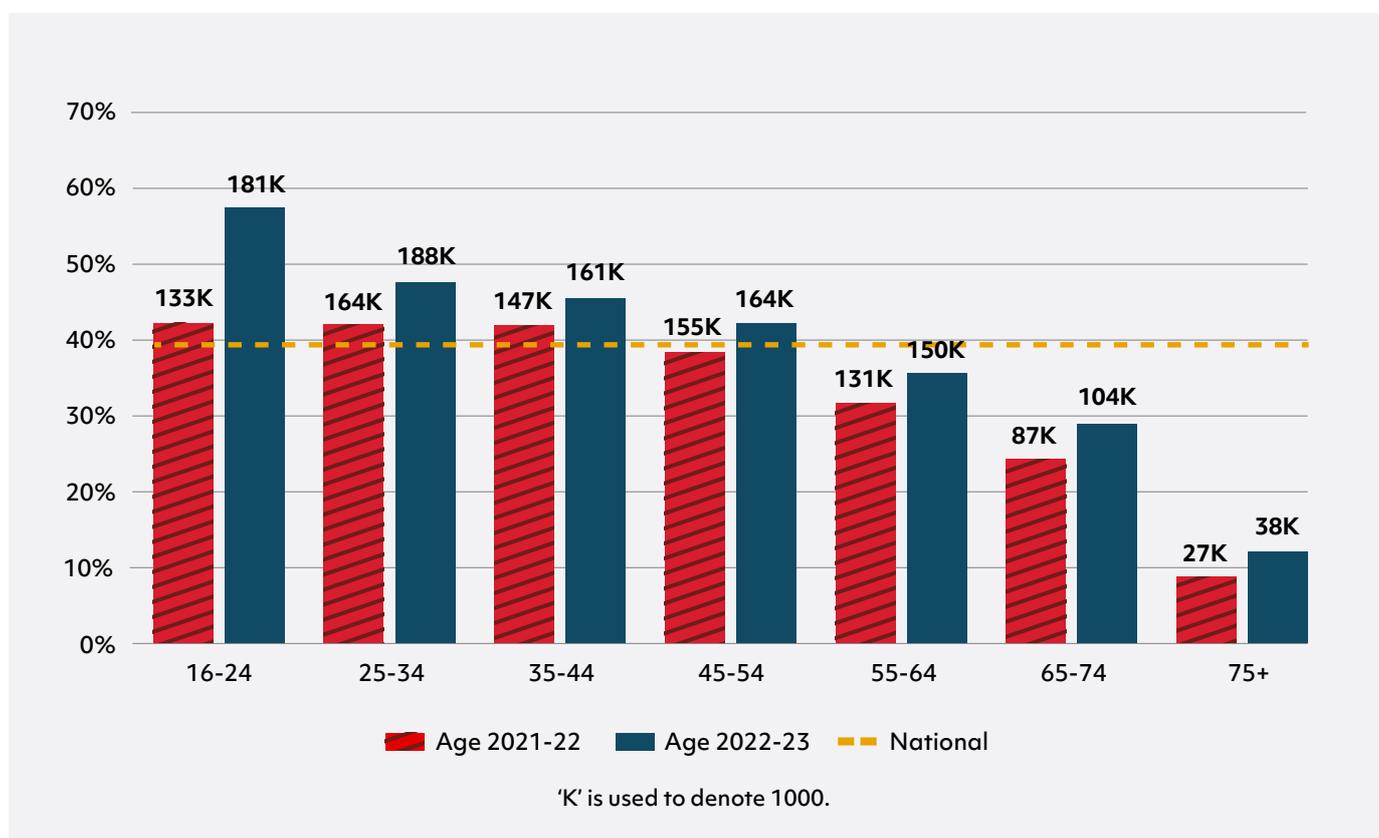
In 2022-23, the proportion of adults who participated in sport and/or physical activity at least once during the previous four weeks declines as the respondents age group increases.

A greater proportion of adults within age groups 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 (**60%**), 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 (**60%**), and to younger age groups.

Compared to 2021-22, the proportion of 16-24 year olds who participated at least once in the last four weeks increased by **9-percentage points**, representing an additional **29,000** adults in this age group who participated. Further, the proportion of adults aged 65 and over who participated at least once in the last four weeks increased by **6-percentage points**, representing an additional **43,000** adults in this age group who participated. However, the proportion of those who participated in age groups 25-34-years, 35-44-years, 45-54, and 55-64-years remained similar to figures reported in 2021-22.

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



Graph 4 explores differences in age groups by frequency of participation.

As above, the proportion of adults who participated in sport and/or physical activity three or more times per week declined as the respondents age increased.

A greater proportion of adults aged 16-24-years, 25-34-years, 35-44-years, and 45-54-years participated three or more times per week compared to the national average (**39%**), and to older age groups.

Conversely, a lower proportion of adults participated three or more times per week amongst those aged 55-64-years, 65-74-years, and 75+ years when compared to the national average (**39%**), and to younger age groups.

Compared to figures reported in 2021-22, the proportion of 16-24 year olds who participated three or more times per week increased by **15-percentage points**, representing an additional **47,000** adults in this age group who participated this often. Further, the proportion of adults aged 65 and over participating in sport and/or physical activity three or more times per week increased by **4-percentage points**, representing an additional **29,000** adults in this age group who participated this often.

Taking the figures presented in Graph 3 and Graph 4 together, the findings suggest that, not only are more adults aged 16-24 participating in general compared to 2021-22, but that frequency of participation has also improved within this age group. This can be illustrated by the fact that whilst there are **29,000** more adults aged 16-24 are participating at least once in the last four weeks, there has been a much greater incline of **47,000** 16-24 year olds participating three or more times per week.

However, the reverse is true for adults aged 65 years and over; whilst overall, **43,000** more adults aged 65 years + are participating at least once in the last four weeks, only **29,000** more adults are participating three or more times per week.

Overall, this suggests that adults aged 65 years and over are more likely to have started or restarted a new sport or activity, whereas those aged 16-24 appear to be increasing the amount they participate.



4.2 Self-Reported Health and Wellbeing

The following table illustrates how the proportion of adults who participated three or more times per week varies according to general health, loneliness, satisfaction with life, happiness, and levels of anxiety.

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	46%	811,000
Fair	25%	145,000
Bad or very bad	14%	30,000
Loneliness		
Not lonely	42%	408,000
Sometimes lonely	40%	477,000
Lonely	30%	93,000
Satisfaction with Life		
Very high	42%	313,000
High	41%	521,000
Medium	32%	117,000
Low	22%	27,000
Overall Happiness		
Very high	41%	378,000
High	40%	394,000
Medium	37%	139,000
Low	32%	66,000
Overall Anxiety		
Very low	39%	407,000
Low	44%	220,000
Medium	38%	148,000
High	37%	203,000

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	42%	377,000
High	41%	477,000
Medium	34%	102,000
Low	20%	20,000
Wales Total¹⁵	39%	986,000

Table 7 shows how adults who participated three or more times per 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 per week than those reporting their general health as 'Fair' or 'Bad or very bad'. Conversely, **86% (177,000)** 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 per week, compared to those who reported 'Medium' or 'Low' life-satisfaction and overall happiness. In turn, **68% (142,000)** of adults who reported 'Low' happiness, and **78% (97,000)** 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, **70% (220,000)** 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 similar across the different levels of self-reported anxiety.

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

4.3 Employment and Qualifications

This section looks at the variation in the proportion of adults who participated three or more times per week by current employment status and by the highest qualification that person had achieved within their lifetime.

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
Employment¹⁶		
In employment	47%	669,000
Unemployed	45%	22,000
Economically inactive	28%	294,000
Highest Qualification Attained		
Degree Level	48%	393,000
HNC, HND, BTEC Higher, or equivalent	43%	150,000
A or AS levels or equivalent	49%	152,000
Apprenticeship	31%	25,000
O level / GCSE grades A-C, or equivalent	36%	134,000
O level / GCSE grades D-G, or equivalent	25%	25,000
Other qualifications	29%	60,000
No qualifications	16%	45,000
Wales Total¹⁷	39%	986,000

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

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

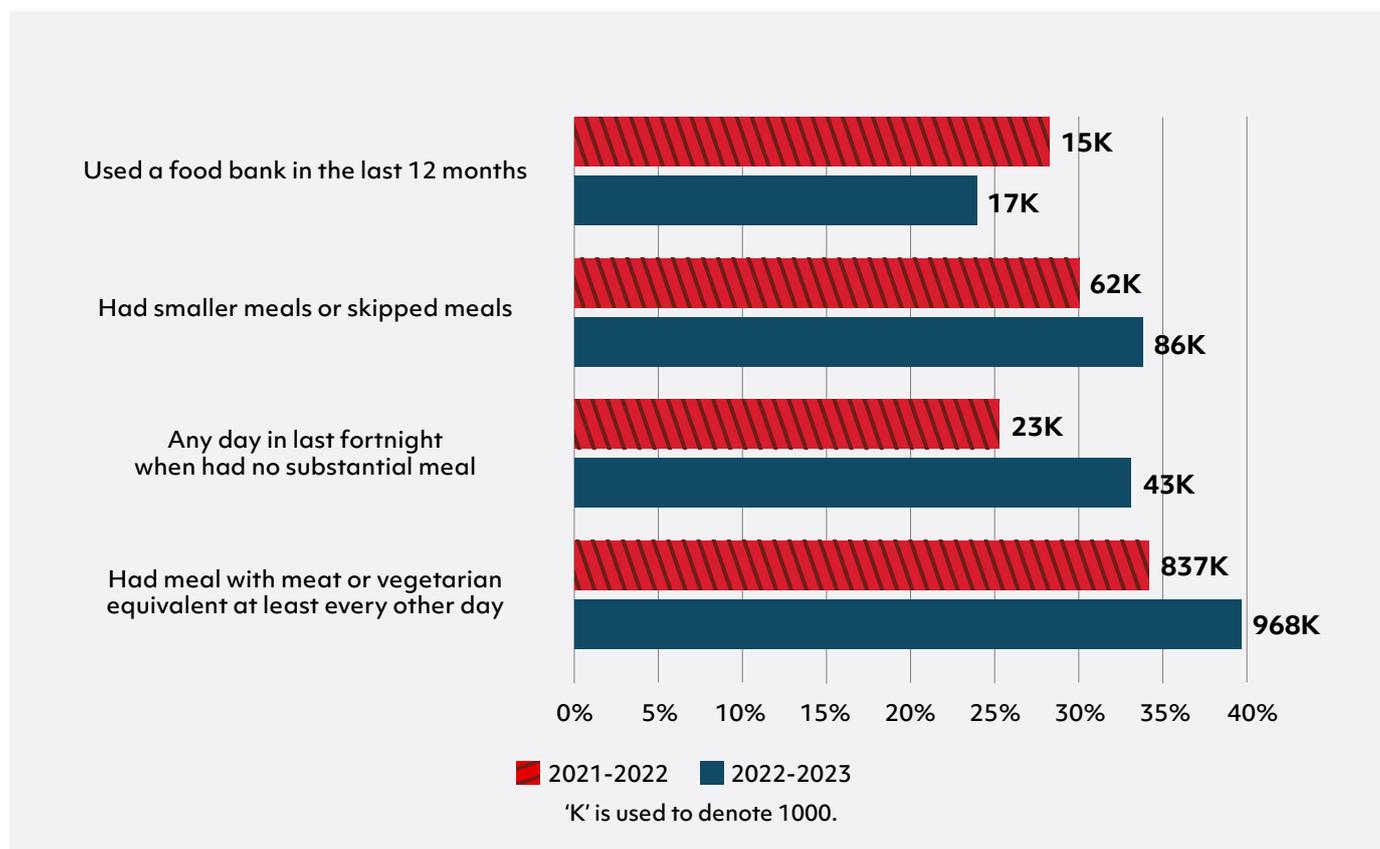
¹⁶ Economically Inactive examples include those who are retired, full-time students, or those prevented from working due to long term illness or disability, whilst unemployed represents those who are seeking employment.

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

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

This section explores how the proportion of people who participate three or more times per week varies by food use, housing tenure and by vehicle ownership.

Graph 5: The Percentage of Adults Who Participated in Sport Three or More Times Per Week, by Food Affordability.



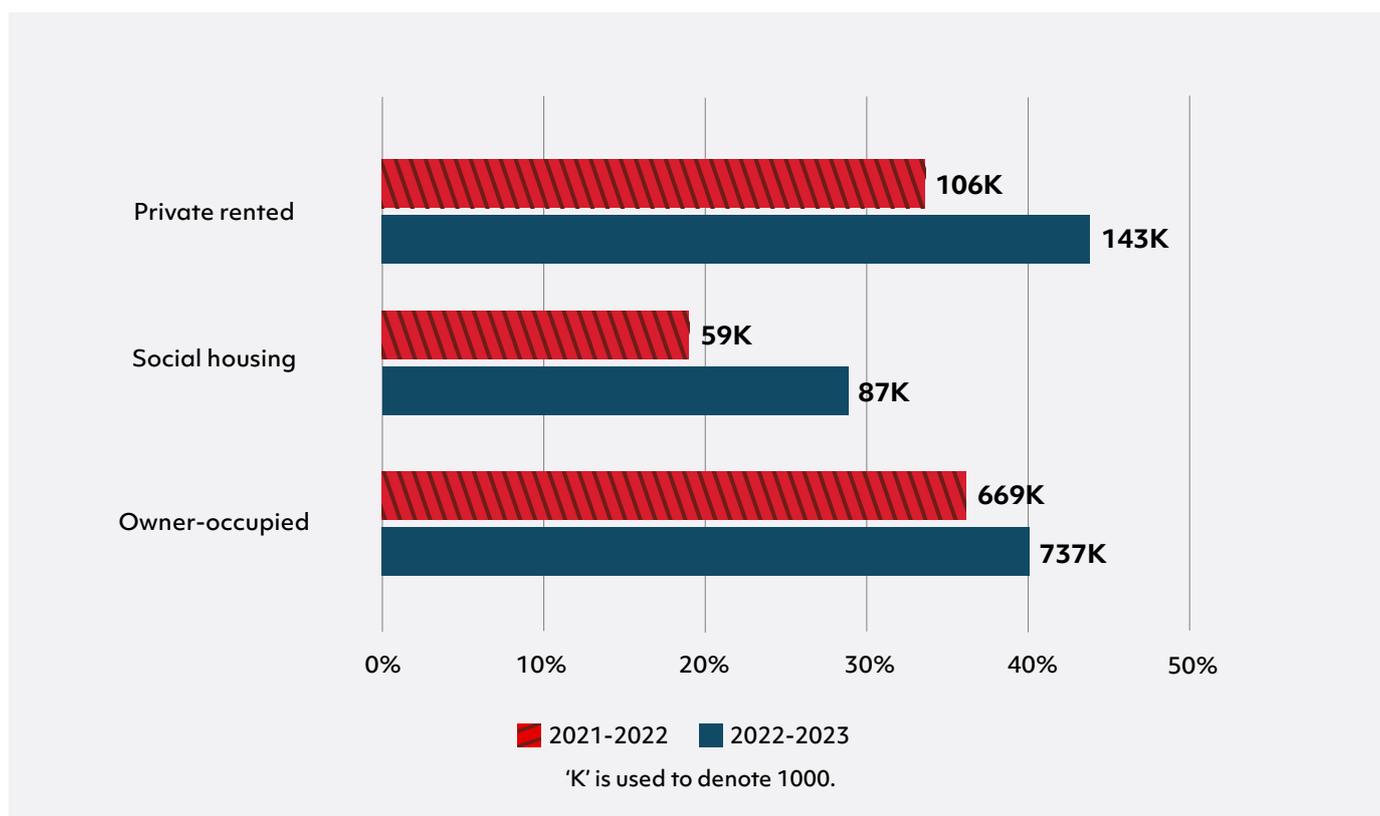
Graph 5 presents the proportion of adults who participated in sport/physical activity three or more times per week by food affordability questions.

Those who experienced one or more days in the past fortnight with no substantial meals or had smaller meals or skipped meals were less likely to participate in sport/physical three or more times per week, compared to those who had had a meal with a meat or vegetarian equivalent at least every other day.

Conversely, those who had used a foodbank in the last 12 months were less likely to participate in sport related activities three or more times per week.

The proportion of adults that had a meal with a meat or vegetarian equivalent at least every other day and participated three or more times per week has increased since figures reported in 2021-22, with an additional **131,000** adults participating this often.

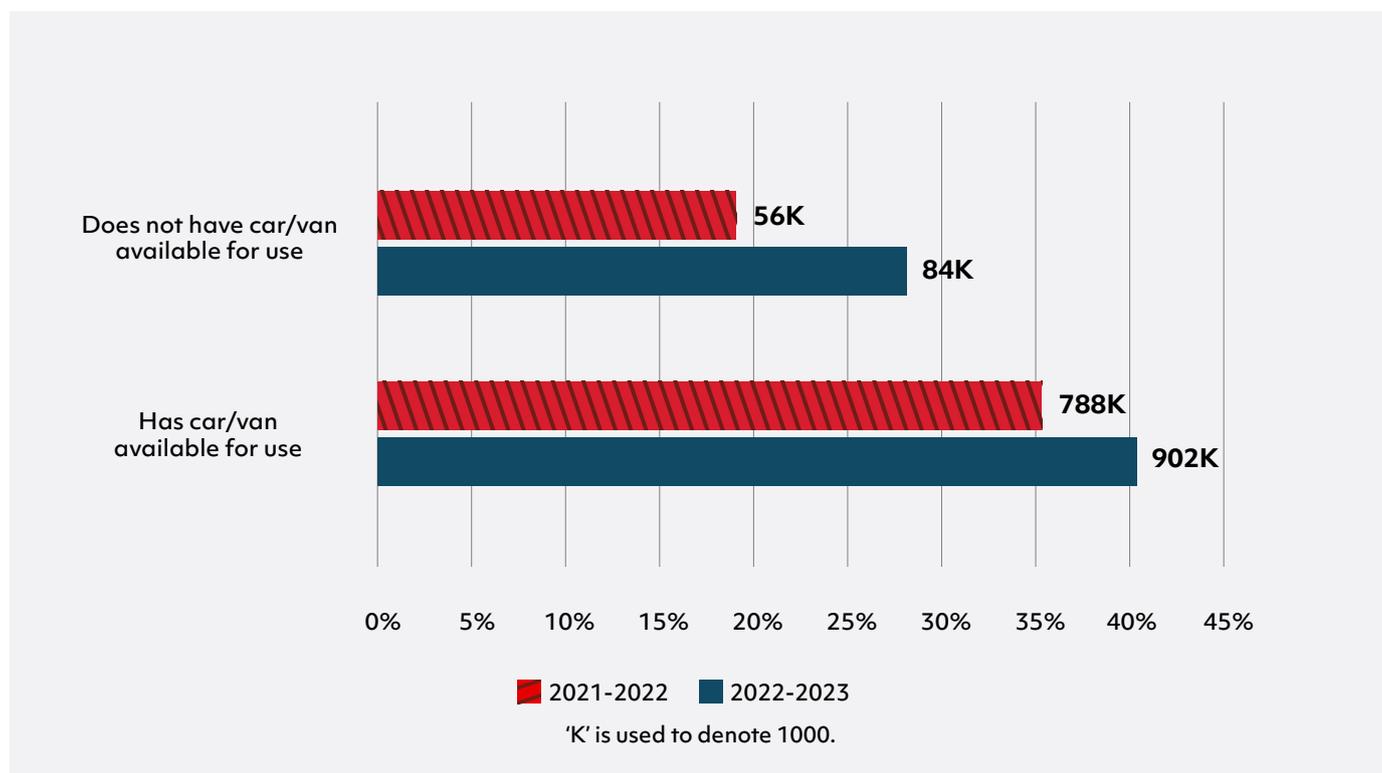
Graph 6: The Percentage of Adults Who Participated in Sport Three or More Times Per Week, by Living Situation.



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. This is a similar pattern to figures reported in 2021-22.

The percentage of adults who lived in social housing and participated three or more times per week (**29%**) was significantly lower than the national average (**39%**).

Graph 7: The Percentage of Adults Who Participated in Sport Three or More Times Per Week, by Vehicle Access.



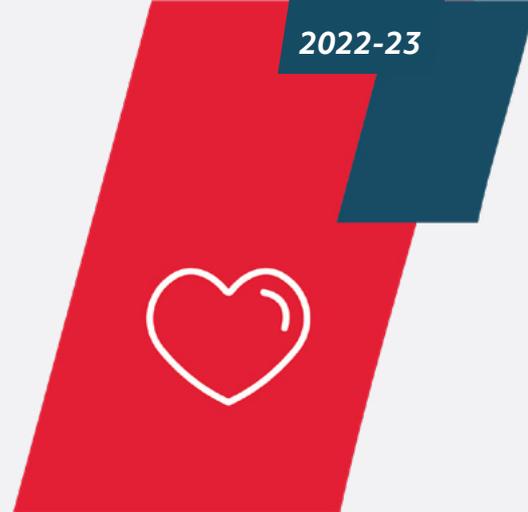
As shown in Graph 7, those who have access to a car or van were more likely to participate in sport/physical activity three or more times per week. This is a similar pattern to figures reported in 2021-22.

The percentage of adults who did not have access to a car or van and who participate in sport and/or physical activity three or more times per week was lower than the national average of **39%**.

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

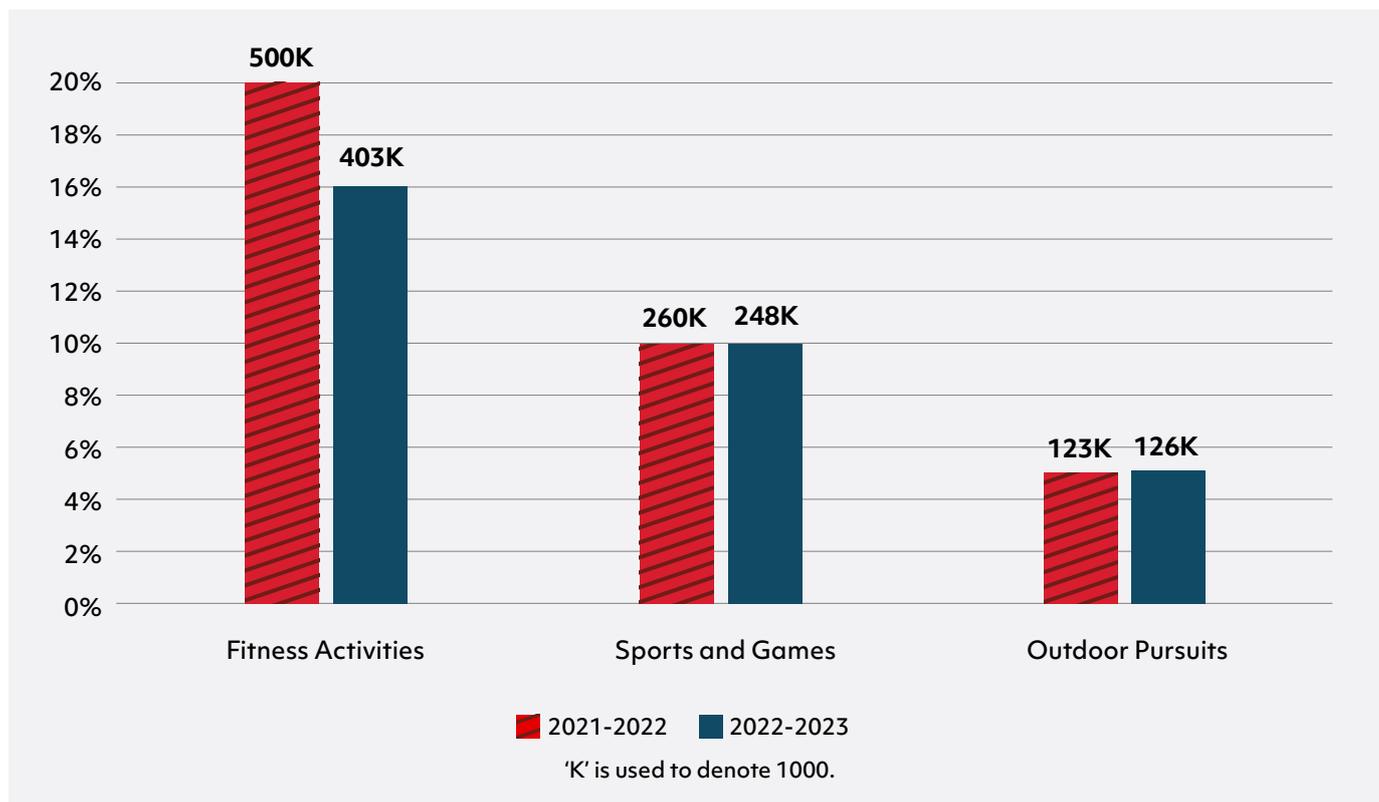
Adults with 'Demand' refers to those who said they wanted to do more of a sport and/or activity. These adults might already participate in sport and/or physical activity.

Across the **2.5 million** adults in Wales, **685,000** said they had a demand to participate in at least one sport or physical activity, representing **27%** of all adults in 2022-23.

This figure has declined by **4-percentage points** since 2021-22, where **31%** of adults said they had demand for more sport and/or activity. This represents **87,000** fewer adults with demand.

This decline has been primarily driven by less demand for fitness activities (Graph 8).

Graph 8: The Proportion of Adults Who Have a Demand For At Least One Type of Activity Over Time.



Across the broad activity groups¹⁸, **16% (403,000 adults)** had a demand for at least one ‘Fitness Activity’, **10% (248,000 adults)** had a demand for at least one ‘Sport and/ or Game’ activity, and **5% (126,000)** had a demand for at least one Outdoor Pursuit activity in 2022-23.

This equates to approximately **three quarters of a 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	49%	337,000
Participated 2 times per week	9%	61,000
Participated 1 time per week	9%	61,000
Participated less than once per week	33%	222,000

Amongst adults who had demand, **49%** participated, on average, three or more times per week during the previous four weeks. This is a **7-percentage point** increase compared to 2021-22.

Conversely, **33%** of adults who had demand participated on average less than once per week, or not at all, during the previous four weeks. This is a **4-percentage point** decline compared to 2021-22.



¹⁸ [Appendix 7.1](#) provides detail of the types of activities categorised into the broad groups. Note: adults could report activity in multiple broad groups.

5.2 Geography

Table 10: The Proportion and Number of Adults Who Have a Demand for More Sport/Physical Activity, by Regional Sport Partnership Footprint and Population Density.

	Percentage of Adults (%)	Number of Adults
Regional Sport Partnership Areas¹⁹		
North Wales	30%	169,000
Mid Wales	29%	50,000
West Wales	31%	178,000
Central South	25%	188,000
Gwent	21%	100,000
Population Density²⁰		
'Urban'	26%	434,000
'Rural'	29%	251,000
Wales Total²¹	27%	685,000

The proportion of adults with demand in North Wales, Mid Wales and West Wales was greater than the proportion of adults with demand in Central South and Gwent.

Further, the proportion of adults with demand in Gwent was lower than the national average, whereas demand in North Wales, Mid Wales, West Wales, and Central South were similar to the national average.

Compared to 2021-22 findings, demand in Central South and Gwent declined, but demand in North, Mid and West Wales remained similar.

Additionally, the proportion of adults who had demand for at least one type of sport/physical activity in 'Rural' areas was similar to that of 'Urban' areas. This differs from the 2021-22 National Survey findings whereby those in 'Urban' areas were more likely to have demand compared to those in "Rural" areas. This means that the change has been driven by less demand existing in 'Urban' areas.

¹⁹ Information on Regional Sport Partnerships can be found at <https://www.sport.wales/content-vault/play-your-part>. Appendix 7.2 provides detail of the Local Authorities within each Regional Sport Partnership.

²⁰ Population Density definition can be found here: <https://www.gov.uk/government/statistics/2011-rural-urban-classification>.

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

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)	25%	107,000
Quintile 2	25%	119,000
Quintile 3	29%	152,000
Quintile 4	28%	155,000
Quintile 5 (20% least deprived)	27%	152,000
Wales Total²²	27%	685,000

Table 11 shows 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.

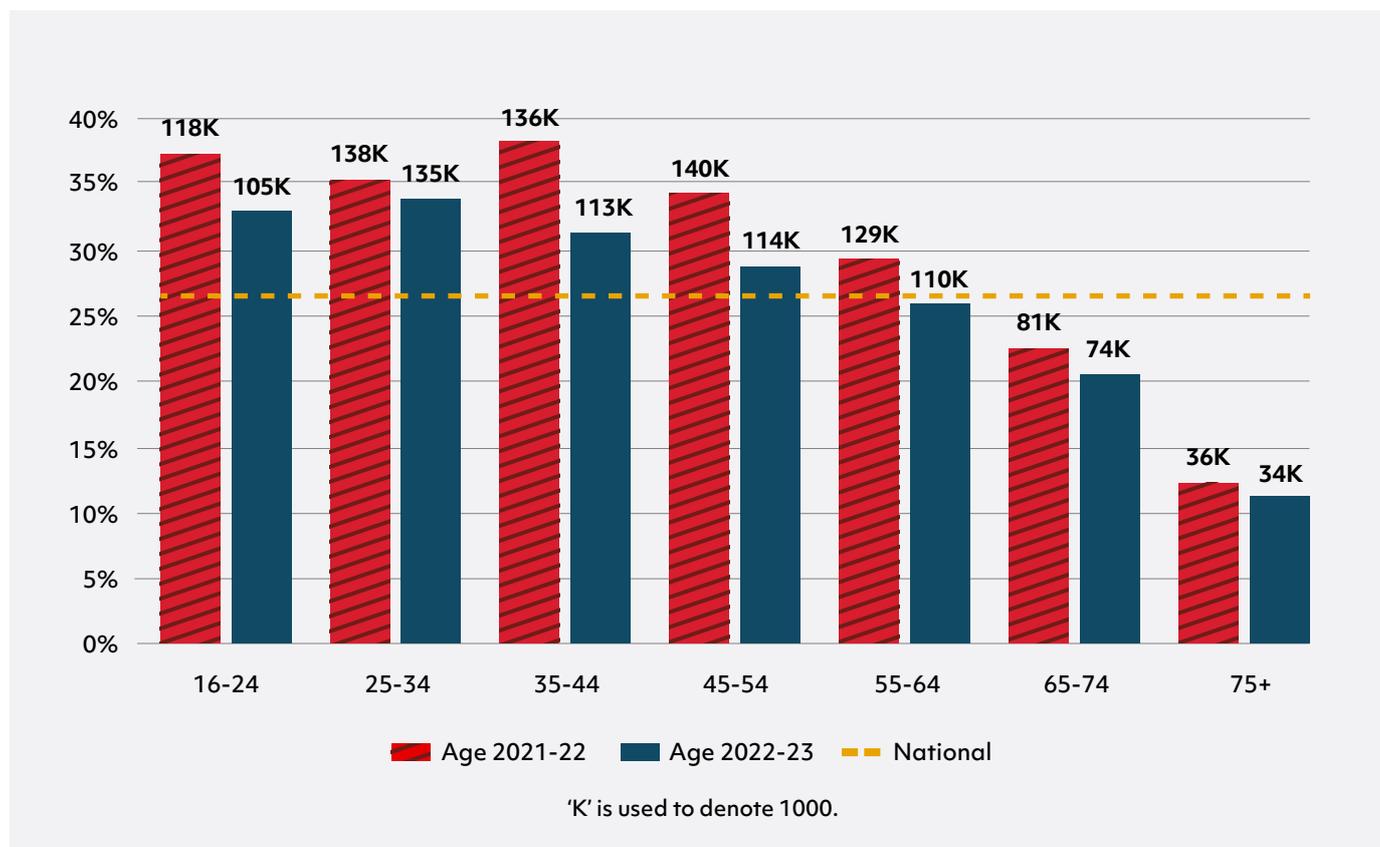
The proportion of adults with demand for more sport and/or physical activity was similar between those who live in the most deprived areas compared to those who live in the least deprived areas in Wales.

This differs compared to 2021-22 findings, whereby a **7-percentage point** difference was observed between the most and the least deprived communities. Further, demand figures remained similar between 2021-22 and 2022-23 for those in Quintile 1 (most deprived), Quintile 2, Quintile 3 and Quintile 4. However, there has been a decline in demand amongst those in Quintile 5 (least deprived).

²² Information 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 had demand for more sport and/or physical activity declined with age; those aged between 16-24-years, 25-34-years, 35-44-years, 45-54-years, and 55-64-years were more likely to report that they have demand for more sport and/or activity compared to those aged 65-74-years and 75+ years.

Compared to 2021-22, the proportion of adults with demand declined within age groups 35-44, and 45-54, whilst the proportion of adults with demand in other age groups remained similar.

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	26%	340,000
Males	28%	345,000
Ethnicity		
White (Welsh, English, Scottish, Northern Irish and British)	26%	620,000
White Other (Irish, Gypsy or Irish Traveller, or any other White background)	34%	22,000
Any other Ethnic Group (Black, Black Welsh, Black British, Caribbean, or African, Asian, Asian Welsh, Asian British, Mixed or Multiple ethnic groups)	34%	43,000
Illness, Disability, or Infirmary		
Has a longstanding illness, disability or infirmity	28%	335,000
No longstanding illness, disability or infirmity	27%	346,000
Deprivation		
Living in material deprivation	33%	129,000
Not living in material deprivation	26%	556,000
Welsh Language		
People using Welsh language in everyday life (FG36)	32%	85,000
People not using Welsh language in everyday life	26%	600,000
Wales Total²³	27%	685,000

Table 12 illustrates the proportion and number of adults who had demand for more sport and/or physical activity, by demographic characteristic.

Those living in material deprivation were more likely to report demand for more sport and/or physical activity compared to those not living in material deprivation. In 2022-23, demand rates remained similar to figures reported in 2021-22 for those living in material deprivation (**31%** in 2021-22). However, demand rates declined by **5-percentage points** amongst those who do not live in material deprivation (**31%** in 2021-22).

²³ Information on interpreting totals can be found [on page 6](#).

Further, those who use the Welsh language in everyday life were more likely to report demand for at least one sport or physical activity compared to those who do not use Welsh language in everyday life.

Compared to 2021-22, demand rates remained similar amongst Welsh language users (**33%** in 2021-22). However, demand rates declined by **4-percentage points** amongst those who do not use Welsh language in everyday life (**30%** in 2021-22).

Consistent with 2021-22 findings, no differences in demand rates were found between Males and Females.

However, in contrast to 2021-22, no differences were found between broad Ethnic Groups, or between those with and without a longstanding illness, disability or infirmity in 2022-23.

5.5 Self-Reported Health and Wellbeing

Table 13: The Proportion and Number 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	28%	485,000
Fair	26%	148,000
Bad or very bad	25%	51,000
Loneliness		
Not lonely	24%	242,000
Sometimes lonely	27%	331,000
Lonely	34%	107,000
Satisfaction with Life		
Very high	25%	183,000
High	28%	359,000
Medium	27%	101,000
Low	30%	38,000

5.5 Self-Reported Health and Wellbeing (continued)

	Percentage of Adults (%)	Number of Adults
Overall Happiness		
Very high	26%	236,000
High	27%	272,000
Medium	27%	104,000
Low	33%	69,000
Overall Anxiety		
Very low	24%	250,000
Low	28%	144,000
Medium	28%	112,000
High	32%	173,000
Overall extent of feeling that the things done in life are worthwhile		
Very high	27%	243,000
High	27%	322,000
Medium	28%	87,000
Low	27%	28,000
Wales Total²⁴	27%	685,000

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

Consistent with 2021-22 findings, those who reported their 'Overall Happiness' as 'Low' were more likely to report a demand for more sport and/or physical activity compared to those who reported it as 'Very high'.

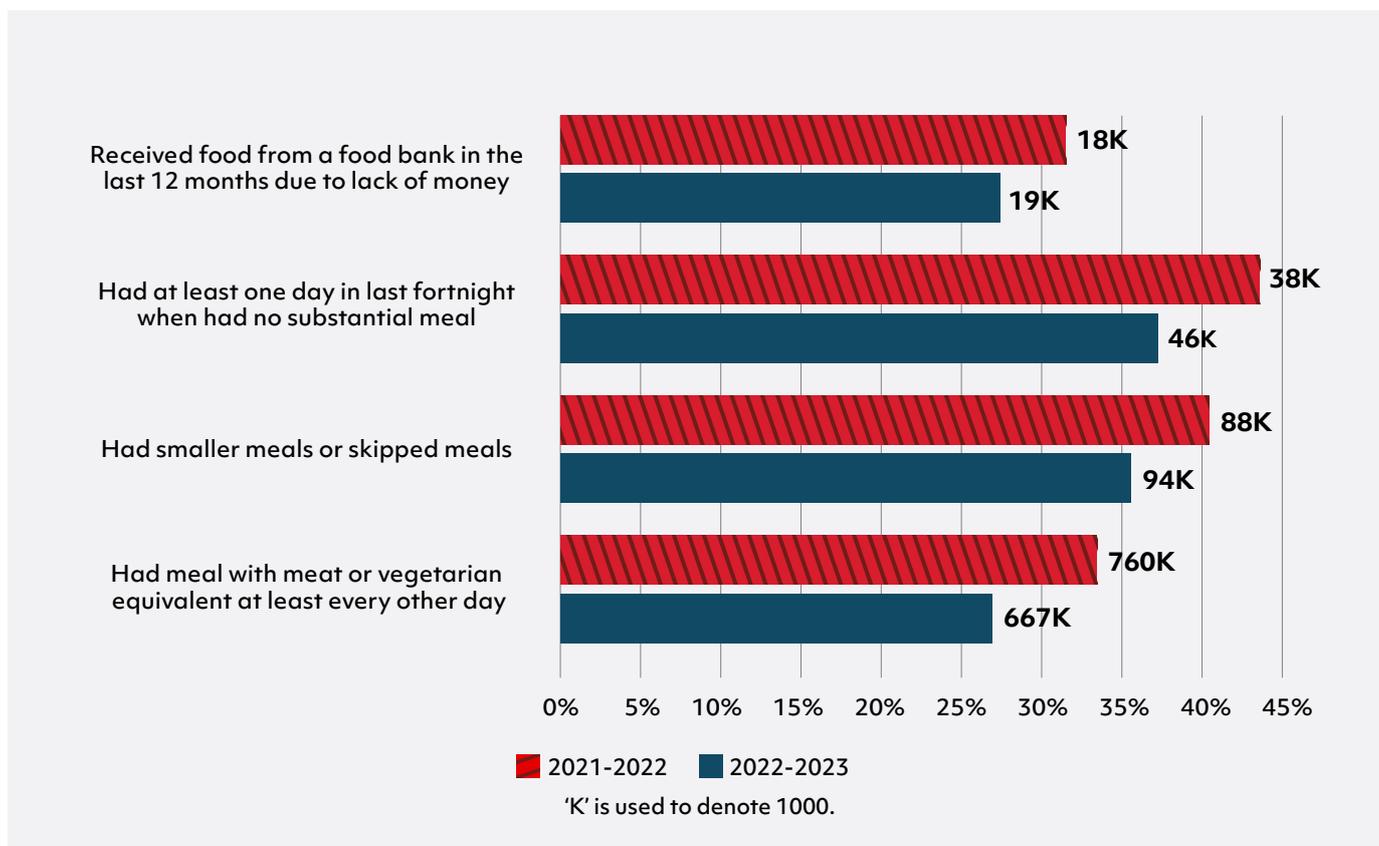
Also consistent with 2021-22 findings, those who reported their 'Overall Anxiety' as 'Very low' were more likely to report demand for more sport and/or physical activity compared to those who reported their overall anxiety as 'High'.

However, in contrast to 2021-22 findings, there were no differences between groups for measures of 'General Health', 'Loneliness', 'Overall extent of feeling that the things done in life are worthwhile'.

²⁴ Information on interpreting totals can be found [on page 6](#).

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

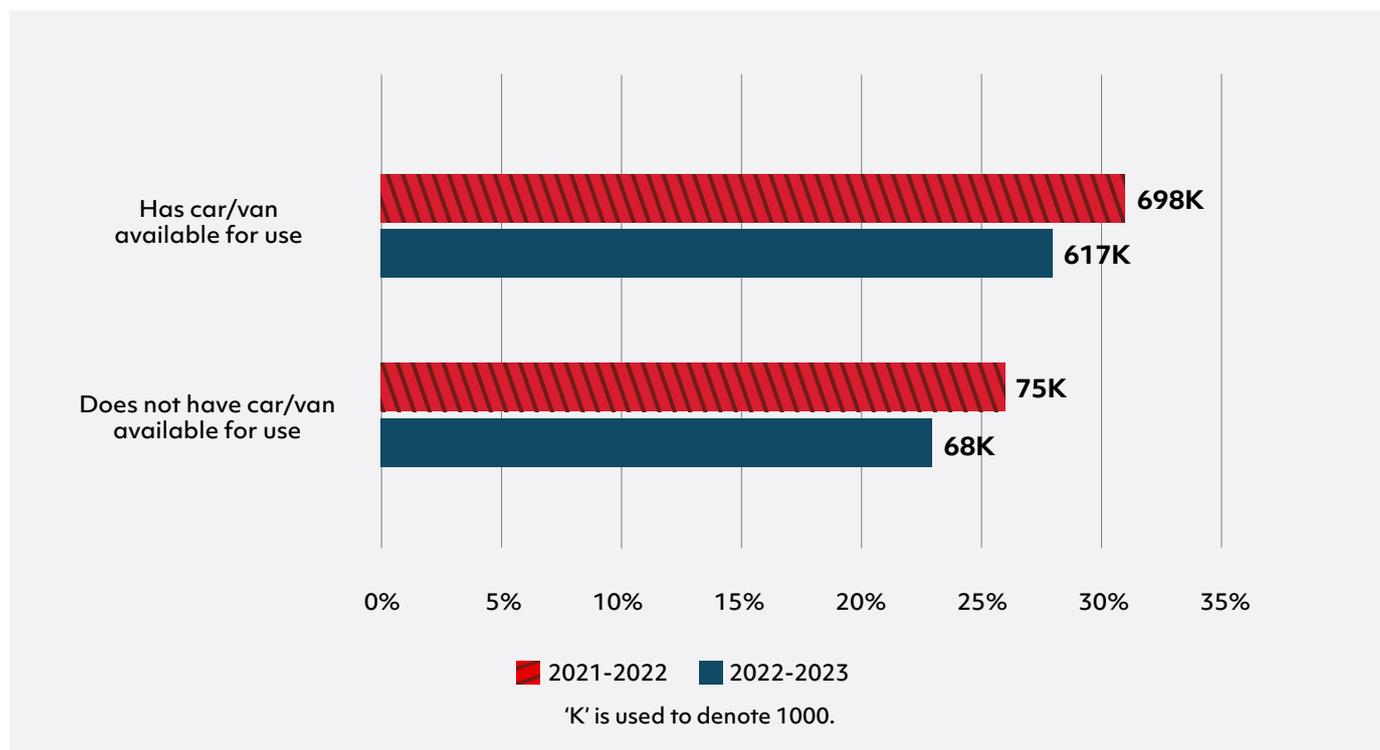
Graph 10: The Percentage of Adults Who Have a Demand for More Sport and/or Physical Activity, by Food Affordability.



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 or 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 to those who do not have access to a vehicle.



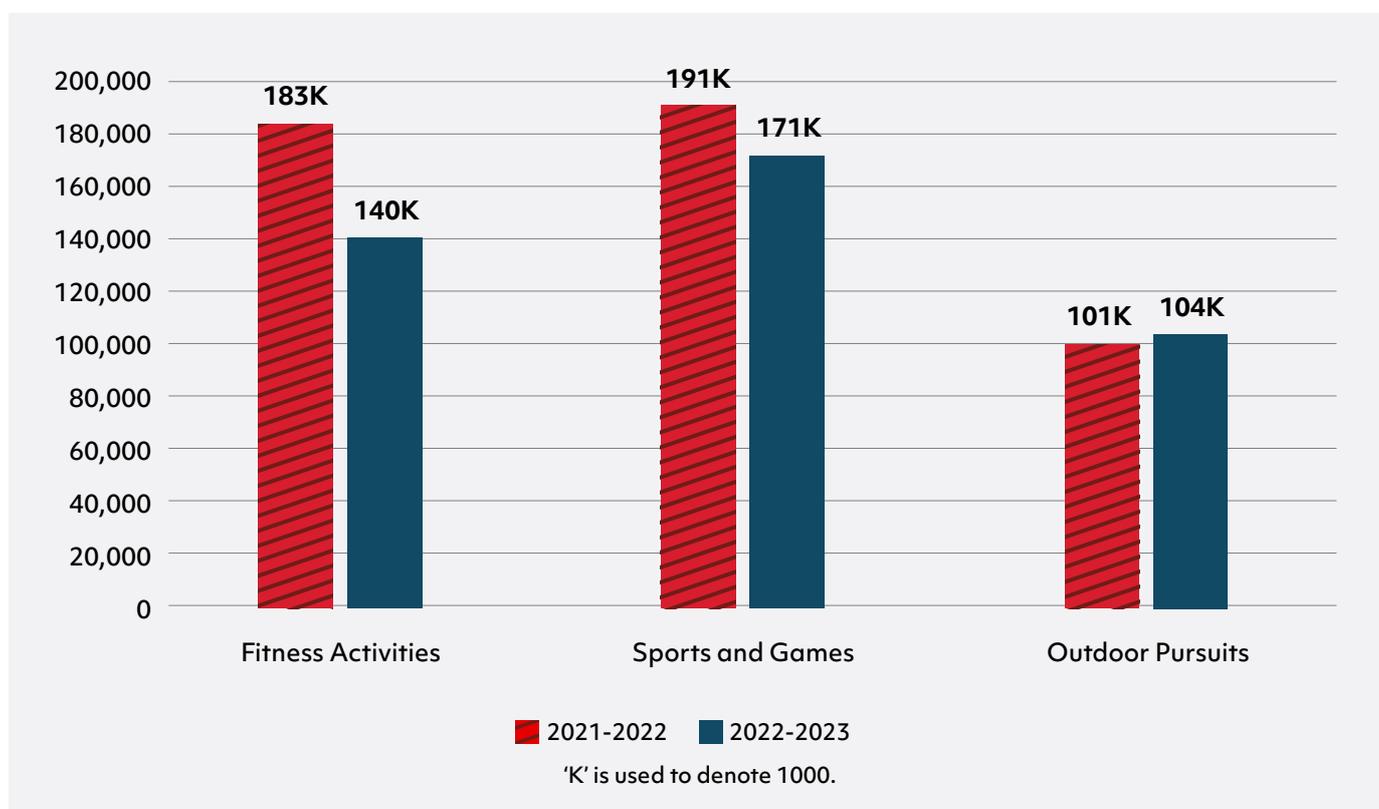
5.7 Unmet Demand²⁵

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

In 2022-23, **40%** or **998,000** adults said they had not participated in any sport or physical activity during the previous four weeks. However, **18%** of these adults said they want to participate in at least one type of sport or physical activity. This represents **183,000** people, or **7%** of the total adult population in Wales.

Compared to 2021-22, there has been a **2-percentage point** decline in the proportion of adults with unmet demand, equating to a difference of **41,000** adults.

Graph 12: The Number of Adults Who Do Not Yet Participate in Fitness Activities, Sports & Games and/or Outdoor Pursuits, but Say They Would Like To²⁷.



Graph 12 shows that, in 2022-23, there were **140,000** adults who did not participate in any ‘Fitness Activity’ but said they would like to. Further, there were **171,000** adults who did not participate in any ‘Sport or Game’, but said they would like to. Finally, **104,000** adults said they did not participate in an Outdoor Pursuit, but said they would like to.

Overall, this equates to approximately **415,000** opportunities in sport amongst adults, which were yet to be met during 2022-23.

Compared to 2021-22, there has been a **2-percentage point** decline in the proportion of adults with unmet demand for ‘Fitness Activities’, whereas unmet demand for ‘Sports and Games’ and ‘Outdoor Pursuits’ has remained similar.

²⁵ Note: the definition for ‘Unmet Demand’ may differ within the State of the Nation Report for the School Sport Survey.

²⁶ Note: participants can feature in multiple broad groups, but are only counted once within each group.

Table 14: The Proportion and Number of Adults Who Have an Unmet Demand for Activity, by Regional Sport Partnership Footprint.

	Percentage of Adults (%)	Number of Adults
Regional Sport Partnership Areas²⁷		
North Wales	8%	45,000
Mid Wales	9%	16,000
West Wales	8%	45,000
Central South	6%	48,000
Gwent	6%	29,000
Population Density²⁸		
'Urban'	7%	120,000
'Rural'	7%	63,000
Wales Total²⁹	7%	183,000

Mid Wales had the highest proportion of adults with unmet demand for sport and/or physical activity. Conversely, Gwent had the lowest proportion of adults with unmet demand for sport and/or physical activity.

Since 2021-22, the number of adults with unmet demand in Central South nearly halved in 2022-23, and in turn, Central South had a lower proportion of adults with unmet demand compared to North, Mid, and West Wales.

Further, a higher proportion of adults from "Rural" areas reported an unmet demand for sport and/or physical activity than in 'Urban' areas. However, almost twice the number of adults with unmet demand live in 'Urban' areas compared to 'Rural' areas.

Since 2021-22, the proportion of adults in 'Urban' areas with unmet demand has declined by **2.5-percentage points**, whereas the proportion of adults in 'Rural' areas with unmet demand has remained similar.

²⁷ Information on Regional Sport Partnerships can be found at <https://www.sport.wales/content-vault/play-your-part>. Appendix 7.2 provides detail of the Local Authorities within each Regional Sport Partnership.

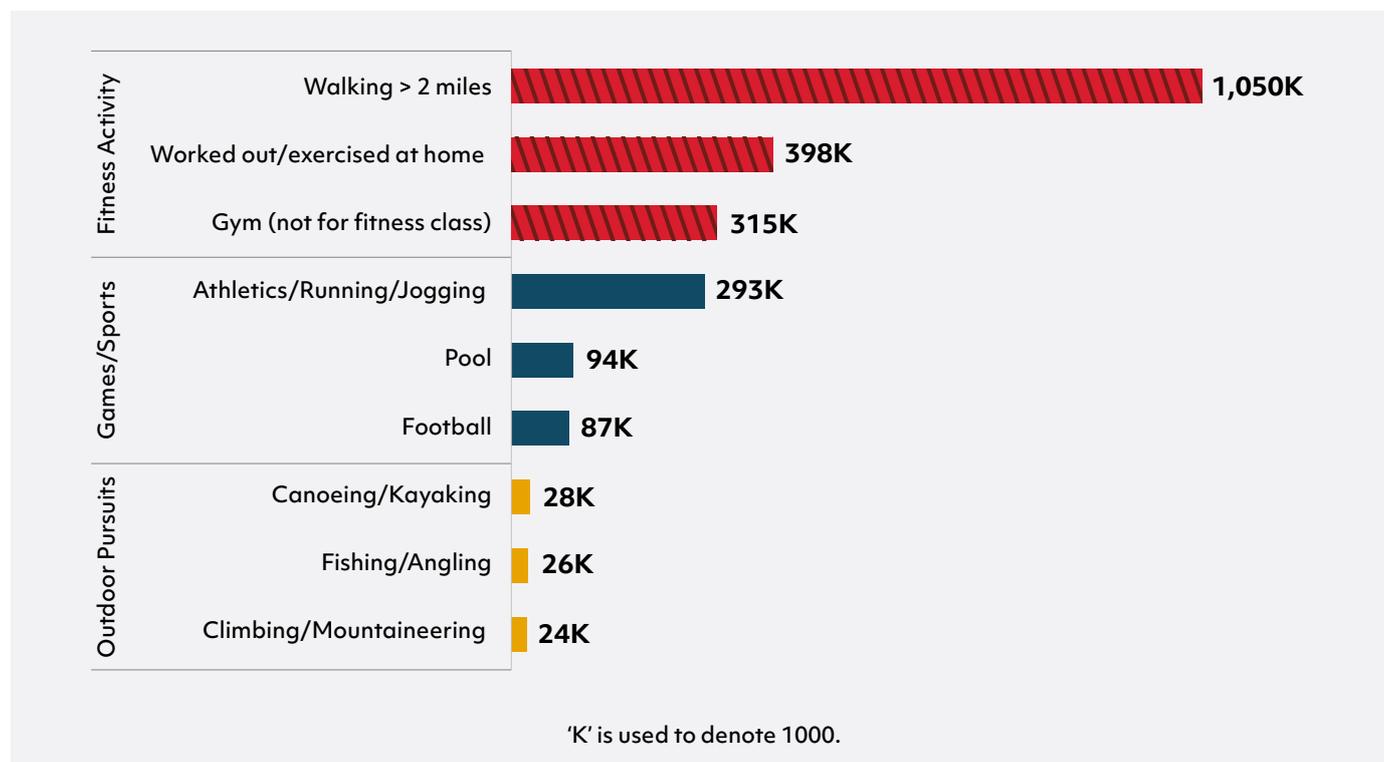
²⁸ Population Density definition can be found here: <https://www.gov.uk/government/statistics/2011-rural-urban-classification>.

²⁹ 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)'; **41%** of adults said they had participated in this activity at least once during the previous four weeks, equating to **1,050,000** adults.

Graph 13: Top Three Participation Activities, by Broad Groups.



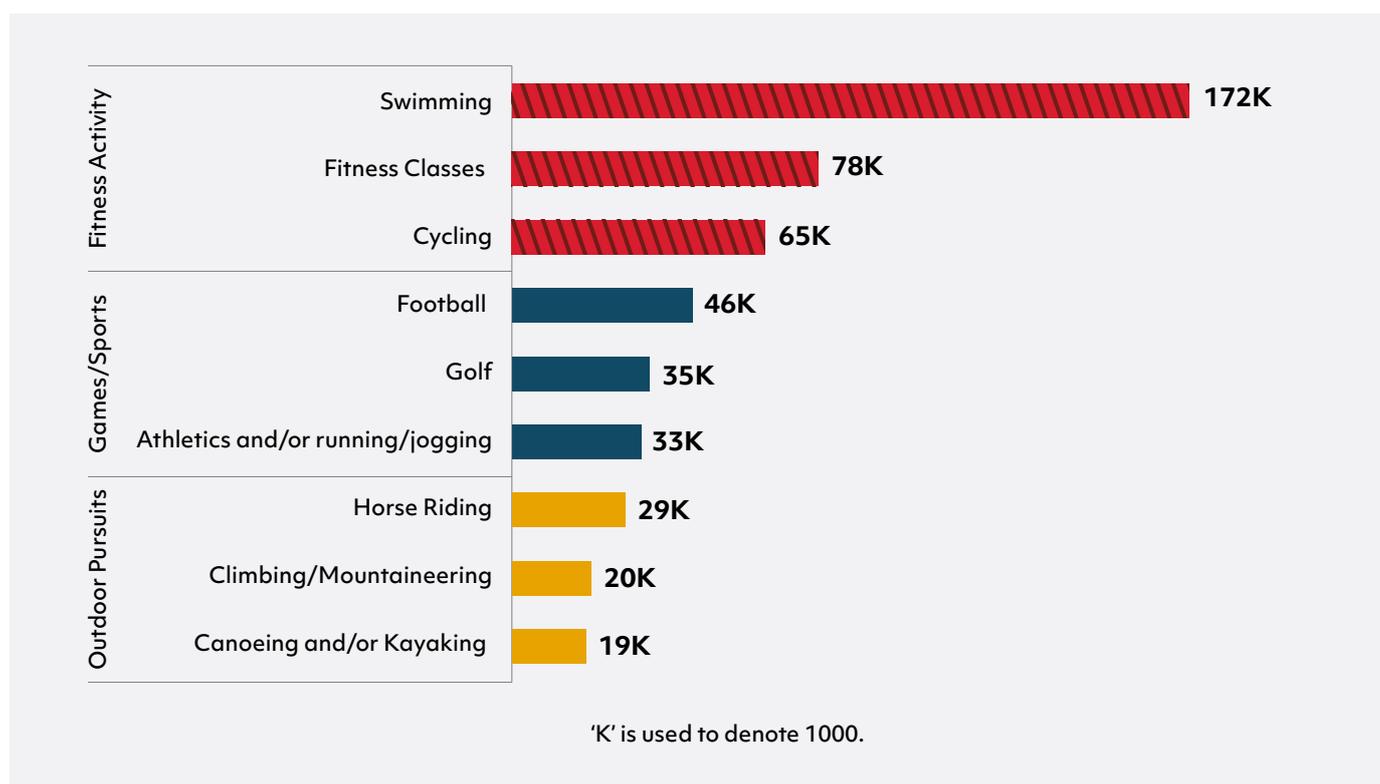
Graph 13 illustrates the three activities within each broad groups that had the highest number of adults participating during the previous four weeks.

Within fitness activities, the most common activity undertaken was Walking (over 2 miles), with **1,050,000** adults having participated during the previous four weeks. Following this, **398,000** adults reported that they had worked out or exercised at home, and **315,000** adults reported had gone to the gym to do cardio, weights, or other strength training (not for fitness classes).

Within Games and Sports, the combined category of 'Athletics, Running and/or Jogging'³⁰ was the most common activity adults reported participating in; **293,000** adults had participated at least once during the previous four weeks. Following this, **94,000** adults had played Pool in the previous four weeks, whereas **87,000** adults had participated in Football.

Within the Outdoor Pursuits category, the activity of Canoeing and/or Kayaking was the most common; **28,000** adults participated at least once during the previous four weeks in this type of activity. Following this, **26,000** adults participated in Fishing and/or Angling, and **24,000** adults participated in 'Climbing / Mountaineering'.

³⁰ Note: 'Running or Jogging' is typically categorised as a 'Fitness Activity', however has been grouped with 'Athletics' for investment purposes, and therefore has been counted in the 'Sports and Games' category here.

Graph 14: Top Three Activities Adults Have Demand for, by Broad Groups.

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

Within Fitness Activities, the most common activity adults reported a demand for was Swimming, with **172,000** adults saying they wanted to do more. Demand for swimming fell by around **62,000** people between 2021-22, however this was somewhat counter balanced by participation numbers increasing by **60,000** people during the same period. Following this, **78,000** adults said they wanted to participate in more Fitness Classes, and **65,000** 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 **46,000** adults saying they wanted to do more. Following this, **35,000** adults said they wanted to participate in more Golf, and **33,000** adults said they wanted to participate in more Athletics and/or Running or Jogging³¹.

Within Outdoor Pursuits, the most common activity adults reported a demand for was Horse Riding with **29,000** adults saying they wanted to do more. Following this, **20,000** adults said they wanted to participate in more Climbing or Mountaineering, and **19,000** adults said they wanted to do more Canoeing or Kayaking.

Compared to 2021-22, the top three most in demand Fitness Activities have remained consistent, however the proportion of adults with demand for these activities has declined. This is also true for the most in demand Sports and Games activities. However, Horse Riding is now the most in demand activity for Outdoor Pursuits, as the number of adults with demand has increased by **9,000** adults since 2021-22.

³¹ Note: 'Running or Jogging' is typically categorised as a 'Fitness Activity', however has been grouped with 'Athletics' for investment purposes, and therefore has been counted in the 'Sports and Games' category here.

7. Appendix

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

Broad Group	Subcategory
Fitness Activity	Worked out or exercised at home, or as part of an online class
	Fitness Classes (in person)
	Gone to gym (not for fitness class)
	Dance Classes
	Cycling
	Swimming or diving
	Walking over 2 miles (inc. Rambling)
	Jogging or Running
	Gymnastics
	Trampolining
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)

The full list of activities are shown within the survey questionnaire: <https://www.gov.wales/sites/default/files/statistics-and-research/2023-06/national-survey-for-wales-telephone-questionnaire-april-2022-to-march-2023.pdf> (English)
<https://www.llyw.cymru/sites/default/files/statistics-and-research/2023-06/arolwg-cenedlaethol-cymru-holiadur-ffon-ebrill-2022-i-fawrth-2023.pdf> (Cymraeg)

7.2 Regional Sport Partnerships Geographical Footprints

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

7.3 Detailed Activity Breakdown 2022-23

List of Sport Activities (includes grouped activities) – 2022-23

Activity type	Participation	Participation	Demand	Demand
Walking over 2 miles	1,050,000	41%	59,000	2%
Worked out/exercised at home	398,000	16%	-	-
Gym (not for fitness class)	315,000	12%	26,000	1%
Athletics and/or running/jogging	293,000	12%	33,000	1%
Weightlifting	246,000	10%	-	-
Swimming	218,000	9%	172,000	7%
Cycling	213,000	8%	65,000	3%
Fitness Classes	208,000	8%	78,000	3%
Pool	94,000	4%	-	-
Football	87,000	3%	46,000	2%
Golf	77,000	3%	35,000	1%
Darts	53,000	2%	-	-
Table tennis	38,000	2%	-	-
Bowling (ten pin)	37,000	1%	-	-
Tennis	36,000	1%	32,000	1%
Dance Classes	31,000	1%	28,000	1%
Canoeing and/or kayaking	28,000	1%	19,000	1%
Fishing or angling	26,000	1%	13,000	1%
Rugby union	24,000	1%	19,000	1%
Climbing or mountaineering	24,000	1%	-	-
Indoor and/or outdoor bowls	21,000	1%	9,000	<1%
Skating or skateboarding	20,000	1%	-	-
Paddleboarding	20,000	1%	14,000	1%
Badminton	20,000	1%	26,000	1%
Horse riding	19,000	1%	29,000	1%

7.3 Detailed Activity Breakdown 2022-23 (continued)

Activity type	Participation	Participation	Demand	Demand
Snooker	13,000	1%	-	-
Target shooting	13,000	1%	-	-
Squash	11,000	<1%	9,000	<1%
Gymnastics and/or trampolining	11,000	<1%	-	-
Netball	11,000	<1%	9,000	<1%
Motorsport	11,000	<1%	-	-
Cricket	7,000	<1%	11,000	<1%
Aqua aerobics	6,000	<1%	-	-
Caving	-	-	20,000	1%
Boxing	-	-	14,000	1%
Skiing and/or snowboarding	-	-	14,000	1%
Archery	-	-	13,000	1%
Tai chi	-	-	6,000	<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 questions (from a survey of around 12,000 adults).