

Leonard Cheshire Disability – Disability and Exercise

METHODOLOGY NOTE

ComRes interviewed 2,051 GB adults online aged 18+, 179 of whom are disabled, between 14th and 15th October 2015. ComRes is a member of the British Polling Council and abides by its rules.

All press releases or other publications must be checked with ComRes before use. ComRes requires 48 hours to check a press release unless otherwise agreed.

To commission a voting intention poll or a public opinion survey please contact Katharine Peacock:
katharine.peacock@comres.co.uk .

To register for Pollwatch, a monthly newsletter update on the polls, please email: pollwatch@comres.co.uk

Disability & Exercise Survey

ONLINE Fieldwork: 14th - 15th October 2015

Absolutes/col percents

Table 1

Q.1 In the past week, on how many days, if any, have you done a total of 30 minutes or more of moderate intensity physical activity?

Base: All respondents

	Gender		Age						Social Grade				Employment Sector		
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	AB	C1	C2	DE	Public	Private
Unweighted base	2051	1044	1007	231	324	308	383	307	498	490	615	390	556	221	810
Weighted base	2051	999	1052	238	355	337	365	296	460	552	552	447	500	258	903
0 days	644 31%	287 29%	357 34%	58 24%	85 24%	90 27%	129 35%	114 39%	167 36%	123 22%	160 29%	151 34%	209 42%	67 26%	228 25%
1 day	275 13%	119 12%	155 15%	50 21%	46 13%	51 15%	47 13%	34 11%	46 10%	81 15%	90 16%	60 13%	44 9%	38 15%	137 15%
2 days	346 17%	161 16%	185 18%	52 22%	69 19%	51 15%	57 15%	35 12%	84 18%	103 19%	88 16%	76 17%	80 16%	46 18%	149 16%
3 days	268 13%	144 14%	123 12%	32 14%	52 15%	56 17%	35 10%	39 13%	53 12%	73 13%	85 15%	48 11%	63 13%	30 12%	133 15%
4 days	156 8%	85 9%	71 7%	11 5%	37 10%	22 7%	31 8%	14 5%	41 9%	56 10%	36 7%	42 9%	22 4%	22 9%	71 8%
5 days	175 9%	89 9%	85 8%	18 7%	34 9%	38 11%	31 8%	27 9%	28 6%	68 12%	36 6%	33 7%	39 8%	28 11%	97 11%
6 days	51 2%	30 3%	21 2%	6 3%	14 4%	6 2%	7 2%	9 3%	8 2%	17 3%	13 2%	12 3%	9 2%	10 4%	24 3%
7 days	137 7%	83 8%	54 5%	11 4%	19 5%	22 6%	29 8%	24 8%	33 7%	31 6%	45 8%	26 6%	36 7%	18 7%	64 7%
Mean	2.21	2.43	2.00	2.08	2.45	2.35	2.16	2.14	2.08	2.51	2.23	2.10	1.95	2.46	2.43
Standard deviation	2.15	2.22	2.05	1.93	2.07	2.12	2.24	2.30	2.16	2.08	2.16	2.13	2.20	2.19	2.15
Standard error	0.05	0.07	0.06	0.13	0.11	0.12	0.11	0.13	0.10	0.09	0.09	0.11	0.09	0.15	0.08

Disability & Exercise Survey

ONLINE Fieldwork: 14th - 15th October 2015

Absolutes/col percents

Table 1

Q.1 In the past week, on how many days, if any, have you done a total of 30 minutes or more of moderate intensity physical activity?

Base: All respondents

	Region													Do you have a longstanding physical or mental condition or disability?					
	Total	Scotland	Wales	NET: England	North East	North West	Yorkshire & Humberside	West Midlands	East Midlands	Eastern	London	South East	South West	NET: Yes	Yes - mental condition	Yes - physical condition	Yes - disability	Yes - other	No
Unweighted base	2051	188	112	1751	81	216	183	182	122	226	275	305	161	474	144	286	179	26	1528
Weighted base	2051	178	104	1768	86	236	174	184	152	199	270	287	180	402	121	244	146	20	1603
0 days	644 31%	62 35%	39 37%	543 31%	27 32%	77 33%	47 27%	53 29%	33 22%	59 29%	93 35%	107 37%	46 25%	188 47%	41 34%	129 53%	81 56%	10 52%	443 28%
1 day	275 13%	20 11%	8 8%	246 14%	15 17%	21 9%	18 10%	34 19%	26 17%	29 15%	35 13%	43 15%	26 14%	39 10%	15 12%	21 8%	10 7%	1 4%	226 14%
2 days	346 17%	35 20%	13 12%	299 17%	14 16%	31 13%	25 14%	29 16%	28 19%	35 18%	52 19%	49 17%	36 20%	67 17%	23 19%	34 14%	24 17%	1 4%	276 17%
3 days	268 13%	27 15%	15 14%	226 13%	8 9%	34 14%	33 19%	24 13%	14 9%	24 12%	24 9%	32 11%	35 19%	39 10%	17 14%	21 9%	8 6%	4 19%	222 14%
4 days	156 8%	14 8%	4 3%	139 8%	9 10%	18 8%	15 8%	13 7%	17 11%	12 6%	26 9%	15 5%	15 8%	21 5%	6 5%	16 6%	6 4%	2 10%	133 8%
5 days	175 9%	7 4%	14 13%	155 9%	5 5%	22 9%	11 6%	12 6%	17 11%	23 12%	27 10%	27 9%	12 6%	19 5%	7 5%	8 3%	9 6%	- -	149 9%
6 days	51 2%	4 2%	3 3%	44 2%	3 4%	11 5%	9 5%	5 3%	2 2%	5 3%	3 1%	4 1%	1 *	5 1%	3 3%	1 *	- -	* 2%	46 3%
7 days	137 7%	10 6%	10 10%	117 7%	6 7%	22 9%	16 9%	15 8%	14 9%	11 6%	11 4%	10 3%	11 6%	25 6%	9 7%	14 6%	8 6%	2 10%	107 7%
Mean	2.21	1.99	2.36	2.22	2.13	2.50	2.57	2.22	2.56	2.24	2.01	1.83	2.23	1.67	2.09	1.47	1.40	1.90	2.34
Standard deviation	2.15	2.03	2.40	2.14	2.17	2.37	2.27	2.18	2.21	2.13	2.02	1.97	1.97	2.08	2.16	2.02	2.02	2.42	2.14
Standard error	0.05	0.15	0.23	0.05	0.24	0.16	0.17	0.16	0.20	0.14	0.12	0.11	0.15	0.10	0.18	0.12	0.15	0.47	0.05

Disability & Exercise Survey

ONLINE Fieldwork: 14th - 15th October 2015

Absolutes/col percents

Table 2

Q.2 In the past week, how much moderate intensity physical activity, if any, have you completed in total?

Base: All respondents

	Total	Gender		Age						Social Grade				Employment Sector		
		Male	Female	18-24	25-34	35-44	45-54	55-64	65+	AB	C1	C2	DE	Public	Private	
Unweighted base	2051	1044	1007	231	324	308	383	307	498	490	615	390	556	221	810	
Weighted base	2051	999	1052	238	355	337	365	296	460	552	552	447	500	258	903	
None	(0)	567 28%	265 27%	302 29%	48 20%	69 20%	92 27%	109 30%	104 31%	144 35%	105 19%	133 24%	128 29%	201 40%	53 20%	198 22%
Up to 30 minutes	(0.25)	328 16%	131 13%	197 19%	52 22%	67 19%	48 14%	52 14%	43 15%	66 14%	72 13%	94 17%	85 19%	77 15%	50 19%	139 15%
More than 30 minutes and up to an hour	(0.75)	411 20%	207 21%	204 19%	53 22%	72 20%	87 26%	66 18%	49 17%	84 18%	121 22%	122 22%	94 21%	74 15%	53 20%	209 23%
More than an hour and up to 2 hours	(1.5)	306 15%	151 15%	156 15%	38 16%	74 21%	43 13%	51 14%	35 12%	65 14%	93 17%	83 15%	63 14%	67 13%	52 20%	132 15%
More than 2 hours and up to 3 hours	(2.5)	183 9%	100 10%	83 8%	21 9%	24 7%	34 10%	36 10%	26 9%	42 9%	67 12%	51 9%	34 8%	31 6%	21 8%	98 11%
More than 3 hours	(4)	256 12%	146 15%	110 10%	26 11%	50 14%	32 9%	51 14%	39 13%	59 13%	93 17%	69 12%	44 10%	50 10%	29 11%	126 14%
Mean	1.14	1.25	1.03	1.11	1.24	1.05	1.19	1.08	1.12	1.43	1.16	0.99	0.91	1.16	1.26	
Standard deviation	1.31	1.37	1.25	1.24	1.31	1.22	1.37	1.36	1.33	1.39	1.30	1.22	1.25	1.25	1.34	
Standard error	0.03	0.04	0.04	0.08	0.07	0.07	0.07	0.08	0.06	0.06	0.05	0.06	0.05	0.08	0.05	

Disability & Exercise Survey

ONLINE Fieldwork: 14th - 15th October 2015

Absolutes/col percents

Table 2

Q.2 In the past week, how much moderate intensity physical activity, if any, have you completed in total?

Base: All respondents

	Region														Do you have a longstanding physical or mental condition or disability?					
	Total	Scotland	Wales	NET: England	North East	North West	Yorkshire & Humberside	West Midlands	East Midlands	Eastern	London	South East	South West	NET: Yes	Yes - mental condition	Yes - physical condition	Yes - disability	Yes - other	No	
Unweighted base	2051	188	112	1751	81	216	183	182	122	226	275	305	161	474	144	286	179	26	1528	
Weighted base	2051	178	104	1768	86	236	174	184	152	199	270	287	180	402	121	244	146	20	1603	
None	(0)	567 28%	54 30%	31 29%	483 27%	24 27%	78 33%	43 25%	46 25%	32 21%	51 26%	72 27%	94 33%	43 24%	177 44%	43 36%	118 48%	83 57%	9 43%	378 24%
Up to 30 minutes	(0.25)	328 16%	33 19%	17 16%	277 16%	10 12%	24 10%	29 17%	28 15%	23 15%	36 18%	57 21%	52 18%	18 10%	53 13%	18 15%	30 12%	14 9%	1 7%	268 17%
More than 30 minutes and up to an hour	(0.75)	411 20%	28 16%	17 16%	365 21%	18 21%	40 17%	30 17%	47 26%	34 23%	33 17%	66 24%	56 20%	41 23%	60 15%	15 12%	32 13%	21 15%	3 13%	342 21%
More than an hour and up to 2 hours	(1.5)	306 15%	32 18%	12 12%	262 15%	19 23%	26 11%	28 16%	24 13%	21 14%	33 17%	29 11%	44 15%	36 20%	53 13%	19 15%	32 13%	15 10%	4 18%	248 15%
More than 2 hours and up to 3 hours	(2.5)	183 9%	15 8%	10 10%	158 9%	6 7%	31 13%	21 12%	9 5%	16 10%	17 9%	21 8%	17 6%	21 12%	23 6%	11 9%	11 4%	6 4%	2 10%	155 10%
More than 3 hours	(4)	256 12%	16 9%	17 16%	222 13%	9 11%	37 16%	22 13%	29 16%	25 17%	29 15%	25 9%	23 8%	21 12%	37 9%	16 13%	22 9%	8 5%	2 8%	213 13%
Mean		1.14	1.01	1.24	1.14	1.12	1.28	1.23	1.19	1.34	1.22	0.96	0.90	1.26	0.85	1.11	0.79	0.60	0.97	1.21
Standard deviation		1.31	1.22	1.44	1.31	1.24	1.44	1.33	1.38	1.40	1.37	1.20	1.16	1.28	1.22	1.37	1.21	1.04	1.25	1.32
Standard error		0.03	0.09	0.14	0.03	0.14	0.10	0.10	0.10	0.13	0.09	0.07	0.07	0.10	0.06	0.11	0.07	0.08	0.25	0.03

Disability & Exercise Survey

ONLINE Fieldwork: 14th - 15th October 2015

Absolutes/col percents

Table 3

Q.3 Have any of the following been a barrier to your participation in sport, exercise or physical activity?

Base: All respondents

	Gender		Age						Social Grade				Employment Sector		
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	AB	C1	C2	DE	Public	Private
Unweighted base	2051	1044	1007	231	324	308	383	307	498	490	615	390	556	221	810
Weighted base	2051	999	1052	238	355	337	365	296	460	552	552	447	500	258	903
Embarrassment about how I look when I exercise	387 19%	138 14%	249 24%	87 37%	99 28%	68 20%	67 18%	38 13%	27 6%	95 17%	108 20%	95 21%	89 18%	53 21%	192 21%
Fear of injury	196 10%	82 8%	115 11%	27 11%	36 10%	29 9%	27 7%	30 10%	47 10%	46 8%	61 11%	40 9%	49 10%	17 7%	88 10%
Poor attitudes or rudeness from the staff at sports clubs/gyms	123 6%	44 4%	78 7%	34 14%	35 10%	19 6%	16 4%	9 3%	10 2%	26 5%	35 6%	23 5%	39 8%	15 6%	55 6%
Exercise facilities which are not accessible for disabled people (e.g. difficult to get into, difficult to get around and/or exercise machines which are difficult to use)	119 6%	57 6%	62 6%	15 6%	16 5%	32 9%	17 5%	14 5%	25 5%	33 6%	24 4%	26 6%	36 7%	14 5%	43 5%
A lack of transport which disabled people can use to get to local exercise facilities	66 3%	32 3%	34 3%	3 1%	15 4%	17 5%	11 3%	9 3%	11 2%	12 2%	14 3%	13 3%	27 5%	4 2%	28 3%
A lack of exercise provision suitable for disabled people	60 3%	30 3%	30 3%	4 2%	8 2%	10 3%	11 3%	12 4%	16 3%	8 2%	10 2%	13 3%	29 6%	5 2%	3 *
A lack of support to enable me to participate in exercise (e.g. no care workers available to support me)	21 1%	13 1%	7 1%	- -	2 *	4 1%	5 1%	3 1%	7 1%	4 1%	8 1%	2 *	7 1%	3 1%	1 *
None of these	1369 67%	706 71%	663 63%	108 45%	205 58%	207 62%	265 73%	218 74%	366 80%	381 69%	362 66%	299 67%	326 65%	167 65%	596 66%

Disability & Exercise Survey

ONLINE Fieldwork: 14th - 15th October 2015

Absolutes/col percents

Table 3

Q.3 Have any of the following been a barrier to your participation in sport, exercise or physical activity?**Base: All respondents**

	Region													Do you have a longstanding physical or mental condition or disability?					
	Total	Scotland	Wales	NET: England	North East	North West	Yorkshire & Humberside	West Midlands	East Midlands	Eastern	London	South East	South West	NET: Yes	Yes - mental condition	Yes - physical condition	Yes - disability	Yes - other	No
Unweighted base	2051	188	112	1751	81	216	183	182	122	226	275	305	161	474	144	286	179	26	1528
Weighted base	2051	178	104	1768	86	236	174	184	152	199	270	287	180	402	121	244	146	20	1603
Embarrassment about how I look when I exercise	387 19%	37 21%	20 19%	330 19%	21 25%	39 17%	35 20%	49 27%	20 13%	32 16%	48 18%	58 20%	29 16%	87 22%	49 40%	37 15%	25 17%	3 18%	292 18%
Fear of injury	196 10%	25 14%	9 9%	162 9%	4 4%	20 9%	13 8%	21 11%	17 11%	23 12%	25 9%	21 7%	17 10%	67 17%	21 17%	49 20%	30 21%	3 13%	127 8%
Poor attitudes or rudeness from the staff at sports clubs/gyms	123 6%	8 4%	6 6%	109 6%	6 7%	14 6%	6 3%	11 6%	7 5%	20 10%	22 8%	12 4%	12 7%	33 8%	19 15%	13 5%	10 7%	1 7%	88 5%
Exercise facilities which are not accessible for disabled people (e.g. difficult to get into, difficult to get around and/or exercise machines which are difficult to use)	119 6%	10 5%	9 9%	100 6%	6 7%	16 7%	10 6%	7 4%	12 8%	11 5%	12 5%	18 6%	7 4%	66 16%	17 14%	42 17%	38 26%	1 3%	52 3%
A lack of transport which disabled people can use to get to local exercise facilities	66 3%	7 4%	5 5%	54 3%	2 3%	12 5%	4 2%	2 1%	9 6%	5 3%	9 3%	8 3%	3 1%	28 7%	8 7%	20 8%	16 11%	3 16%	35 2%
A lack of exercise provision suitable for disabled people	60 3%	4 2%	3 3%	52 3%	6 7%	6 3%	3 2%	7 4%	4 2%	6 3%	7 3%	9 3%	4 2%	60 15%	19 16%	40 17%	60 41%	4 19%	-
A lack of support to enable me to participate in exercise (e.g. no care workers available to support me)	21 1%	1 1%	2 2%	18 1%	1 1%	4 2%	-	1 1%	3 2%	2 1%	3 1%	1 *	3 2%	21 5%	7 6%	14 6%	21 14%	* 2%	-
None of these	1369 67%	115 64%	65 62%	1189 67%	58 68%	163 69%	117 67%	117 64%	104 68%	132 66%	182 67%	187 65%	130 72%	206 51%	42 35%	137 56%	51 35%	10 53%	1130 70%