

# BALANCING LIFE 2018

A SURVEY OF ACTIVITY & WELLBEING AT THE UNIVERSITY OF LEEDS





# BALANCING LIFE

## AN INSIGHT SURVEY

The aim of this survey is to establish and better understand the current activity levels of the students and staff at the University of Leeds, while also taking into consideration their wellbeing, for the purpose of providing a benchmark for future annual comparisons.

Data was collected on all the activity they took part in during the previous 4 weeks and standardised to draw out the specific activities that constituted health benefits. Specific interpretation of data will create opportunities for us to pilot interventions collaboratively with faculties to support more people to be more regularly active.



# INTRODUCTION

Sport and Physical Activity and Leeds University Union has investigated the levels of activity of our student and staff population for a second year running. This annual survey provides an insight into the current activity levels of the University population and helps to identify areas where more could be done to influence levels of activity.

## Methods

The survey was designed on the principle of the Sport England Active Lives survey and edited to be specific to the University of Leeds. It was created and distributed using Bristol Online Survey. The minutes of activity were calculated once participants had detailed activity they took part in as opposed to answering a direct question on perceived level of activity. Data was cleaned to remove potential errors. Comparisons have been made with Sport England Active Lives survey results (published Mar 2018) and the Office for National Statistics Annual Population Survey (APS) results (Sep 2017).

## Results

There were 1465 accepted responses from 542 members of staff and 923 students. Of the sample population 74% were active, while 26% were insufficiently active or inactive. Staff were 2% more active than students and 59% of that activity takes place on campus. When asked directly about their relationship to sport and physical activity, 39% of our sample 'do it regularly and are sticking with it', 7% are 'not considering it' and 54% are 'thinking about it, have looked into options and just getting involved'.

## Discussion

University of Leeds students and staff are more active than the general population in the UK but specifically University of Leeds students are less active than the average higher education population (4%) while staff are more active than the average working population (8%). Compared to the APS questions on wellbeing, the University scored lower on all four questions than the general population. Those who were physically active (150 minutes or more) showed greater personal and mental wellbeing scores than those who were insufficiently active (less than 150 minutes).

## Action

**Qualitative insight through focus groups** is seen as the next step to better understanding the responses and determine interventions which could support in **getting the campus population more regularly active**. This additional insight will be used to plan and implement interventions, following which impact will be assessed. There is the opportunity to **impact on the habit of up to 54% of our population** who are creating regular activity habits, and through the right offer we can provide support to create habits and encourage more people, to be more regularly active.

1465

Accepted responses

74%

Active

26%

Fairly active or inactive



54%

Currently  
creating  
regular habits

39%

Staff and Students  
regularly taking part  
in exercise, and  
sticking with it



59%

Of the activity takes  
place on campus or is  
university organised

3%

Decrease in  
active population  
from 2017 results



Students are 4%  
less active than  
the average higher  
education population.

Staff are 8%  
more active  
than the  
average working  
population

# DEFINITIONS

## The Behaviour Change Model

Our behaviour plays an important part in how we as individuals interact with sport and physical activity. Understanding how behaviour can be changed is imperative to finding out more ways we can encourage people to engage with getting active. The Behaviour Change Model below shows examples of different behavioural challenges, and their alignment to the Transtheoretical Model of behaviour change:



## Levels of Activity

The activity answers from each participant resulted in them being defined in one of the following categories:

### Inactive:

Refers to people doing 29 minutes or less of physical activity a week.

### Fairly Active:

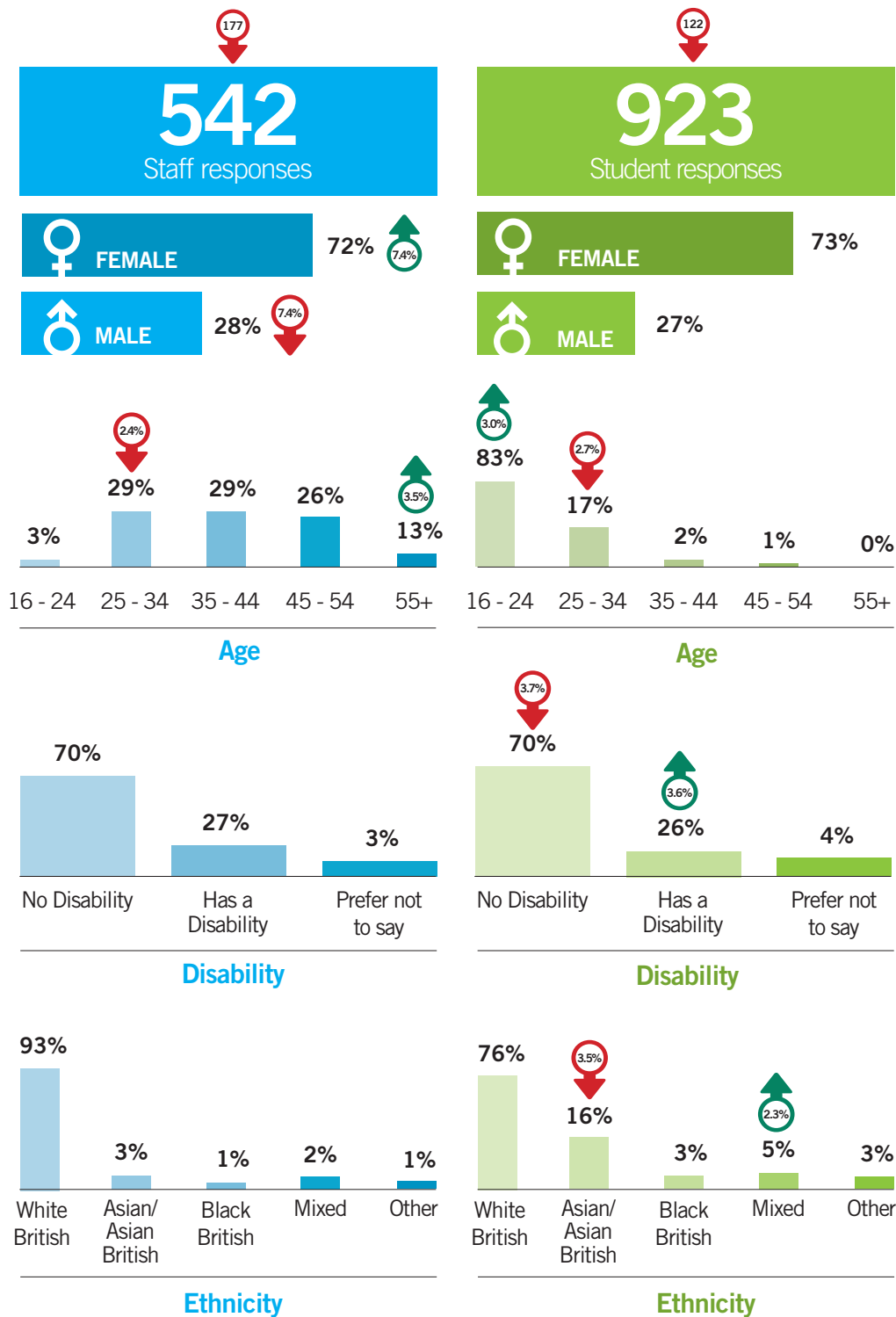
Refers to people doing between 30 - 149 minutes of physical activity a week.

### Active:

Refers to people doing at least 150 minutes of physical activity a week.

The Chief Medical officer (CMO) of Sport England recommends that adults should aim to be in the active category, with physical activity spread throughout the week, and of at least moderate intensity - with vigorous activity counting as double.

# DEMOGRAPHICS



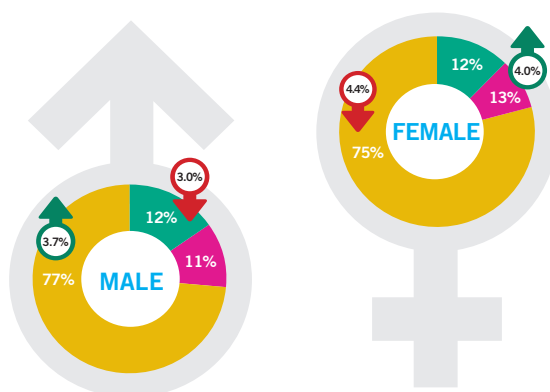
# ACTIVITY

## Activity Level

### KEY:

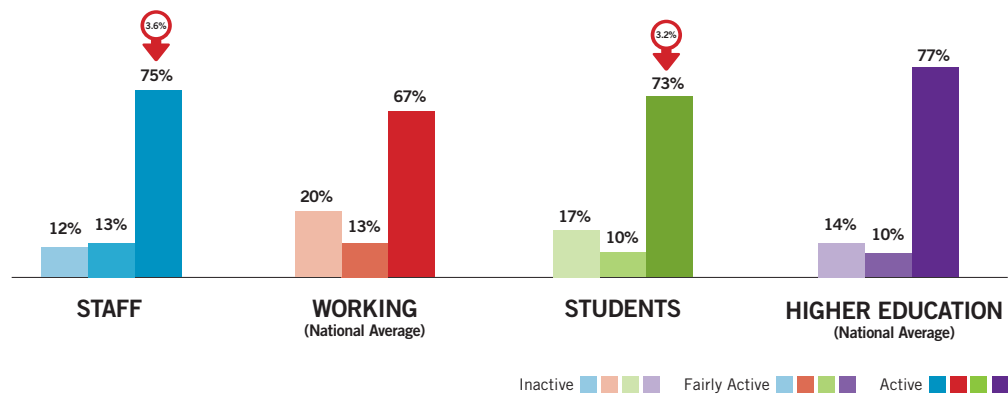


The difference in results between the 2017 & 2018 survey results, greater than 2%

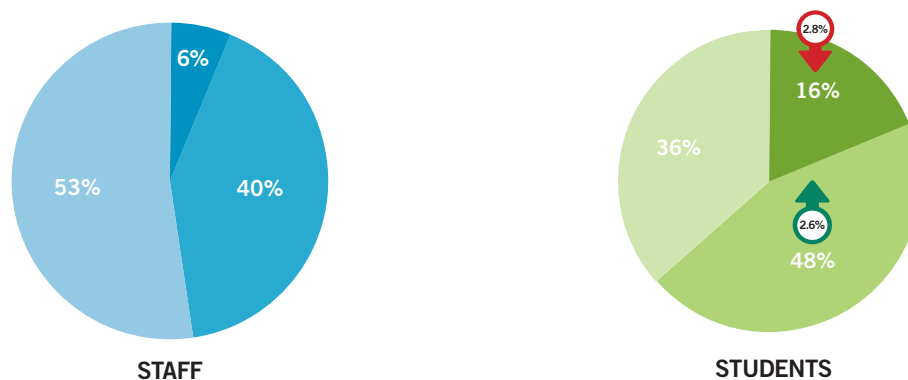


Inactive Fairly Active Active

## Sport England Active Lives Survey results comparison



## Location



Off Campus Campus & Not Organised Campus & Organised



# BEHAVIOUR

## Behaviour Change Model - Survey results

### KEY:



The difference in results between the 2017 & 2018 survey results, greater than 2%

NOT ON MY RADAR

7%

THINKING ABOUT IT



16%

CONSIDERING IT  
AND LOOKED INTO IT



18%

JUST GETTING  
INVOLVED



21%

DOING IT  
REGULARLY



39%

# WELLBEING

The survey used two methods to measure wellbeing; the Office for National Statistics Personal Well-being (ONS) questions and the Short Warwick-Edinburgh Mental Well-being Scale (SWEMWBS).

The ONS personal well-being questions ask about four areas of your life and are scored from 0 (not at all) to 10 (completely).

The SWEMWBS asks the level of agreement with positively worded statements (e.g. I've been feeling relaxed) and are scored from 'None of the time' to 'All of the time', the maximum score is 35 and the higher score represents higher mental wellbeing. This is also called the Population Mental Well-being measure included in the ONS well-being report.

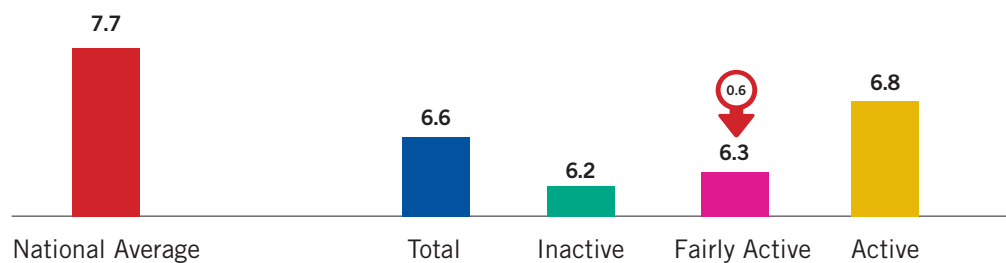
## ONS Personal Wellbeing Question Results

### KEY:

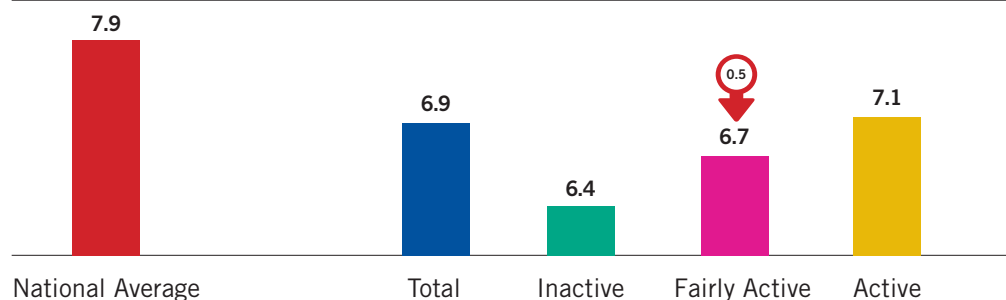


The difference in results between the 2017 & 2018 survey results, equal to or greater than 0.5

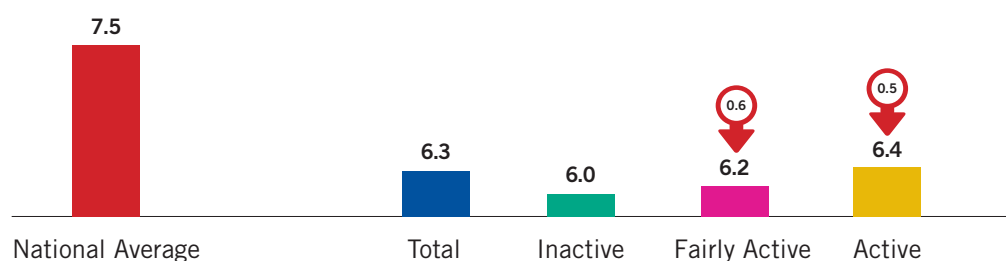
### Life Satisfaction



### Feeling Worthwhile



### Happiness

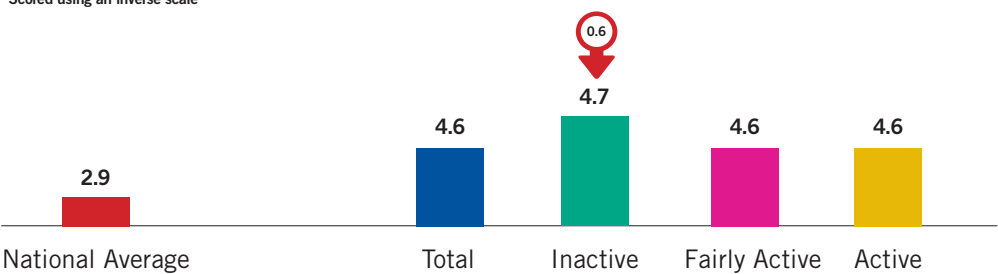


# WELLBEING

## ONS Personal Wellbeing Question Results

### Anxiety\*

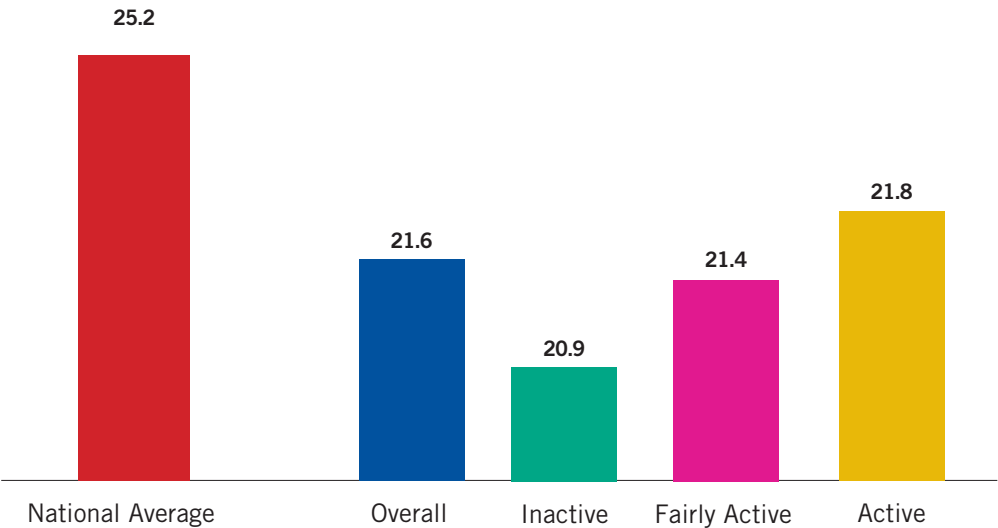
\*Scored using an inverse scale



## SWEMWBS Results

Differences from the 2017 results for the SWEMWBS cannot be displayed as these questions were not included in the 2017 edition of the survey.

### Total





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