

BALANCING

Each year we survey our University community to find out about activity levels and wellbeing on campus. The results of **BALANCING LIFE** help shape Sport & Physical Activity's future plans and initiatives.

This year's results coincide with the launch of Sport & Physical Activity's new strategy **DO WHAT MOVES YOU**, which outlines our vision of making Leeds the best university to be active.



BALANCING LIFE specifically informs our approach to one of three key strategic aims – to help staff and students Improve their Health and Wellbeing.

By the end of this strategy in 2022, we think success will mean:

- 75% of campus will be considered 'physically active'
- We will achieve an overall campus wellbeing score of 23.5*
- Our health and wellbeing offer will be truly inclusive and cater for everyone on campus.

2019 HEADLINE

2172 total responses to our survey – that's **48% more** than 2018... thank you!

46% of you are 'regularly active', that's **7% more** than 2018.

75% of campus is 'physically active', up **1%** on 2018.

10% University staff are **10% more active** than the average working population.

RESULTS

25% of campus is only 'fairly active' or 'inactive', down **1%** from 2018.

1% University students are **1% less active** than the higher education average.

22 Scoring **22** on the SWEMWBS*, the results showed that our overall mental wellbeing scores are behind the national average (25.2).

*SWEMWBS (Short Warwick-Edinburgh Mental Well-being Scale) asks you to what level you agree with positively worded statements, ranging from "none of the time" to "all of the time", with the highest possible score being 35. Higher scores represent higher mental wellbeing.

CONCLUSION

This year's results have been positive, with a large increase in both responses and people on campus doing regular exercise. We shall continue our hard work, as both a department and in conjunction with the wider University, to keep improving our offer and provide opportunities for people to be more active.

Some of our priorities include:

- To develop a location based approach that brings physical activity to different areas of campus
- Further develop our network of health and wellbeing ambassadors
- Develop an online hub for physical activity and wellbeing
- Develop a creative approach which addresses the main barriers to participation
- Introduce a series of workshops and seminars that address sleep
- Continue to increase the number of survey responses
- Support our quantitative data with the introduction of focus groups.

WE WOULD LOVE TO HEAR YOUR IDEAS!
YOU CAN HELP SHAPE OUR PLANS AND INITIATIVES BY GETTING IN TOUCH
sport.leeds.ac.uk/balancinglife



WELLBEING

We used two different methods to measure wellbeing among staff and students; The Office for National Statistics Personal Wellbeing (ONS) questions and the Short Warwick-Edinburgh Mental Well-being Scale (SWEMWBS). ONS asks about four areas of your life, and is scored from 0 (not at all) to 10 (completely). SWEMWBS asks you to what level you agree with positively worded statements, ranging from “none of the time” to “all of the time”, with the highest possible score being 35. Higher scores represent higher mental wellbeing.

The results showed that our overall mental wellbeing scores are behind the national average, **scoring 22 on the SWEMWBS (national average is 25.2).**

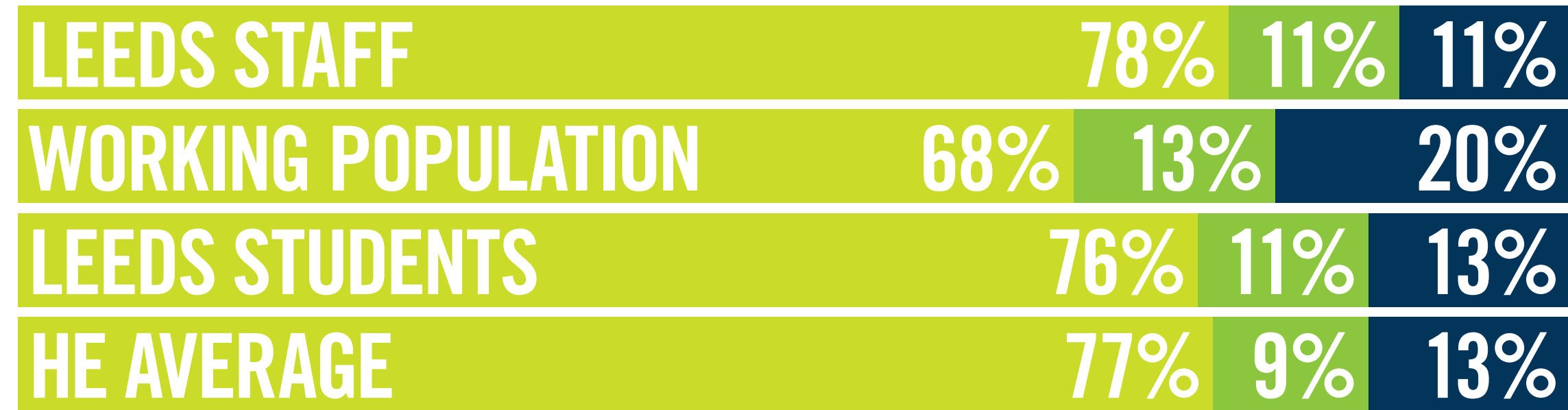
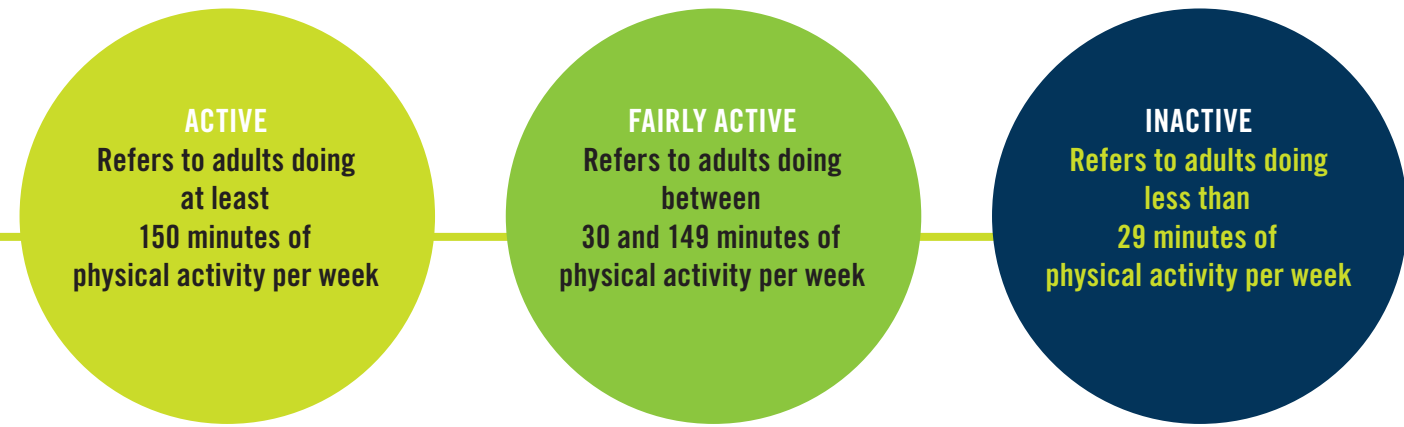
However, the results showed a positive link between physical activity and wellbeing level, showing that our more active members of campus display a more positive mental attitude. These results also confirm that our more active campus population presented lower levels of anxiety.



PHYSICAL ACTIVITY

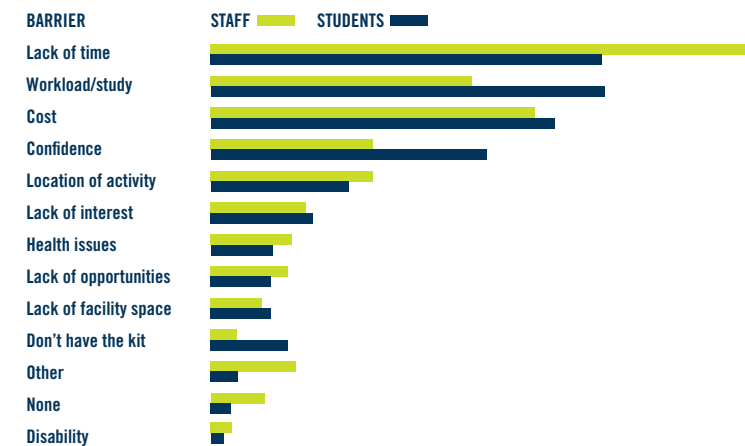
We based your perceived activity levels on guidance from the UK Chief Medical Officer and Sport England, who define activity levels as

The results showed that our staff are slightly more active than our students; our campus’s activity levels are on par with the wider Higher Education sector and significantly higher than the general working population.



BARRIERS TO PARTICIPATION

We also wanted to know what was stopping people from participating in physical activity. Although there were subtle differences between staff and students, the top three barriers among both groups were lack of time, workload/study and cost.



LIFESTYLE

It's a positive picture in terms of smoking, following the introduction of the smoke-free initiative. 90% of you do not smoke at all, helping us keep the air on campus cleaner and supporting better health.

Sleep quality could be improved among respondents, with the majority having some issues and 29% of you reporting that sleep had been troubling you lately.