

# BALANCING



## HEADLINE RESULTS 2020

Of 800 Respondants

**57%** ACTIVE

**25%** FAIRLY ACTIVE

**18%** INACTIVE



**91%**  
do not smoke or have never smoked



**69%**  
aren't getting recommended daily intake of fruit and veg; 54% of which believe they have a nutritionally balanced diet

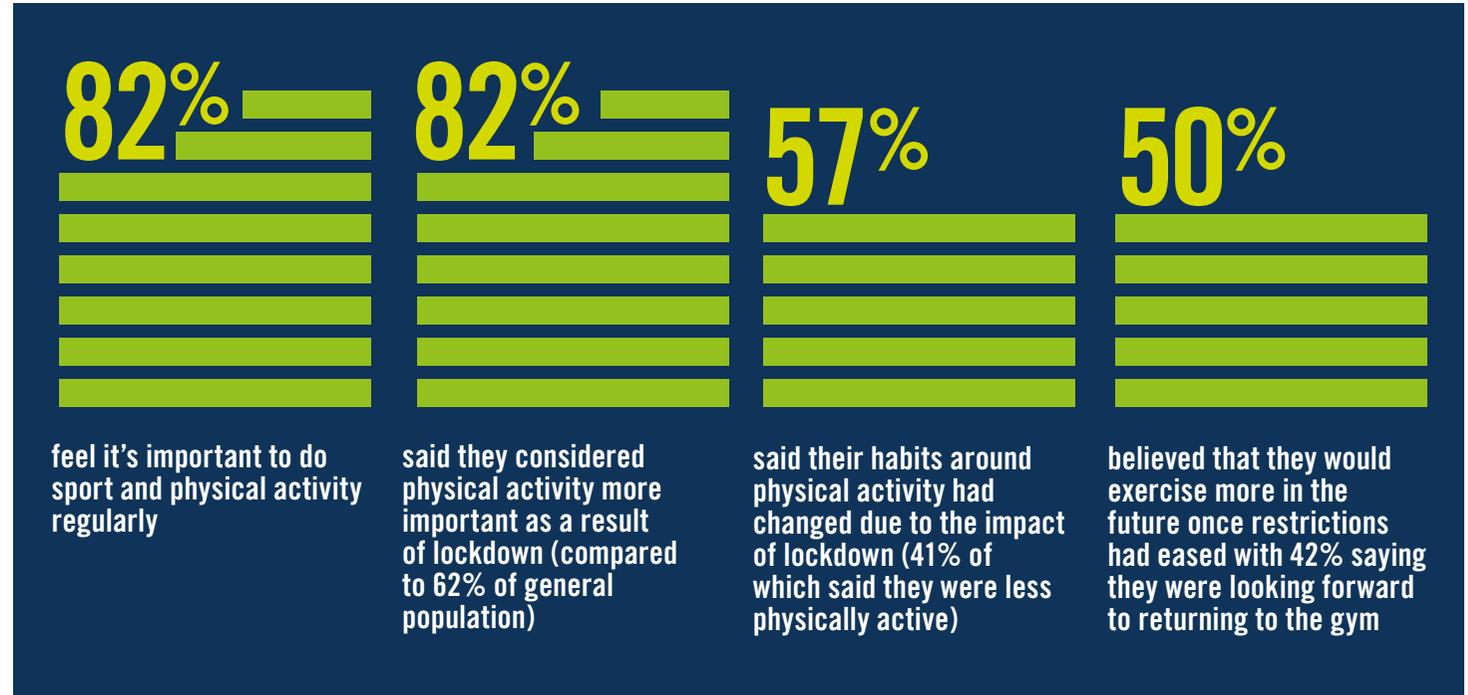


**47%**  
report trouble with their sleeping 'very much' or 'quite a bit' with 40% having trouble 4-7 nights per week (compared to 29% last year.)

## LIFESTYLE

Each year we survey our University community to find out about physical activity and wellbeing levels on campus. The insight from **BALANCING LIFE** plays a key role in shaping future plans and initiatives.

This year things were quite different and many people's lives changed significantly due to Covid-19. With gyms and leisure centres closed for a period of time and more of an emphasis on exercising at home or outdoors, we were interested to know how social distancing measures and a period of being told to 'stay home', impacted upon habits and attitudes towards physical activity; as well as the overall wellbeing of our University community.



# WELLBEING

We used two different methods to assess 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 FOUND THAT WITHIN OUR UNIVERSITY COMMUNITY:

- there is an average SWEMWBS score of 19.98 (Medium score). This is down from 22 last year and lower than the national average of 25.2 (ONS).
- 47% of people reported high levels of anxiety, compared to 40% last year.
- results show positive correlations between physical activity and wellbeing, with 86% of those classed as ‘active’ scoring high on SWEMWBS
- 55% of those with low wellbeing scores also reporting that they had become less physically active in the last 4 weeks.

# PHYSICAL ACTIVITY

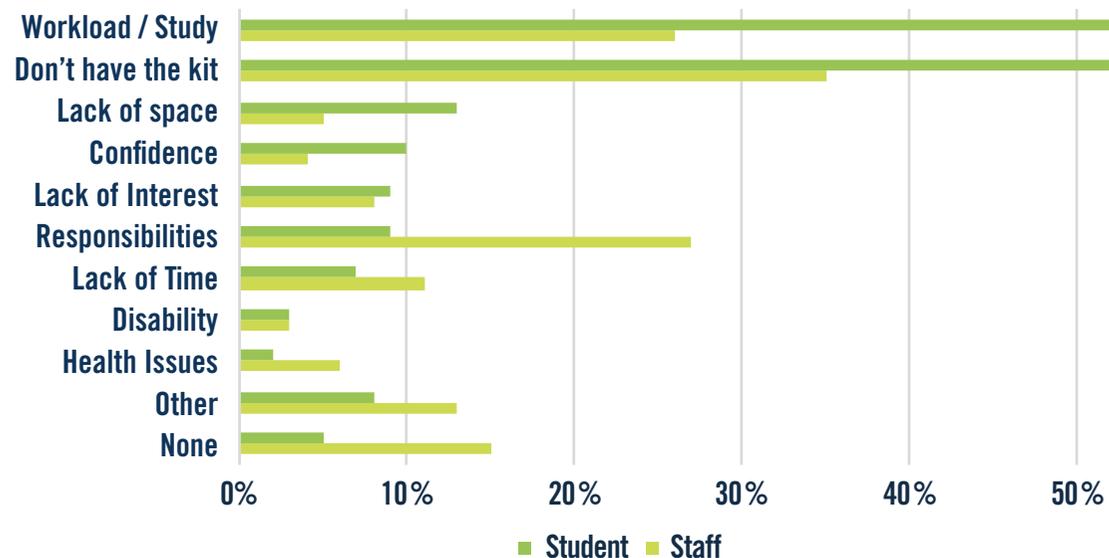
We based your perceived activity levels on guidance from the UK Chief Medical Officer and Sport England, who define activity levels as:



\*data taken from the Active Lives Coronavirus report

# BARRIERS TO PARTICIPATION

We wanted to know what was stopping people from participating in physical activity. Compared to last year, where the main barriers were lack of time, cost and workload/studies; it is clear that the change in circumstances as a result of Covid-19 has presented new barriers for people engaging in physical activity



The biggest barrier for both staff and students was not having the right equipment.



Workload/studies was also a large barrier for both staff and students.



Caring responsibilities was identified as a barrier for 27% of staff.

# CONCLUSION

It is evident that the circumstances around Covid-19 have impacted upon the physical activity and wellbeing levels of our University community, with increased levels of anxiety and a reduction in physical activity levels on the whole compared to last year's results.

We will continue to work hard to improve the wellbeing of our University community and respond to the changing circumstances and adapt to the 'new normal' to provide as many opportunities as possible for people to be active.

## SOME OF OUR PRIORITIES INCLUDE:

- Continue to develop and adapt our approach in physical activity and wellbeing initiatives, including a blended offer of virtual activities and face to face ones to support the varying circumstances of our staff and students
- To work alongside the Wellbeing, Safety and Health team to implement a University wide wellbeing strategy and establish a network of wellbeing champions across the University
- Develop a workshop that specifically addresses nutrition and how to eat a nutritionally balanced diet
- Continue to work closely with specific staff and student groups to create bespoke, local initiatives.

