

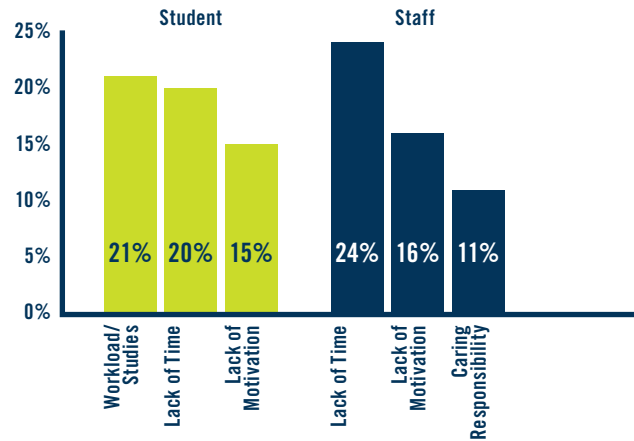
# BALANCING

# LIFE

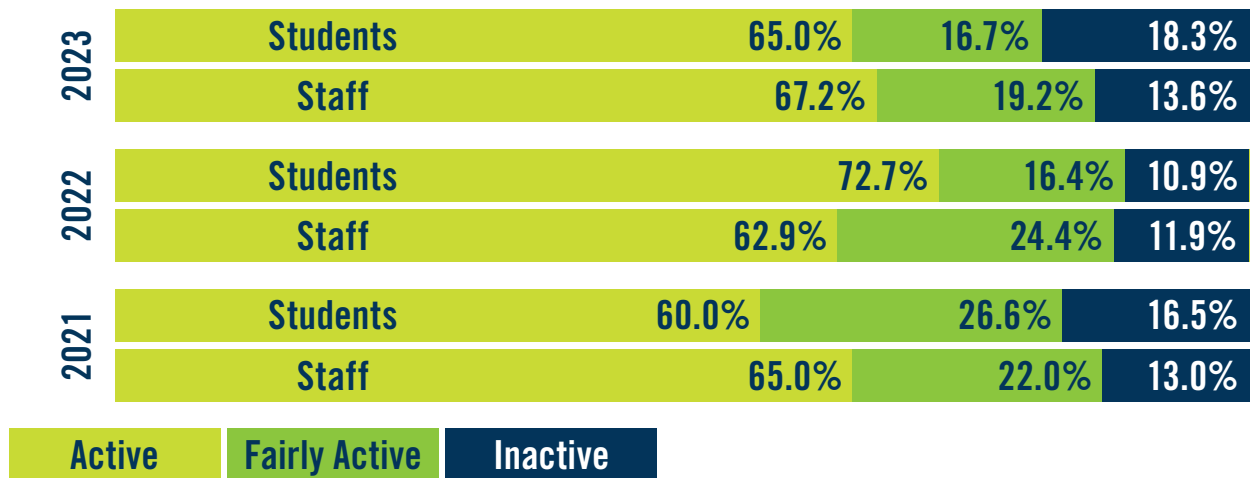
## SPORT & PHYSICAL ACTIVITY 2023 SUMMARY REPORT

Each year we conduct a survey to learn more about the physical activity and wellbeing levels of our staff and students. The insight from **BALANCING LIFE** plays a key role in shaping future plans and initiatives and driving Sport and Physical Activity's strategy.

## BARRIERS TO PHYSICAL ACTIVITY



## PHYSICAL ACTIVITY LEVELS



## 2023 HEADLINE RESPONSES

777

total responses to our 2023 survey

66%

of people are regularly active, that's 2% less than 2022

41%

of people reported high levels of anxiety, that's 2% more than 2022



Staff reported **lack of time** and Students reported **workload/studies** as their biggest barrier to exercising

# BEHAVIOUR CHANGE

We included a new question in the survey this year which analysed which of the following factors our community consider most important in helping them to be physically active: capability, opportunity or motivation.

Our university community ranked the factors in the following order from the most important to the least important:

1. Motivation
2. Opportunity
3. Capability

How much time do we devote to thinking and developing ideas around opportunity rather than motivation?

# MOVING FORWARD

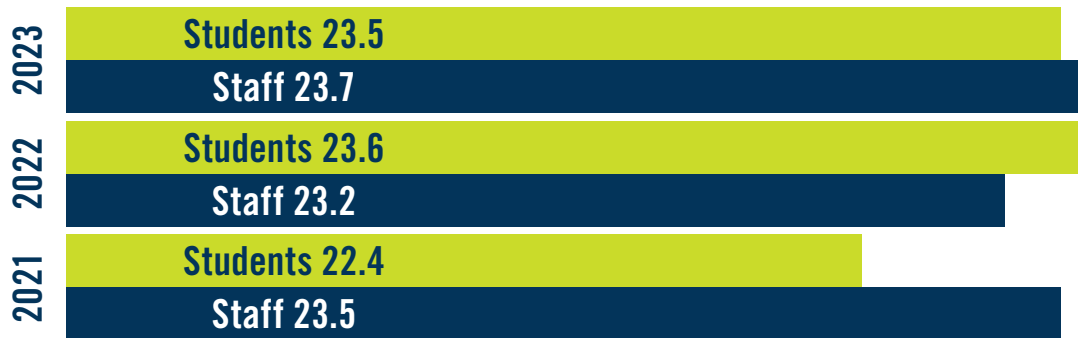
As a service we will continue to work hard to improve the wellbeing of our university community and raise awareness of the many benefits of being active. Some of our priorities include:

- To create a physical activity for wellbeing strategy that positions physical activity as an important tool to improve physical health and overall wellbeing.
- To pilot activities and educational resources that are directly linked to the top barriers to physical activity for staff and students.
- To work with teams and services across the university to improve staff and student physical activity and wellbeing through targeted initiatives and interventions.

# WELLBEING

We use 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 Wellbeing Scale (SWEMWBS).

# SWEMWBS SCORES



**23.99**

average SWEMWBS score for those classed as active

**22.97**

average SWEMWBS score for those classed as inactive

Results show positive correlations between physical activity and wellbeing, with an average SWEMWBS score of 23.99 for those classed as active; compared to 22.97 for those classed as inactive.

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. The higher the score, the higher the level of mental wellbeing.

**-0.1**

student score is down 0.1 from 2022

**+0.5**

staff score is up 0.5 from 2022

# CONTACT DETAILS

If you would like to discuss Balancing Life further, please get in touch. We would love to hear your ideas.

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