

BALANCING LIFE

Sport & Physical Activity 2024 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.

2024 HEADLINE RESPONSES

1611

total responses to our 2024 survey

60%

of people are regularly active, that's 6% less than 2023

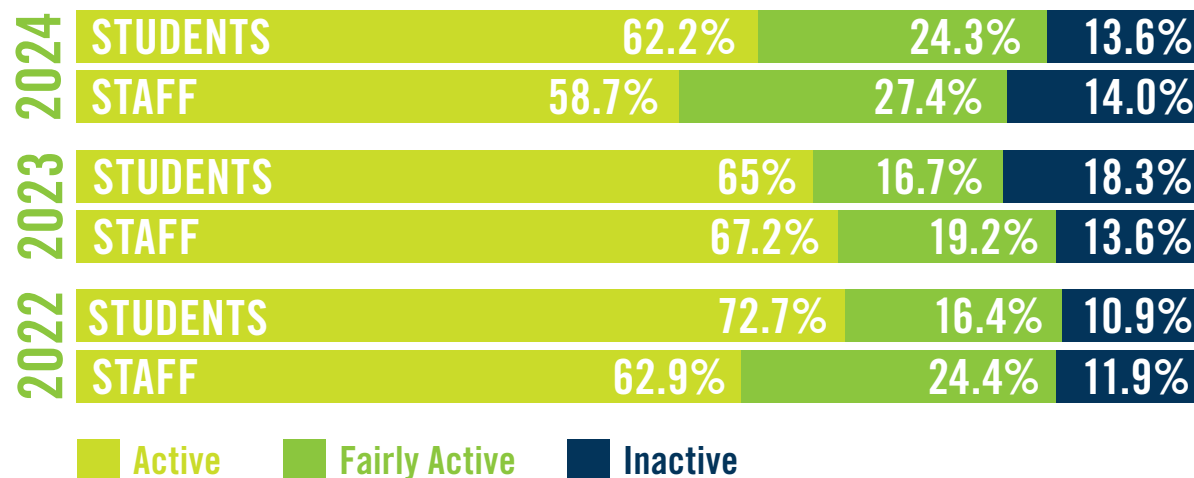
39%

of people reported high levels of anxiety, 2% less than 2023

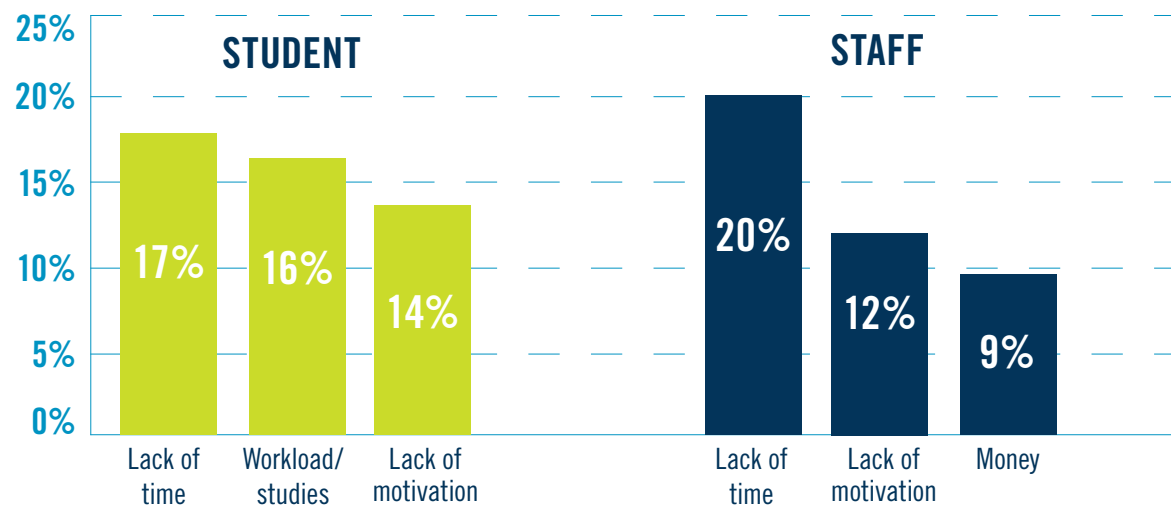


Staff and students reported **lack of time** as their biggest barrier to exercising

PHYSICAL ACTIVITY LEVELS



BARRIERS TO PHYSICAL ACTIVITY



FEEDBACK

Our two qualitative survey questions aim to identify what support our university community needs to be more physically active, and what one change would make the biggest difference to their health and wellbeing.

The top themes that emerged for our staff and students:

- Protected time in the work/study day for exercise and wellbeing activities
- Health screening and advice to help individuals understand if they are healthy or not
- Social sport activities

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 develop our social sport activity offering on campus for staff and students
- To work in partnership with teams and services across the university to understand how we can help develop a community culture where individuals feel permitted to build in time during the work/study day to be physically active.

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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WELLBEING

We use two different methods to assess wellbeing among staff and students:

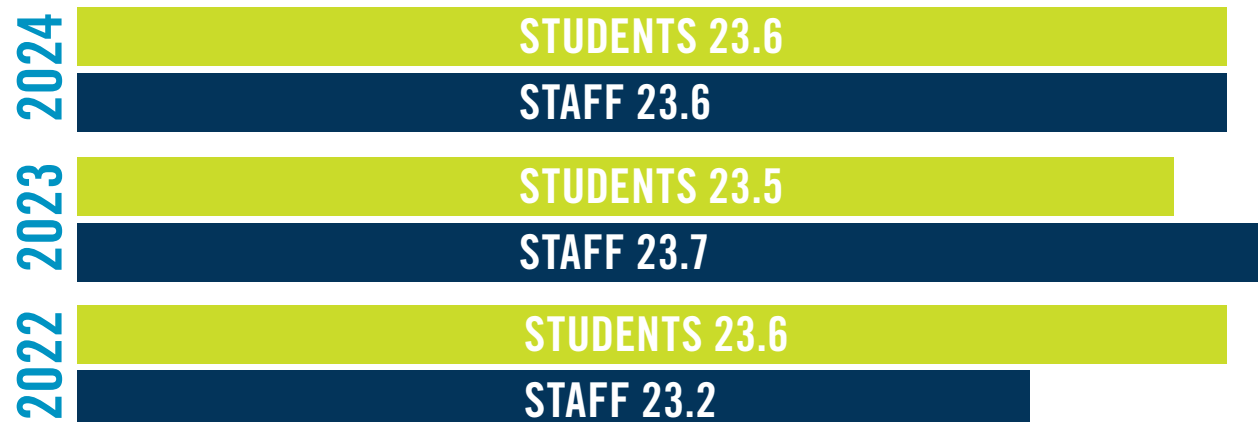
The Office for National Statistics Personal Wellbeing (**ONS**) questions and the Short Warwick-Edinburgh Mental Wellbeing Scale (**SWEMWBS**).

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.



23.98

average SWEMWBS score for those classed as active

+0.1 ▲

student score is up 0.1 from 2023

22.74

average SWEMWBS score for those classed as inactive

- 0.1 ▼

staff score is down 0.1 from 2023

Results show positive correlations between physical activity and wellbeing, with an average SWEMWBS score of 23.98 for those classed as active, compared to 22.74 for those classed as inactive.