

Sport and leisure

**Results from the
sport and leisure
module of the 2002
General Household
Survey**

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Chapter 1 Introduction

Introduction

This report presents findings from the sport and leisure module of the 2002/2003 General Household Survey (GHS). It asked people aged 16 and over about their participation in a wide range of sport and leisure activities. It also included, for the first time in 2002, questions about volunteering in sports and the arts. The module was commissioned by the Department for Culture, Media and Sport (DCMS), Sport England, UK Sport and Arts Council England to provide a measure of the effectiveness of campaigns encouraging people to take more exercise, and to help monitor the growth or decline of particular sports and leisure activities.

Taking part in the arts, sport and recreation are perceived to have beneficial social, economic and health impacts. In December 2002, the Prime Minister's Strategy Unit and DCMS jointly published a report called *Game Plan*¹, which included a target for increasing the proportion of the population in England that were reasonably active² from around 30% in 1998 to 70% in 2020.

In April 2004, Sport England published the *Framework for Sport in England*³, which set out the agenda to work towards achieving the main aims of *Game Plan*. It has a target of 1% growth per year in regular sports participation for people aged 16 or over (with a view to achieving at least 50% participation in 2020). It also noted that sport relies heavily on volunteers.

As stated in its *Corporate Plan 2003-2006*, Arts Council England⁴ aims to increase the number of people who engage in the arts. It is trying to ensure that there is a growth in participation amongst Black and minority ethnic groups, disabled people and socially excluded groups.

A consistent set of questions about participation in sport and leisure activities has been asked on the General Household Survey at three-year intervals since 1987⁵. Questions on sport and leisure activities had previously been included on the GHS at regular intervals since 1973. In 1987

a new set of questions was introduced in order to improve the accuracy of the information collected. Respondents were prompted with a list of sports or activities on a showcard and asked about participation both in the previous four weeks and in the 12 months before interview. Prior to this the survey had used an 'open-ended' question asking respondents to recall all their leisure activities in the four weeks before interview. The change to the questionnaire in 1987 caused a discontinuity in the measurement of trends.

In addition to the sport and leisure module, the GHS includes other relevant information that has been drawn on in this report, such as National Statistics Socio-economic Classification (NS-SEC), economic activity status and attendance at leisure and recreational classes.

The 2002 GHS is weighted using a two-step approach. In the first step the data are weighted to compensate for non-response in the sample based on known under-coverage in the Census-linked study of non-response⁶ (Foster, 1994). The second step weights the sample distribution so that it matches known population distributions in terms of region, age group, and sex (as used in the Labour Force Survey). For further information on the weighting procedure please see Appendix D of the main Living in Britain report⁷.

Notes and references

- 1 *Game Plan: a strategy for delivering Government's sport and physical activity objectives*. Department for Culture Media and Sport/Strategy Unit (2002). Also available on the web: www.number-10.gov.uk/su/sport/report/01.htm
- 2 *Game Plan* gave an example of reasonably active as 30 minutes of moderate exercise five times a week.
- 3 *The Framework for Sport in England: making England an active and successful sporting nation: a vision for 2020*. Sport England (2004). Available on the web: www.sportengland.org/national-framework-for-sport.pdf
- 4 *Arts Council England: Corporate Plan 2003-2006, Summary*. Arts Council England (2003). Also available on the web: www.artscouncil.org.uk/documents/publications/583.rtf

- 5 Questions on sport and leisure were not asked in 1999/2000 because the GHS was being re-developed and hence did not run that year.
- 6 Foster K et al. *General Household Survey 1993 – Appendix C*. HMSO (London 1995).
- 7 Rickards L et al. *Living in Britain, Results from the 2002 General Household Survey*, The Stationery Office (London 2004). Also available on the web: www.statistics.gov.uk/lib2002

Chapter 2 Summary of main findings

Since 1987 the General Household Survey (GHS) has periodically included a set of questions about adult participation in sport and leisure activities. These questions cover a wide range of sports, games and physical activities¹, and selected leisure activities. In 2002 the GHS collected information about sports and leisure participation from approximately 14,800 people aged 16 and over, living in private households. This chapter presents a summary of the main findings.

Changes and additions to the wording of certain questions mean that the time period for which information is available varies. The introduction of weighting for non-response² also had a small effect on some of the trend data. Changes to the classification of socio-economic status have also affected the presentation of time-series data.

Participation in sports, games and physical activities

- In 2002 three quarters of adults (75%) had taken part in a sport, game or physical activity in the twelve months before interview and 59% of adults had done so in the previous four weeks. When people who had only been walking were excluded from these overall participation rates, they decreased to 66% and 43% respectively.
- Based on annual participation (participation in the last twelve months), walking (46%) was the most popular sports activity followed by swimming (35%), keep fit/ yoga – including aerobics and dance exercise (22%), cycling (19%) and cue sports³ (17%).
- Men were more likely than women to have participated in at least one sport, game or physical activity, including or excluding walking, in either the four weeks or twelve months before interview.
- Overall sports participation (including walking) in the last four weeks increased from 61% of adults in 1987 to 65% in 1990 and remained at about this level through to 1996. Participation then declined to 59% in 2002. The trend for twelve-month participation rates was similar.
- In general, participation in a sport, game or physical activity decreased with age. For example, among those aged 16 to 19, 72% had participated in an activity (excluding walking) in the four-week reference period compared with 14% of those aged 70 and over.
- Among adults in Great Britain, 62% of people living in Scotland had participated in at least one sports activity (including walking), in the previous four weeks, compared with 58% of adults in England and 57% of adults in Wales. The higher participation rate in Scotland was mainly due to the higher proportions who had been walking in the previous four weeks (43% compared with 34% in England and 35% in Wales).
- Half of adults living in the South West reported they had participated in at least one sports activity (excluding walking) in the four weeks before interview, compared with 37% to 46% of adults living in other regions in England.
- 44% of men and 31% of women, who participated in at least one activity (excluding walking and darts) in the four weeks before interview, had belonged to a club for the activity during that period.
- Overall, men were more likely than women to have participated in an organised competition in the twelve months before interview; four in ten men (40%) had done so compared with one in seven (14%) women.
- Women sports participants were more likely than their male counterparts to have received tuition to improve their performance in a sport, game or physical activity in the twelve months before interview (45% compared with 31%).
- Among adults who said they would like to do a sport that they were not currently doing, 16% had not participated in a sport, game or physical activity in the twelve months before interview.

Participation in leisure activities

In 2002 data were collected about adults' participation in selected leisure activities. It was reported in the four weeks before interview that:

- 99% watched TV;
- 88% listened to the radio;
- 83% listened to records/tapes;
- 65% read books;
- 11% sang or played a musical instrument either to an audience, or to rehearse for an event or for their own pleasure;
- 11% danced (excluding fitness classes and aerobics);
- 9% painted or did drawing, printmaking or sculpture;
- 4% wrote stories, plays or poetry;
- 3% helped with the running of an arts/cultural event or organisation on a voluntary basis (without pay except for expenses); and
- 2% performed in a play, drama or rehearsed for a performance.

Women were more likely than men to have read books (72% compared with 58%). In general, it was found that the proportion of adults who listened to the radio or records/tapes decreased with age.

In terms of adult participation in selected leisure activities over time:

- in 2002 the majority of respondents had watched TV (99%) and a high proportion had listened to the radio (88%), which remains unchanged since 1996;
- the proportion of adults who said they had listened to records or tapes in the four weeks before interview has increased steadily over the last 25 years from 62% in 1977 to 83% in 2002; and
- between 1996 and 2002 there has been no change in the proportion of adults who read books (65%).

All adults were also asked whether they had participated in specialised leisure activities (the arts)⁴ in the four weeks before interview. In general, participation in the arts decreased with age but the association was less pronounced than it was for sports participation.

- Men and women in the youngest age group (16 to 19) were the most likely to have performed in a play, done painting, writing or to have helped with the running of an arts/cultural event or organisation on a voluntary basis.
- Adults whose household reference person (HRP) was in the large employers and higher managerial group were more likely than those whose HRP was in the routine group to have participated in the majority of the arts.
- Among adults who reported they were suffering from a limiting longstanding illness or disability⁵, 23% said they had participated in the arts compared with 28% of adults who had not reported a limiting longstanding illness. However, there were no significant differences between participation levels in painting and writing stories/plays by whether people had a limiting longstanding illness or not.
- 7% of adults aged 16 to 69 had attended a leisure or recreation class⁶ in the four weeks before interview. Women were over twice as likely as men to have reported they attended a leisure or recreation class (10% compared with 4%).

Chapter 4

Sports and arts participation

In 2002 in the four weeks before interview (excluding walking):

- 28% of adults had participated in sports only;
- 15% of adults had participated in sports and the arts;
- 12% of adults had participated in the arts only; and
- the remainder (45%) had not participated in either sports or the arts.

Among all adults, 4% said they had volunteered in sport and 3% said they had volunteered in the arts in the four weeks before interview.

Chapter 5

Notes and references

- 1 All references to 'sports' include sports, games and physical activities unless otherwise stated.
- 2 For more information, see Rickards L et al. *Living in Britain: Results from the 2002 General Household Survey: Appendix D*. The Stationery Office (London 2004), also available on the web: www.statistics.gov.uk/lib2002.
- 3 Cue sports refer to snooker, pool and billiards.

- 4 Specialised leisure activities (the arts) refer to singing or playing an instrument, dancing, painting, writing stories or poetry, and performing in a play.
- 5 Respondents are asked on the GHS whether they have a longstanding illness, disability or infirmity. Those who report a longstanding illness are then asked if this limits their activities in any way. It is left to the respondent to define what is meant by longstanding illness, disability or infirmity. For more details see Rickards L et al. *Living in Britain: Results from the 2002 General Household Survey: Chapter 7: General health and use of health services*. The Stationery Office (London 2004), also available on the web: www.statistics.gov.uk/lib2002.
- 6 'Leisure and recreation classes' includes any course or class which does not lead to an examination or qualification i.e. they are courses which are not designed to further people's career or job prospects. Interviewers were instructed that classes must be regular and have a teacher, instructor or supervisor.

Chapter 3 Participation in sports, games and physical activities

The General Household Survey (GHS) has asked a series of questions about sport¹ and leisure activities at regular intervals since 1987. Questions about sport and leisure were previously asked in 1996 but in 2002 several changes were made to the section. Appendix B provides details about these changes and the methodology.

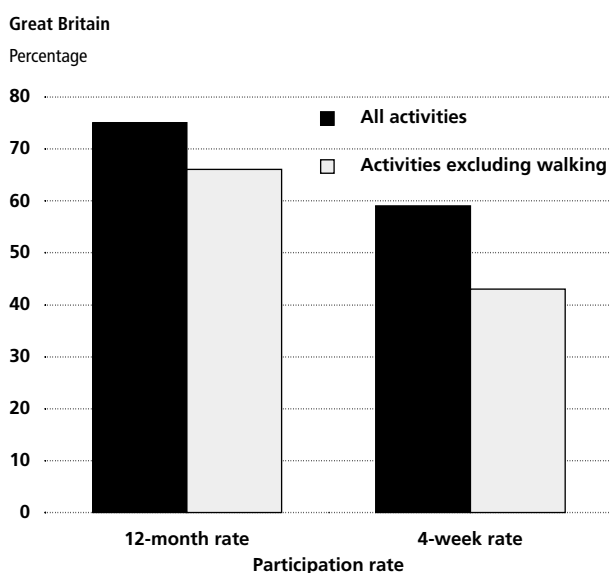
Information about a wide range of sports, games and physical activities was collected. Walking was included only if people went for a walk of two miles or more for recreational purposes. However, cycling was included irrespective of purpose.

Overall participation

In 2002 three quarters of adults (75%) had taken part in a sport, game or physical activity during the twelve months before interview and 59% of adults had in the four weeks before interview. Walking made a major contribution to these proportions. Excluding respondents whose only activity had been walking reduced these overall participation figures to 66% of adults in the last twelve months and 43% of adults in the last four weeks.

Figure A

Figure A Twelve-month and four-week participation rates for sports, games and physical activities: 2002



Thirty-one per cent of adults had participated in any activity (excluding walking) four or more times in four weeks (approximately once a week) and 15% had done so twelve or more times in four weeks (approximately three times a week).

Participation in specific activities

The five most popular sports were:

- walking (46% of adults had participated in the last 12 months and 35% in the last four weeks);
- swimming (35% of adults had participated in the last 12 months and 14% in the last four weeks);
- keep fit/yoga – including aerobics and dance exercise (22% of adults had participated in the last 12 months and 12% in the last four weeks);
- cycling (19% of adults had participated in the last 12 months and 9% in the last four weeks); and
- cue sports² (17% of adults had participated in the last 12 months and 9% in the last four weeks).

Compared with the other activities, keep fit/yoga was the most likely to have been done regularly. Eight per cent of adults said they had participated in keep fit/yoga four or more times in four weeks (approximately once a week) and 3% said they had participated in it twelve or more times in four weeks (approximately three times a week). Swimming was the next most frequently undertaken activity. Seven per cent of adults had been swimming four or more times in the four weeks before interview and 2% had been swimming twelve or more times in the four weeks before interview.

Tables 1-2

Participation rates were different for men and women. Men were more likely than women to have participated in at least one activity, including or excluding walking, in both the four-week and twelve-month reference periods. Men also had higher participation rates than women in each activity with the exception of indoor swimming, keep fit/yoga, horse riding, ice skating and netball.

In the four weeks before interview:

- nearly two thirds of men (65%) compared with just over half of women (53%) had participated in at least one activity;
- walking was the most popular activity for both men and women, followed by cue sports for men and keep fit/yoga for women; **Table 3, Figure B**
- 51% men and 36% of women had taken part in at least one activity other than walking;
- the biggest differences between men’s and women’s participation rates were found for:
 - Cue sports – 15% of men compared with 4% of women;
 - Soccer – 10% of men compared with less than 0.5% of women;
 - Keep fit/yoga – 7% of men compared with 16% of women; and
 - Golf – 9% of men compared with 1% of women.

Table 3, Figure C

Participation rates by age and sex

The proportion of adults who had taken part in at least one sport or physical activity in the four weeks before interview generally decreased with age. This association with age was more pronounced when walking was excluded from the overall measure. In 2002:

- 77% of 16 to 19 year olds had taken part in at least one physical activity (including walking) in the previous four weeks compared with 30% of people aged 70 and over;
- participation rates which excluded walking ranged from 72% of 16 to 19 year olds to 14% of people aged 70 and over.

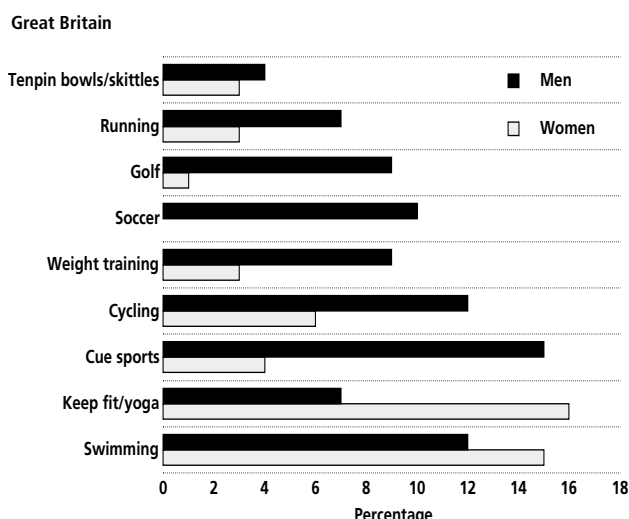
Walking was the most popular activity among each age group. Participation rates in walking increased from 29% of those aged 16 to 19 to 40% of those aged 45 to 59, after which they declined.

Participation in many activities was very strongly related to age. For example, activities such as soccer, cue sports, running and cycling were generally more popular with the younger age groups and the rates of participation for each of these activities decreased with age. However,

Figure B ‘Top ten’ sports, games and physical activities for men and women: rank order for participation in the four weeks before interview: Great Britain 2002

Men	%	Women	%
Walking	36	Walking	34
Snooker/pool/billiards	15	Keep fit/yoga	16
Cycling	12	Swimming	15
Swimming	12	Cycling	6
Soccer	10	Snooker/pool/billiards	4
Golf	9	Weight training	3
Weight training	9	Running	3
Keep fit/yoga	7	Tenpin bowling	3
Running	7	Horse riding	2
Tenpin bowling	4	Tennis	2

Figure C Proportion of men and women who participated in individual activities in the four weeks before interview: 2002



participation in golf maintained a fairly similar level up to age 69 and the median age of participants was 42. Participation rates in swimming and keep fit/yoga remained at similar levels between the ages of 16 and 44 after which they fell. Conversely, participants in bowls peaked among 60 to 69 year olds and the median age of participants was 66.

Table 4

The overall decrease in participation with age was similar for both men and women, although in each age group participation levels were lower for women than men. The gap between men’s and women’s participation rates (excluding walking) increased between the age groups 16 to 19 and 20 to 29 but then decreased in the older age groups.

Table 5, Figure D

Figure D Sports, games and physical activities: participation in at least one physical activity (excluding walking) in the four weeks before interview by sex and age: 2002

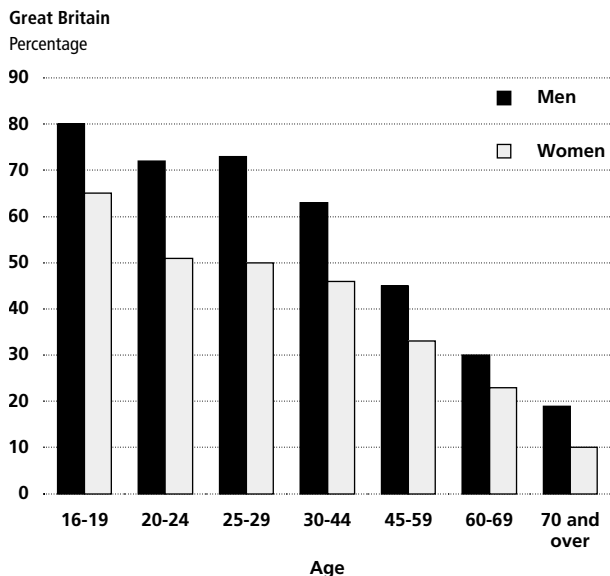
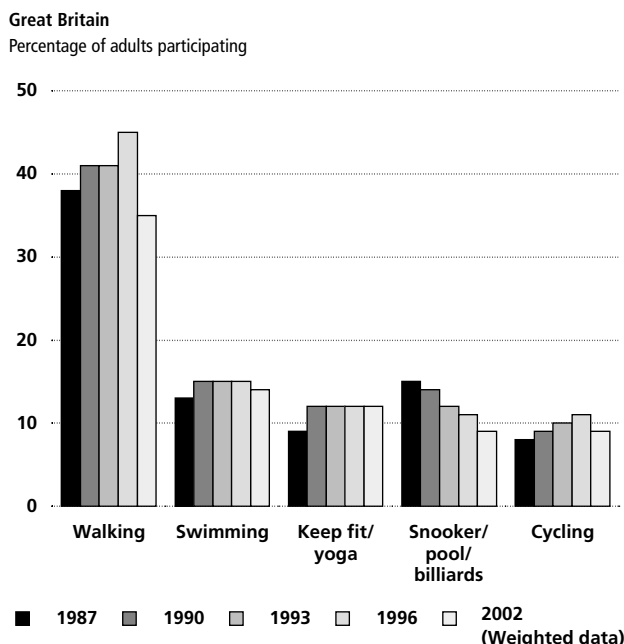


Figure E Trends in four-week participation rates for selected activities: 1987, 1990, 1993, 1996 and 2002



Trends in sports participation

Overall participation in at least one sport (including walking) in the four weeks before interview, increased from 61% of adults in 1987 to 65% in 1990 and remained at about this level through to 1996. Participation then declined to 59% in 2002. The pattern for participation in the twelve-month reference period was similar.

- The trends for participation in all sports (excluding walking) have shown less fluctuation over time but there was still a significant decrease in the percentage participating in the last four weeks, from 46% of adults in 1996 to 43% in 2002.
- The decrease in overall participation (including walking) was mainly attributable to a decrease in the percentages who had walked in the last four weeks³, from 45% of adults in 1996 to 35% of adults in 2002.
- Participation rates in cue sports and cycling in the four weeks before interview both decreased from 11% in 1996 to 9% in 2002.
- Participation rates in swimming also showed a small but significant decrease between 1996 and 2002.
- Between 1996 and 2002, four-week participation rates in other activities showed little change. **Table 6, Figure E**

Among both men and women, overall sports participation has decreased since 1996. In 1996, 71% of men had participated in at least one activity, including walking, in the four weeks before interview, compared with 65% in 2002. Similarly for women, the four-week participation rate, including walking, fell from 58% in 1996 to 53% in 2002. The overall participation rates which exclude walking show similar but smaller downward trends, indicating that the overall decline in sports participation is partly accounted for by a decline in walking among both sexes.

In general there were few differences between men and women’s participation rates over time in specific activities, with two exceptions:

- among men there has been a significant decrease since 1996 in the proportions participating in cue sports from 20% in 1996 to 15% in 2002, whereas the proportions among women have remained relatively unchanged; and
- four-week participation rates in keep fit/yoga have remained fairly stable among women since 1990 (between 16% and 17%) but there has been an increase in participation among men from 5% in 1987 to 7% in 1996 and it has remained at this level since. **Table 7**

By age group, among 16 to 69 year olds, the proportion who had taken part in at least one activity (including walking) decreased between 1996 and 2002. This pattern was also evident among participation rates which excluded walking but was not significant for every age band. Among those aged 70 and over there was no significant change in participation rates between 1996 and 2002. **Table 8**

Participation rates by socio-economic classification

Based on the National Statistics Socio-economic Classification (NS-SEC)⁴, Table 9 shows participation rates by NS-SEC. There was a clear association between socio-economic status and participation rates in sports, games and physical activities in the four-week reference period, for example:

- among households headed by someone in the large employers and higher managerial group 59% of adults took part in at least one activity (excluding walking) in the four-week reference period compared with 30% among those headed by someone in the routine group;
- walking was the most popular activity among all socio-economic groups, but there were still large differences between the participation rates of adults within each group. Respondents whose household reference person (HRP) was in the large employers and higher managerial group were nearly twice as likely as those whose HRP was in the routine group to go for a walk of two miles or more in the four weeks before interview (46% compared with 25%);
- five times as many adults whose HRP was in the large employers and higher managerial group participated in keep-fit/yoga (20%) compared with those whose HRP was in the never worked and long-term unemployed group (4%); and
- among adults in households headed by people in the routine and never worked/long-term unemployed groups, no activity had a participation rate of more than 8% apart from walking. **Table 9**

Age-standardisation

As mentioned previously, there was a strong association between physical activity and age. Therefore it is important, when investigating the possible relationship between

physical activity and other characteristics that are strongly associated with age, to ensure that any observed differences cannot be attributed to differences in the age distribution alone. Tables 10, 11, 12 and 15 show age-standardised ratios⁵.

The standardised ratios in Table 10 show a similar pattern for men and women. Men and women in households with a HRP in the large employers and higher managerial group, or the higher professional group or the lower managerial and professional group were more likely than we would have expected on the basis of the age distributions alone to have participated in sports. The reverse was true for men and women in households headed by someone in the semi-routine group or the routine group. For the intermediate and small employers groups the participation rates are largely unaffected by standardisation. **Table 10**

The standardised ratios show that after accounting for age women in work are more likely than expected to have participated in at least one sports activity. There was no clear pattern for men in work.

Men and women who were economically inactive had lower participation rates than those who were in work or unemployed. For example, 40% of economically inactive women had participated in at least one sports activity in the four-week reference period compared with 64% of women in full-time work (the equivalent proportions for men were 47% and 72%). Although the economically inactive group had an older age structure than the other groups, the age-standardised ratios indicate that these differences may not be solely attributed to age.

Unemployed men were more likely than unemployed women to have participated in at least one sports activity in the four weeks before interview (69% compared with 64% respectively). **Table 11**

Age-standardised ratios show that both men and women in households comprising two adults only were more likely than expected, based on the age composition of these groups, to have participated in at least one sports activity (ratios of 105 for men and 107 for women respectively). For men and women in households where the youngest child was aged under five, the reverse was true (ratios of 90 for men and 83 for women). **Table 12**

Participation by region

There were some geographical variations in participation rates during the four weeks before interview. In 2002, among adults living in Great Britain, 59% had taken part in at least one activity (including walking). Scotland had the highest participation rate at 62% compared with 58% in England and 57% in Wales. The higher participation rate in Scotland was mainly due to the higher proportions who had been walking in the previous four weeks (43% compared with 34% in England and 35% in Wales).

In England, adults living in the South West were more likely than those in other regions to have participated in at least one activity excluding walking (50% compared with 37% to 46% for other regions in England). Respondents in the South West also had the highest proportions for walking (42% compared with 28% to 37% in other regions in England) and for swimming (18% compared with 11% to 15% in other regions in England).

Table 13

Participation by health status

As might be expected, people who reported that they had a limiting longstanding illness or disability⁶ were less likely to have participated in physical activities. For example, 40% of those who had a limiting longstanding illness had participated in at least one activity (including walking) in the four-week reference period, compared with 65% of adults without a limiting longstanding illness. In 2002:

- a quarter of adults with a limiting longstanding illness had gone for a walk of two miles or more in the four weeks before interview, which was by far the most popular activity among this group; and
- the other most popular activities, among adults with a limiting longstanding illness, all had participation rates of less than 10% (swimming 9%, keep fit/yoga 7%, cue sports 5% and cycling 5%).

Previous analyses of GHS data have shown that the likelihood of reporting a limiting longstanding illness increases with age. Therefore differences in participation rates between people who reported that they had a limiting longstanding illness or disability and people who did not may in part reflect the different age profile of the two groups.

Table 14

Participation by ethnicity

Pakistani/ Bangladeshi, Indian, Black Caribbean and Black African people were less likely than expected, after controlling for age, to have participated in at least one sports activity excluding walking (ratios of 38, 57, 62 and 64). It was particularly striking for Pakistani/Bangladeshi people as this group has a much younger age profile than many of the other ethnic groups. There was a similar picture for participation in at least one activity including walking. In contrast, White British people were more likely than expected on the basis of the age distribution to have participated in at least one sports activity (ratio of 104 excluding walking and 103 including walking).

Table 15

Use of facilities

Those who had participated in any sport (except walking and darts) in the four weeks before interview were asked what type of facility they used. Table 16 shows the percentages using different facilities. It should be noted that some variation in the type of facility used will reflect differences in sports participation. In 2002:

- nearly a quarter of adults (23%) had used an indoor facility which was mainly used for sport (e.g. a sports centre or indoor swimming pool) and about one in ten (11%) had used an outdoor facility which was mainly used for sport (e.g. playing field or outdoor swimming pool);
- sporting activities also took place in indoor facilities not mainly used for sport such as community facilities, like village halls (11%) and at home⁷ (4%);
- 5% of people who had used a facility mainly designed for sport or an indoor communal facility said the place they used belonged to a school, college or university⁸ (table not shown).

The type of facility used varied between men and women:

- men were nearly four times more likely than women to have used an outdoor sports facility (19% compared with 5%);
- men were also over twice as likely as women to have participated in an activity in an outdoor natural setting (22% compared with 10%);

- there was a small but statistically significant difference between the proportion of men and women who used indoor sports facilities (25% of men and 22% of women).

Table 16

Table 17 compares the use of different types of sports facility in different Government Office Regions. The only significant regional difference was that people living in Scotland were more likely than those living in England or Wales, to use an indoor facility mainly used for sport (27% compared with 23% and 20%) and an outdoor facility mainly used for sport (14% compared with 11% and 10%).

Table 17

Club membership, competition and tuition

People who had participated in at least one activity (excluding walking and darts) during the four weeks before interview were asked about club membership, participation in organised competitions and tuition for each activity undertaken. In general, activities with a high club membership also had a higher than average proportion of participants who took part in an organised competition in that activity. For example:

- bowls, golf, tennis, soccer and fishing were all activities with both a comparatively high proportion of club members and of competitive participation. For example, just over three quarters (76%) of bowls players, nearly half (49%) of golfers and a third (33%) of soccer players had belonged to a club in the four weeks before interview, while 63%, 42% and 46% respectively had also participated in an organised competition for that sport in the 12 months before interview;
- club membership and competitive participation was lowest among cyclists (3% and 2%) and tenpin bowlers/skittles players (6% and 8%);
- participants in keep fit/yoga, horse riding, weight training, weight lifting and golf were the most likely to have received tuition in the twelve months before interview (51%, 39%, 31%, 28% and 26% respectively).

Table 18

Club membership, participation in organised competition and tuition varied according to the age, sex and socio-economic classification of participants. Some of this variation reflects the different types of sports in which men and women of different ages participated.

- 44% of men and 31% of women, who participated in at least one activity (excluding walking and darts) in the four weeks before interview, had belonged to a club for the activity during that period.
- In general, club membership among women participants tended to increase with age; 23% of women aged 16 to 19 were members of a club compared with 46% of those aged 70 or over. Among men, club membership was highest among the two oldest age groups reflecting the high proportion of bowls players who belonged to clubs.
- Overall, men were more likely than women to have participated in an organised competition in the twelve months before interview, four in ten men (40%) had done so compared with one in seven women (14%).
- Men aged 16 to 19 who participated in a sport were the most likely to take part in an organised competition and men aged 45 to 59 were the least likely (51% compared with 34%).
- Among women sports players the youngest group was also the most likely to have participated competitively (31%) but this proportion was also relatively high in the two oldest age groups (18% and 20%). Relatively few older women participated in any sport. The survey data suggest that older women who do participate include a disproportionate number of 'serious' sports enthusiasts, hence the high proportion taking part competitively.
- Women sports participants were more likely than their male counterparts to have received tuition to improve their performance in the twelve months before interview (45% compared with 31%). This variation is at least partly attributable to the high proportion of women participating in activities such as keep fit/yoga or horse riding, which generally involves attending a class.
- The likelihood of having received tuition in a sport, game or physical activity tended to decrease with age among both men and women.
- Between 1996 and 2002, among those who participated in any activity (excluding walking and darts), club membership, competitive participation and tuition, increased significantly among men and women. For example in 1996, 32% of men who had played sports had participated competitively in the twelve months before interview, compared with 40% in 2002. In 1996,

27% of women sports participants had received tuition in the twelve months before interview, whereas the corresponding proportion in 2002 was 45%. **Table 19**

Sports participants living in households headed by someone in the large employers and higher managerial group were more likely than those in the routine or never worked and long-term unemployed groups to have been members of a sports club, participated competitively or received tuition in a sport.

- 46% of sports participants living in households whose HRP was in the large employers and higher managerial group belonged to a club compared with 31% of those whose HRP was in the routine group and 19% of those whose HRP was in the never worked and long-term unemployed group. **Table 20**

Sports people would like to participate in

For the first time in 2002 on the GHS, respondents were asked whether there were any sports or recreational activities that they did not do but would like to do.

- 37% of respondents said they would like to do a sport or recreational activity, which they were not doing at present and nearly all (99%) of those people, said they wanted to do some kind of sport as opposed to a recreational activity (table not shown).
- Among adults who wanted to do a sport, 16% had not done a physical activity in the 12 months before interview. This proportion was higher among women than men (19% compared with 13% - tables not shown).

Among those who said they were interested in doing a sport they did not currently do, the five most popular activities were:

- swimming (13%);
- keep fit/yoga (12%);
- golf (5%);
- skiing/snowboarding (5%); and
- horse riding (5%). **Table 21**

There were some differences between the sexes. Women were more likely to want to participate in swimming, keep fit/yoga and horse riding whereas golf was more popular among men (table not shown).

Notes and references

- 1 All references to 'sports' include sports, games and physical activities unless otherwise stated.
- 2 Cue sports refers to snooker, pool and billiards.
- 3 In 2002 some of the sports questions changed, in particular for walking (see Appendix B for further details). Some of the change in participation rates for walking between 1996 and 2002 may be due to the different ways respondents were asked about this activity in the two survey years.
- 4 The new National Statistics Socio-economic Classification (NS-SEC) was introduced across all official statistics and surveys in 2001. It replaced Social Class based on occupation and Socio-economic Groups. For more information see Walker A et al. *Living in Britain: Results from the 2001 General Household Survey: Appendix E*. The Stationery Office (London 2003), also available on the web: www.statistics.gov.uk/lib.
- 5 The age-standardised ratios were calculated by dividing the observed rate of participation by the expected rate and then multiplying by 100. The expected rates used the 'indirect' method of age-standardisation that involved using age-specific participation rates. An age-standardised ratio of more than 100 indicates a greater likelihood of having participated in at least one physical activity than would be expected in that group on the basis of its age distribution alone. Conversely, a ratio of less than 100 indicates that members of the sub-group were less likely than expected from the age composition of the group to have participated in at least one physical activity. For more information see Appendix B - Methodology.
- 6 Respondents are asked on the GHS whether they have a longstanding illness, disability or infirmity. Those who report a longstanding illness are then asked if this limits their activities in any way. It is left to the respondent to define what is meant by longstanding illness, disability or infirmity. For more details see Rickards L et al. *Living in Britain: Results from the 2002 General Household Survey: Chapter 7: General health and use of health services*. The Stationery Office (London 2004), also available on the web: www.statistics.gov.uk/lib2002.
- 7 This could have been either the respondent's home or someone else's.
- 8 A mistake was found with the corresponding published data in 1996, Table 13.15. The correct percentages are 6% of all adults, 7% of men and 5% of women used a facility that belonged to a school, college or university.

Chapter 4 Participation in leisure activities

Questions about participation in leisure activities have been included in the sports and leisure section of the General Household Survey (GHS) since 1977 but were reduced in 1990 to questions about participation in selected leisure activities in the four weeks before interview. In 2002, some of these selected leisure activities were removed and others added to reflect changes in society. Two new questions were also included which asked about volunteering in a cultural/arts event or organisation.

In 2002 on the GHS, data were collected about adults' participation in selected leisure activities. It was reported in the survey, in the four weeks before interview, that:

- 99% watched TV;
- 88% listened to the radio;
- 83% listened to records/tapes;
- 65% read books;
- 11% sang or played a musical instrument either to an audience, or to rehearse for an event or for their own pleasure;
- 11% danced (excluding fitness classes and aerobics);
- 9% painted or did drawing, printmaking or sculpture;
- 4% wrote stories, plays or poetry;
- 3% helped with the running of an arts/cultural event or organisation on a voluntary basis (without pay except for expenses); and
- 2% performed in a play, drama or rehearsed for a performance.

In addition to the provision of information about selected leisure activities, information from these questions also provides a benchmark against which to measure the popularity of sports, games and physical activities. Participation in certain leisure activities was much higher than in sports, games and physical activities. **Table 22**

Leisure activities by age and sex

- Women were significantly more likely to have read books than men (72% compared with 58%) but there was little variation with age.
- In general, the proportion of adults who listened to the radio or records/tapes decreased with age.
- Men and women in the youngest age group (16 to 19) were the most likely to have performed in a play, done painting or writing. Participation rates for performing in plays and painting also decreased with age.
- Among women, those in the youngest age group (16 to 19) were also the most likely to have listened to records/tapes (99%) and sang/played a musical instrument (24%).
- Women were nearly twice as likely as men to have been dancing (14% compared with 8%). The peak ages for dancing were 16-19 for women (33%) and 20 to 24 for men (15%).

Table 22 and Figure F

Trends in leisure participation

In the four weeks before interview:

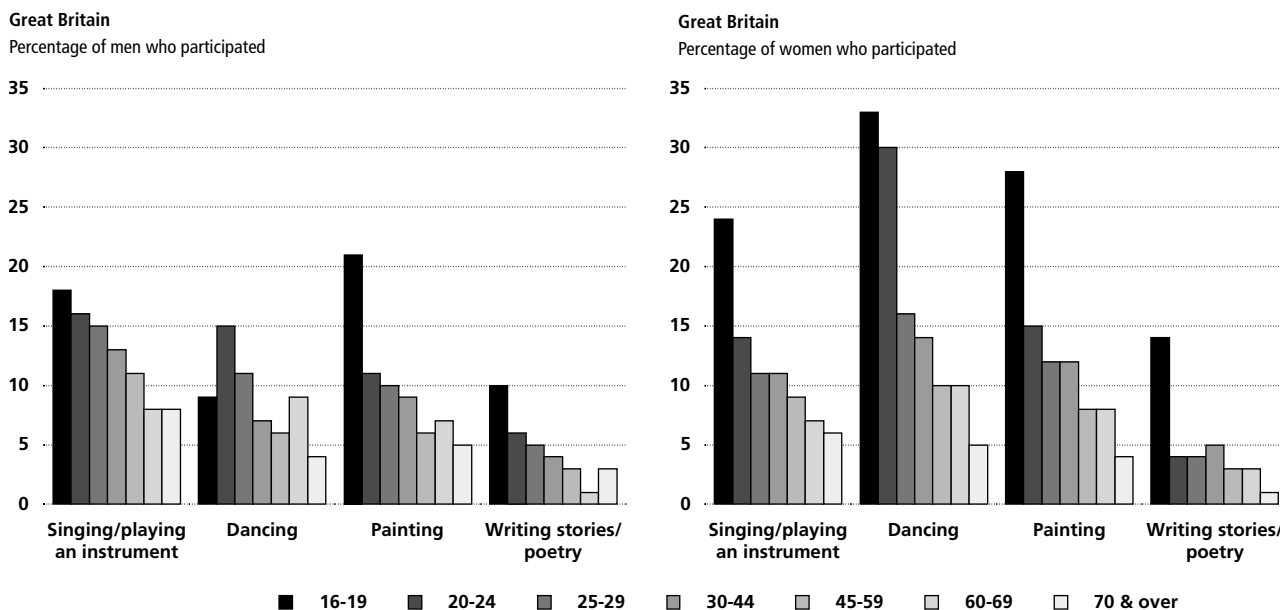
- as in 1996, almost all respondents had watched television (99%) and a high proportion had listened to the radio (88%) in 2002;
- the proportion of adults who said they listened to records or tapes increased steadily from 62% in 1977 to 83% in 2002; and,
- between 1996 and 2002 there was no change in the proportion of adults who had read books during the four-week reference period (65%).

Table 23

Leisure participation rates by socio-economic classification

Participation rates in selected leisure activities in the four-week reference period varied by socio-economic status.

Figure F Proportion of men and women who participated in selected leisure activities in the four weeks before interview by age: 2002



Adults whose household reference person (HRP) was in the large employers and higher managerial group were significantly more likely than those whose HRP was in the routine group to have participated in any of the leisure activities covered, except watching TV and performing in a play. For example:

- 81% of adults whose HRP was in the large employers and higher managerial group had read books in the four weeks before interview compared with 52% of adults whose HRP was in the routine group.

When participation in selected leisure activities was analysed by NS-SEC and sex, levels of participation in most leisure activities were higher among men and women whose HRP was in the large employers and higher managerial group than those whose HRP was in the routine group. However, this trend was more marked for men than women.

Across the socio-economic spectrum, a higher proportion of women than men had read books in the previous four weeks but there was no significant difference between men and women who had never worked or were long-term unemployed.

Table 24

Leisure participation rates by region

The only significant regional difference in participation in selected leisure activities was that the proportion of adults living in England who said they listened to the radio was

higher than the proportion in Wales and Scotland (88% compared with 86% and 84% respectively).

Table 25

Leisure participation rates by health status

Among adults who reported that they were suffering from a limiting longstanding illness or disability, 23% said they had participated in a specialised leisure activity (the arts)¹ compared with 28% of adults who did not have a limiting longstanding illness. People with a limiting longstanding illness had lower participation rates in listening to the radio, playing records/tapes, reading books, singing/playing a musical instrument, going dancing, and performing in a play than those without. This could reflect age differences² of the groups and also mobility problems in the case of dancing. There were no significant differences between participation levels in watching TV, painting and writing stories/plays by whether people had a limiting longstanding illness or not.

Table 26

Leisure participation rates by ethnicity

The age structure of different ethnic groups varied. The mixed race group had the youngest age structure of all the ethnic groups and the White British population had the oldest³. Table 27 shows the relationship between participation in specialised leisure activities (the arts) and ethnicity⁴ standardised for age. Pakistani/Bangladeshi, Other Asian Background and Indian people were less likely than

expected, after controlling for age, to have participated in at least one of the arts (ratios of 52, 57 and 62 respectively).

Table 27

Attendance at leisure and recreation classes

In 2002, questions about attendance at leisure and recreation classes were addressed to people aged 16 to 69 and referred to attendance during a four-week reference period. In 2002, 7% of adults aged 16 to 69 had attended a leisure or recreation class⁵ in the four weeks before interview.

- Women were more than twice as likely as men to have attended a leisure or recreation class (10% compared with 4% respectively). This difference between men and women was most apparent among those aged 35 or over.

Table 28

Attendance at leisure and recreation classes varied with economic activity status, socio-economic group and educational qualifications.

- Adults in part-time work were more likely to have attended leisure or recreation classes than those in full-time work or those who were unemployed (9% compared with 6% and 4%).
- Among adults who were economically inactive, 8% had attended classes. The pattern for women to be more likely than men to attend leisure or recreation classes was independent of economic activity status.
- The proportion who had attended a leisure or recreation class ranged from 10% of those living in households headed by someone in the managerial and professional group to 4% of those living in households headed by someone in the routine and manual group.
- Among people aged 16 to 69, those with a degree or equivalent qualification were nearly three times more likely to have attended a leisure or recreational class than those with no qualifications (11% compared with 4%).

Table 29

Table 30

In 2002, among those attending leisure or recreation classes, 23% said they were organised by a Local Education Authority⁶, 8% by a College of Further Education/Technical College, 4% by a University Extra-Mural department and 66% said some other kind of organisation. Over a quarter of female attendees (26%) said their class was organised by

a Local Education Authority, compared with 16% of male attendees.

Table 31

Notes and references

- 1 Specialised leisure activities (the arts) refer to singing or playing a musical instrument, dancing, painting, writing stories or poetry, or performing in a play.
- 2 Previous analyses of GHS data have shown that the likelihood of reporting a limiting longstanding illness increases with age. Therefore differences in participation rates between people who reported that they had a limiting longstanding illness or disability and people who did not may in part reflect the different age profile of the two groups.
- 3 For more information, see Rickards L et al. *Living in Britain: Results from the 2002 General Household Survey: Chapter 3: Households, families and people*. The Stationery Office (London 2004), also available on the web: www.statistics.gov.uk/lib2002.
- 4 Ethnicity is self-reported and respondents chose their answer from a list of options on a showcard.
- 5 'Leisure and recreation classes' includes any course or class which does not lead to an examination or qualification i.e. they are courses which are not designed to further people's career or job prospects. Interviewers were instructed that classes must be regular and have a teacher, instructor or supervisor.
- 6 This includes evening institutes or Centres of Adult Education.

Chapter 5 Sports and arts participation

Participation in sports and the arts

Participation in a sport, game or physical activity and in the arts¹ are usually reported separately. This chapter looks at the two together to explore the degree of overlap.

Over two thirds (67%) of all adults had participated in either a sport, game or physical activity (including walking) or the arts, in the four weeks before interview. Walking significantly contributed to adult participation in sports. Excluding respondents who had only been walking decreased the proportion of those who had participated in either sports or the arts from 67% to 55%. People were more likely to have participated in sports (including or excluding walking) than to have participated in both sports and the arts, or the arts alone. In the four weeks before interview (excluding walking):

- 28% of adults had participated in sports only;
- 15% of adults had participated in sports and the arts;
- 12% of adults had participated in the arts only; and
- the remainder (45%) had not participated in either sports or the arts.

Table 32

Volunteering in sports and the arts

For the first time in 2002, all adults were asked whether they had spent any time helping to organise sports or the running of an arts/cultural event or organisation on a voluntary basis. Among all adults, 4% said they had volunteered in sports and 3% said they had volunteered in the arts in the four weeks before interview. Less than 0.5% of adults (42 respondents) said they had volunteered in both sports and the arts (table not shown).

- Twice as many men as women had volunteered in sports (6% compared with 3%). This difference was also significant across each age band, except the youngest and oldest.

- As with participation, volunteering in sports tended to decrease with age, from 6% among adults aged 16 to 19 to 1% among those aged 70 and over. There was no clear association between age and volunteering in the arts.
- 60% of adults who volunteered in the arts did so for five or more hours during the four weeks before interview; the corresponding proportion among those volunteering in sports was 45%.
- There were no statistically significant regional differences in the extent to which people volunteered in sport or the arts.

Tables 33-35

Note

1. The arts are specialised leisure activities and refer to singing or playing a musical instrument, dancing, painting, writing stories or poetry, or performing in a play.

Notes to tables

1. The following conventions have been used within tables:

- .. data not available
- category not applicable
- 0 less than 0.5% or no observations
- [] the numbers in square brackets are percentages on a base of 20-49. See note 2.

2. Very small bases have been avoided wherever possible because of the relatively high sampling errors that attach to small numbers. In general, percentage distributions are shown if the base is 50 or more. Where the base is 20-49, the percentages are shown in square brackets.

3. A percentage may be quoted in the text for a single category that is identifiable in the tables only by summing two or more component percentages. In order to avoid rounding errors, the percentage has been recalculated for the single category and therefore may differ by one percentage point from the sum of the percentages derived from the tables.

The row or column percentages may add to 99% or 101% because of rounding.

4. A few respondents failed to answer some questions. These 'no answers' have been excluded from the analysis, and it follows that the base numbers for tables that describe the same population may vary.

5. Unless otherwise stated, changes and differences mentioned in the text have been found to be statistically significant at the 95% confidence level.

6. All percentages and means presented in the tables are based on data weighted to compensate for differential nonresponse. Both the weighted bases and the unweighted sample are given. The unweighted sample represents the number of people interviewed in the specified group. The weighted base gives a grossed up population estimate in thousands. Trend tables show unweighted and weighted figures for 2002 to give an indication of the effect of the weighting. For the weighted data the weighted base (000's) is the base for percentages. Unweighted data (up to 1996) are based on the unweighted sample. It should be noted that missing answers are excluded from the tables and this is reflected in the weighted bases, i.e. these numbers may vary between tables. For this reason, the bases themselves are not recommended as a source for population estimates. Recommended data sources for population estimates for most socio-demographic groups are: ONS mid-year estimates, the Labour Force Survey, or Housing Statistics from the Office of the Deputy Prime Minister.

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Sports and arts participation

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Table 1 Sports, games and physical activities
(a) participation rates in the 12 months before the interview
(b) participation rates in the 4 weeks before interview
(c) percentage who have participated in sports 4 or more times in the 4 weeks before interview
(d) percentage who have participated in sports 12 or more times in the 4 weeks before interview

Persons aged 16 and over

Great Britain: 2002

Active sports, games and physical activities*	(a)	(b)	(c)	(d)
Walking†	45.9	34.9
Any swimming	34.8	13.8	7	2
Swimming: indoor	30.3	12.0	5	1
Swimming: outdoor	12.5	2.8	2	1
Keep fit/yoga	21.5	12.0	8	3
Cycling	19.1	9.0	5	2
Snooker/pool/billiards	16.9	9.2	4	1
Tenpin bowls/skittles	15.3	3.3	0	0
Golf	12.1	4.8	2	0
Weight training	9.6	5.8	4	2
Any soccer	9.1	4.9	3	0
Soccer: outdoor	7.6	3.9	2	0
Soccer: indoor	5.0	2.0	1	0
Running (jogging, etc.)	9.1	5.0	3	1
Tennis	7.0	1.9	1	0
Darts**	7.0
Badminton	6.4	1.8	1	0
Fishing	5.6	1.6	1	0
Table tennis	4.8	1.2	0	0
Squash	3.8	1.3	0	0
Any bowls	3.8	1.3	1	0
Carpet bowls	2.7	0.9	1	0
Lawn bowls	2.0	0.5	0	0
Horse riding	3.5	1.0	1	0
Skiing	3.3	0.4	0	0
Ice skating	3.1	0.5	0	0
Sailing	2.4	0.6	0	0
Shooting	2.4	0.8	0	0
Weight lifting	2.4	1.3	1	0
Cricket	2.4	0.6	0	0
Climbing	2.3	0.7	0	0
Self defence	2.2	0.9	1	0
Basketball	2.2	0.6	0	0
Motor sports	2.0	0.5	0	0
Canoeing	1.8	0.3	0	0
Rugby	1.2	0.4	0	0
Volleyball	1.1	0.2	0	0
Netball	1.0	0.3	0	0
Athletics - track & field	1.0	0.3	0	0
Hockey	1.0	0.3	0	0
Windsurfing, boardsailing	0.9	0.1	0	0
Gymnastics	0.9	0.3	0	0
At least one activity (exc. walking)††	65.5	43.2	31.3	14.6
At least one activity††	75.0	58.5		
Weighted base (000's) = 100%	41,887	41,887		
Unweighted sample	14819	14819		

* Includes only activities in which more than 0.5% of men or of women participated in the 12 months before interview. The percentages in columns (a) and (b) are given to one decimal place as rounding would mask differences in those sports where participation is relatively low.

† In 2002 respondents were not asked how often they went walking.

** In 2002 respondents were asked about darts only in relation to the last twelve months and not the last four weeks.

†† Total includes those activities not separately listed.

Table 2 Seasonal variation in sports, games and physical activities: participation rates in the 4 weeks before interview by quarter

Persons aged 16 and over

Great Britain: 2002

Active sports, games and physical activities*	Month of interview				All months
	Jan-Mar 2003	Apr-Jun 2002	Jul-Sep 2002	Oct-Dec 2002	
Percentage participating in the 4 weeks before interview†					
Usually outdoor					
Walking	33	36	<u>38</u>	32	35
Cycling	7	10	<u>11</u>	8	9
Running (jogging etc.)	5	5	5	5	5
Golf	4	6	<u>6</u>	5	5
Soccer	3	5	4	3	4
Swimming	1	2	5	2	3
Tennis	1	2	<u>3</u>	1	2
Fishing	1	1	<u>3</u>	1	2
Horse riding	1	<u>1</u>	1	1	1
Shooting	1	1	<u>1</u>	1	1
Climbing	1	1	<u>1</u>	1	1
Cricket	0	1	<u>1</u>	0	1
Sailing	0	1	<u>1</u>	0	1
Motor sports	0	1	<u>1</u>	0	1
Lawn bowls	0	1	<u>1</u>	0	1
Rugby	0	<u>1</u>	0	0	0
Skiing	1	<u>1</u>	0	0	0
Netball	<u>0</u>	0	0	0	0
Hockey	<u>0</u>	0	0	0	0
Canoeing	0	0	<u>0</u>	0	0
Athletics - track & field	0	<u>0</u>	0	0	0
At least one outdoor activity (exc. walking)	20	27	<u>29</u>	22	24
At least one outdoor activity (inc. walking)	43	49	<u>51</u>	44	47
Usually indoor					
Swimming	11	13	<u>14</u>	11	12
Keep fit/yoga	12	12	<u>12</u>	11	12
Snooker/pool/billiards	9	<u>10</u>	10	8	9
Weight training	5	<u>7</u>	6	5	6
Tenpin bowls/skittles	4	<u>4</u>	3	3	3
Soccer	2	<u>2</u>	2	2	2
Badminton	2	<u>2</u>	1	2	2
Weight lifting	1	1	1	<u>1</u>	1
Squash	1	1	<u>2</u>	1	1
Table tennis	1	1	<u>2</u>	1	1
Carpet bowls	<u>1</u>	1	0	1	1
Self defence	1	<u>1</u>	1	1	1
Basketball	1	<u>1</u>	0	1	1
Ice skating	<u>1</u>	1	0	0	0
Volleyball	0	<u>0</u>	0	0	0
At least one indoor activity	32	<u>35</u>	34	31	33
At least one activity (exc. walking)**	40	46	<u>46</u>	41	43
At least one activity **	55	61	<u>62</u>	56	59
Weighted base (000's) = 100%	10,209	10,617	10,601	10,461	41,887
Unweighted sample	3625	3732	3765	3697	14819

* Includes only activities in which more than 0.5% of men or of women participated in the 4 weeks before interview in the most popular quarter for each activity.

† For each activity, the figure for the quarter(s) with the highest participation rate is underlined.

** Total includes those activities not separately listed.

Table 3 Sports, games and physical activities: participation rates by sex
(a) participation rates in the 4 weeks before interview
(b) participation rates in the 12 months before interview

Persons aged 16 and over

Great Britain: 2002

Active sports, games and physical activities*	(a) Percentage participating in 4 weeks before interview			(b) Percentage participating in 12 months before interview		
	Men	Women	Total	Men	Women	Total
Walking	36	34	35	46	45	46
Any swimming	12	15	14	33	37	35
Swimming: indoor	10	14	12	28	33	30
Swimming: outdoor	3	3	3	14	11	12
Keep fit/yoga	7	16	12	13	29	22
Snooker/pool/billiards	15	4	9	28	7	17
Cycling	12	6	9	24	14	19
Weight training	9	3	6	14	6	10
Running (jogging, etc.)	7	3	5	12	6	9
Any soccer	10	0	5	18	1	9
Soccer: outdoor	8	0	4	15	1	8
Soccer: indoor	4	0	2	10	0	5
Golf	9	1	5	21	4	12
Tenpin bowls/skittles	4	3	3	18	13	15
Tennis	2	2	2	9	5	7
Darts†	11	3	7
Badminton	2	1	2	7	6	6
Fishing	3	0	2	10	1	6
Any bowls	2	1	1	5	3	4
Carpet bowls	1	1	1	3	2	3
Lawn bowls	1	0	1	3	1	2
Weight lifting	2	1	1	4	1	2
Squash	2	0	1	6	2	4
Table tennis	2	1	1	6	3	5
Horse riding	0	2	1	2	5	3
Self defence	1	1	1	3	2	2
Shooting	2	0	1	5	0	2
Climbing	1	0	1	3	2	2
Basketball	1	0	1	3	1	2
Cricket	1	0	1	5	0	2
Sailing	1	0	1	3	2	2
Motor sports	1	0	1	4	1	2
Ice skating	0	1	0	2	4	3
Rugby	1	0	0	2	0	1
Skiing	1	0	0	4	2	3
Netball	0	1	0	0	2	1
Hockey	0	0	0	1	1	1
Canoeing	0	0	0	2	1	2
Gymnastics	0	0	0	1	1	1
Athletics - track & field	0	0	0	1	1	1
Volleyball	0	0	0	1	1	1
Windsurfing, boardsailing	0	0	0	2	0	1
At least one activity (exc. walking)**	51	36	43	72	60	66
At least one activity**	65	53	59	81	70	75
Weighted base (000's) = 100%	19,606	22,281	41,887	19,906	22,281	41,887
Unweighted sample	6852	7967	14819	6852	7967	14819

* Includes only activities in which more than 0.5% of men or of women participated in the 12 months before interview.

† In 2002 darts were only asked about for the last 12 months.

** Total includes those activities not separately listed.

Table 4 Sports, games and physical activities: participation rates in the 4 weeks before interview by age

Persons aged 16 and over

Great Britain: 2002

Active sports, games and physical activities*	Age							Total	Median age of adult participants
	16-19	20-24	25-29	30-44	45-59	60-69	70 and over		
Percentage participating in the 4 weeks before interview									
Walking	29	31	33	39	40	37	22	35	45
Any swimming	19	17	17	20	13	7	3	14	38
Keep fit/yoga	15	16	19	16	11	7	4	12	38
Snooker/pool/billiards	31	26	17	9	5	3	2	9	29
Cycling	18	12	12	13	8	4	2	9	37
Weight training	11	13	12	8	3	1	0	6	32
Running (jogging etc.)	11	9	11	8	3	1	0	5	32
Any soccer	24	13	11	6	1	0	0	5	26
Golf	5	5	6	6	5	4	2	5	42
Tenpin bowls/skittles	11	8	5	4	2	0	0	3	30
Tennis	6	4	2	2	1	1	0	2	34
Badminton	6	2	3	2	2	1	0	2	36
Fishing	3	1	2	2	2	2	0	2	41
Any bowls	1	0	0	0	1	4	3	1	66
Weight lifting	6	4	3	1	0	0	0	1	26
Squash	2	2	3	2	1	0	0	1	34
Table tennis	5	2	1	1	1	0	0	1	35
Horse riding	3	2	2	1	1	0	0	1	34
At least one activity (exc. walking)†	72	61	61	54	39	27	14	43	38
At least one activity†	77	69	70	67	59	50	30	59	41
Weighted base (000's) = 100%	2,300	2,968	3,060	12,114	10,375	5,094	5,976	41,887	
Unweighted sample	767	929	1006	4151	3853	1951	2162	14819	

* Includes only activities in which more than 1.0% of all adults participated in the 4 weeks before interview.

† Total includes those activities not separately listed.

Table 5 Sports, games and physical activities: participation rates in the 4 weeks before interview by sex and age

Persons aged 16 and over

Great Britain: 2002

Active sports, games and physical activities*	Age								Median age of adult participants
	16-19	20-24	25-29	30-44	45-59	60-69	70 and over	Total	
Percentage participating in the 4 weeks before interview									
Men									
Walking	27	31	32	38	40	39	27	36	45
Snooker/pool/billiards	43	38	27	16	9	5	4	15	31
Cycling	25	15	17	16	11	6	2	12	37
Any swimming	17	15	14	18	11	6	3	12	38
Any soccer	45	26	23	12	2	0	0	10	26
Golf	10	10	12	10	9	7	4	9	41
Weight training	20	22	18	11	4	1	1	9	31
Keep fit/yoga	6	8	11	10	6	4	3	7	39
Running (jogging, etc.)	15	13	15	11	4	1	0	7	33
Tenpin bowls/skittles	12	11	5	5	3	0	0	4	31
Fishing	5	2	4	4	3	3	1	3	41
Squash	3	3	6	4	1	0	0	2	34
Weight lifting	10	6	6	2	1	0	0	2	26
Tennis	7	5	3	2	2	0	0	2	32
Badminton	6	3	4	3	2	1	0	2	36
Any bowls	1	0	0	1	1	5	4	2	65
Table tennis	6	3	2	2	1	1	1	2	35
Shooting	1	2	1	2	2	1	0	2	39
Self defence	2	3	2	2	0	0	0	1	33
Cricket	4	2	3	1	0	0	0	1	29
At least one activity (exc. walking)†	80	72	73	63	45	30	19	51	38
At least one activity†	83	78	79	73	63	54	38	65	41
<i>Weighted base (000's) = 100%</i>	<i>1,141</i>	<i>1,382</i>	<i>1,428</i>	<i>5,744</i>	<i>4,979</i>	<i>2,428</i>	<i>2,502</i>	<i>19,606</i>	
<i>Unweighted sample</i>	<i>366</i>	<i>419</i>	<i>451</i>	<i>1919</i>	<i>1817</i>	<i>929</i>	<i>951</i>	<i>6852</i>	
Women									
Walking	31	31	34	39	40	35	18	34	44
Keep fit/yoga	23	23	26	21	16	10	4	16	38
Any swimming	21	19	20	22	14	9	3	15	38
Cycling	10	9	8	9	5	2	1	6	36
Snooker/pool/billiards	20	15	7	3	1	0	0	4	23
Weight training	3	4	7	6	3	1	0	3	34
Running (jogging etc.)	8	6	8	4	2	1	0	3	31
Tenpin bowls/skittles	10	6	5	3	2	0	0	3	29
Horse riding	6	2	3	2	1	0	0	2	33
Tennis	5	2	1	2	1	1	0	2	38
Badminton	5	2	2	2	1	0	0	1	37
Golf	1	1	1	2	1	2	1	1	44
Any bowls	0	0	0	0	1	3	2	1	66
At least one activity (exc. walking)†	65	51	50	46	33	23	10	36	38
At least one activity†	70	62	62	61	55	46	24	53	41
<i>Weighted base (000's) = 100%</i>	<i>1,159</i>	<i>1,586</i>	<i>1,631</i>	<i>6,370</i>	<i>5,395</i>	<i>2,665</i>	<i>3,474</i>	<i>22,281</i>	
<i>Unweighted sample</i>	<i>401</i>	<i>510</i>	<i>555</i>	<i>2232</i>	<i>2036</i>	<i>1022</i>	<i>1211</i>	<i>7967</i>	

* Includes only activities in which more than 1.0% of all men or women participated in the 4 weeks before interview.

† Total includes those activities not separately listed.

Table 6 Trends in participation in sports, games and physical activities: 1987, 1990, 1993, 1996 and 2002

Persons aged 16 and over

Great Britain

Active sports, games and physical activities*	Unweighted					Weighted	Unweighted					Weighted
	1987	1990	1993	1996	2002	2002	1987	1990	1993	1996	2002	2002
	Percentage participating in 4 weeks before interview						Percentage participating in 12 months before interview					
Walking	38	41	41	45	35	35	60	65	65	68	46	46
Swimming	13	15	15	15	14	14	35	42	43	40	35	35
Keep fit/yoga	9	12	12	12	12	12	14	19	20	21	21	22
Snooker/pool/billiards	15	14	12	11	9	9	23	22	20	19	16	17
Cycling	8	9	10	11	9	9	15	17	19	21	19	19
Weight training†] 5	5	5	6	5	6] 8	9	10	10	9	10
Weight lifting												
Running (jogging, etc.)	5	5	5	5	5	5	11	9	8	8	9	9
Soccer	5	5	4	5	5	5	9	9	8	8	8	9
Golf	4	5	5	5	5	5	9	12	12	11	12	12
Tenpin bowls/skittles	2	4	4	3	3	3	6	11	15	15	15	15
Tennis	2	2	2	2	2	2	7	7	7	7	7	7
Darts**	9	7	6	15	13	10	9	7	7
Badminton	3	3	3	2	2	2	8	9	7	7	6	6
Fishing	2	2	2	2	2	2	6	6	6	5	6	6
Lawn/carpet bowls	2	2	2	2	1	1	4	5	4	5	4	4
Squash	3	3	2	1	1	1	7	6	5	4	4	4
Table tennis	2	2	2	2	1	1	6	5	5	5	5	5
Horse riding	1	1	1	1	1	1	3	3	3	3	3	3
At least one activity (exc walking)††	45	48	47	46	43	43	62	67	68	66	65	66
At least one activity††	61	65	64	64	58	59	78	82	82	81	75	75
<i>Weighted base (000's)</i> <i>= 100%***</i>						41,887						41,887
<i>Unweighted sample***</i>	19529	17574	17552	15696	14819		19529	17574	17552	15696	14819	
Average number of occasions of participation in 4 weeks												
Walking	8	8	8						
Swimming	4	4	4	4	5	5						
Keep fit/yoga	9	9	8	7	7	7						
Snooker/pool/billiards	6	5	5	4	4	5						
Cycling	10	10	10	8	8	8						
Weight training†] 8	7	8	7	8	8] 8	7	8	9	9	9
Weight lifting												
Running (jogging, etc.)	7	6	6	6	7	7						
Soccer	4	5	5	5	5	5						
Golf	4	4	4	4	4	4						
Tenpin bowls/skittles	2	2	2	2	2	2						
Tennis	4	4	4	4	3	3						
Darts**	6	4	4						
Badminton	3	3	3	3	3	3						
Fishing	3	3	3	3	4	4						
Lawn/carpet bowls	6	6	6	5	6	6						
Squash	4	4	4	4	4	4						
Table tennis	4	4	3	3	4	4						
Horse riding	7	6	7	8	9	9						

* Activities are listed in descending order of 4 week participation rates for all adults in 2002. Includes only activities in which more than 1.0% of all persons participated in the 4 weeks before interview in 2002.

† In 1987-93 these categories were combined. From 1996 they were asked separately.

** Darts were only asked about for the last 12 months in 1996 and 2002.

†† Total includes those activities not separately listed.

*** Trend tables show unweighted and weighted figures for 2002 to allow direct comparison between 1996 and 2002 and to give an indication of the effect of the weighting. For weighted data the weighted base is the base for percentages. Unweighted data are based on the unweighted sample.

Table 7 Trends in participation in sports, games and physical activities in the 4 weeks before interview by sex: 1987, 1990, 1993, 1996 and 2002

Persons aged 16 and over

Great Britain

Active sports, games and physical activities*	Men					Women						
	Unweighted					Weighted	Unweighted					Weighted
	1987	1990	1993	1996	2002	2002	1987	1990	1993	1996	2002	2002
Percentage participating in the 4 weeks before interview												
Walking	41	44	45	49	36	36	35	38	37	41	35	34
Any swimming	..	14	15	13	12	12	..	15	16	17	15	15
Swimming: indoor	10	11	12	11	10	10	11	13	14	15	14	14
Swimming: outdoor	4	4	4	3	3	3	3	4	3	3	3	3
Keep fit/yoga	5	6	6	7	7	7	12	16	17	17	16	16
Snooker/pool/billiards	27	24	21	20	15	15	5	5	5	4	4	4
Cycling	10	12	14	15	12	12	7	7	7	8	6	6
Weight training] 7	8	9	9	8	9] 2	2	3	3	3	3
Weight lifting		2	2	2	2	2		1	1	1	1	1
Running (jogging, etc.)	8	8	7	7	7	7	3	2	2	2	3	3
Any soccer	10	10	9	10	9	10	0	0	0	0	0	0
Golf	7	9	9	8	9	9	1	2	2	2	1	1
Tenpin bowls/skittles	2	5	5	4	4	4	1	3	3	3	3	3
Tennis	2	2	3	2	2	2	1	2	2	2	2	2
Badminton	4	4	3	3	2	2	3	3	2	2	1	1
Fishing	4	4	4	3	3	3	0	0	0	0	0	0
Any bowls	2	3	3	2	2	2	1	1	2	1	1	1
Squash	4	4	3	2	2	2	1	1	1	0	0	0
Table tennis	4	3	2	2	2	2	1	1	1	1	1	1
Horse riding	0	1	0	0	0	0	1	1	1	1	2	2
At least one activity (exc. walking)†	57	58	57	54	50	51	34	39	39	38	37	36
At least one activity†	70	73	72	71	64	65	52	57	57	58	53	53
Weighted base (000's)												
= 100%**	19,606	22,281										
Unweighted sample**	9086	8119	8062	7186	6852	10443	9455	9490	8510	7967		

* Includes only activities in which more than 1.0% of all adults participated in 4 weeks before interview in 2002.

† Total includes those activities not separately listed.

** Trend tables show unweighted and weighted figures for 2002 to allow direct comparison between 1996 and 2002 and to give an indication of the effect of the weighting. For weighted data the weighted base is the base for percentages. Unweighted data are based on the unweighted sample.

Table 8 Trends in participation in at least one sport, game or physical activity in the 4 weeks before interview by age: 1987, 1990, 1993, 1996 and 2002

Persons aged 16 and over

Great Britain

		Unweighted					Weighted	Weighted base	Unweighted
		1987	1990	1993	1996	2002	2002	2002 (000's) = 100%*	sample* 2002
Percentage participating in the 4 weeks before interview									
At least one activity (exc walking)	16-19	80	82	81	78	72	72	2,300	767
	20-24	69	72	71	70	61	61	2,968	929
	25-29	63	67	65	63	60	61	3,060	1006
	30-44	56	59	58	57	54	54	12,114	4151
	45-59	35	42	43	40	40	39	10,375	3853
	60-69	23	28	28	30	27	27	5,094	1951
	70 and over	10	12	16	13	14	14	5,976	2162
	Total	45	48	47	46	43	43	41,887	14819
At least one activity	16-19	86	87	86	86	77	77	2,300	767
	20-24	77	81	80	81	69	69	2,968	929
	25-29	74	78	77	77	70	70	3,060	1006
	30-44	71	73	73	73	67	67	12,114	4151
	45-59	56	63	64	63	60	59	10,375	3853
	60-69	47	54	51	55	51	50	5,094	1951
	70 and over	26	31	33	31	31	30	5,976	2162
	Total	61	65	64	64	58	59	41,887	14819

* Trend tables show unweighted and weighted figures for 2002 to allow direct comparison between 1996 and 2002 and to give an indication of the effect of the weighting. For weighted data the weighted base is the base for percentages. Unweighted data are based on the unweighted sample. Bases for earlier years are of similar size and can be found in GHS reports for each year.

Table 9 Sports, games and physical activities: participation rates in the 4 weeks before interview by socio-economic classification of household reference person

Persons aged 16 and over

Great Britain: 2002

Active sports, games and physical activities*	Socio-economic classification of household reference person									Total†
	Large employers and higher managerial	Higher professional	Lower managerial and professional	Inter-mediate	Small employers and own account	Lower supervisory and technical	Semi-routine	Routine	Never worked and long-term unemployed	
Percentage participating in the 4 weeks before interview										
Walking	46	48	43	34	31	29	29	25	22	35
Any swimming	24	20	17	13	12	11	9	8	8	14
Keep fit/yoga	20	18	15	15	11	9	7	6	4	12
Snooker/pool/billiards	9	9	10	10	9	9	8	7	6	9
Cycling	12	13	11	7	8	7	6	7	8	9
Weight training	11	9	7	7	5	4	4	3	3	6
Running (jogging, etc)	10	9	6	5	4	3	2	2	3	5
Any soccer	6	6	6	4	5	5	3	4	4	5
Golf	10	9	7	4	5	4	2	2	0	5
Tenpin bowls/skittles	4	4	4	4	3	3	3	2	1	3
Tennis	3	4	3	2	2	1	1	1	1	2
Badminton	3	3	2	1	1	2	1	1	1	2
Fishing	1	1	1	1	3	2	2	2	1	2
Any bowls	2	1	1	2	1	2	1	1	0	1
Weight lifting	2	1	2	1	1	1	1	1	1	1
Squash	2	4	2	1	1	1	0	0	0	1
Table tennis	2	2	2	1	1	1	0	0	1	1
Horse riding	2	1	1	1	2	1	1	0	1	1
At least one activity (exc. walking)**	59	59	51	43	43	38	31	30	26	43
At least one activity**	75	75	68	58	57	54	46	44	38	58
Weighted base (000's) = 100%	2,544	3,516	9,826	3,438	4,046	5,367	5,436	5,550	1,106	41,664
Unweighted sample	953	1,294	3,559	1,203	1,452	1,856	1,904	1,917	364	14,748

* Includes only activities in which more than 1.0% of all adults participated in the 4 weeks before interview.

† From April 2001 the National Statistics Socio-economic Classification (NS-SEC) was introduced for all official statistics and surveys. It replaced Social Class based on Occupation and Socio-economic Groups (SEG). Persons whose household reference person was a full-time student or had an inadequately described occupation are not shown as separate categories but are included in the figure for all persons.

** Total includes those activities not separately listed.

Table 10 Participation in at least one sport, game or physical activity in the 4 weeks before interview by socio-economic classification of the household reference person and sex: age-standardised

Persons aged 16 and over

Great Britain: 2002

	Socio-economic classification of household reference person*								
	Large employers and higher managerial	Higher professional	Lower managerial and professional	Inter-mediate	Small employers and own account	Lower supervisory and technical	Semi-routine	Routine	Never worked and long-term unemployed
Percentage participating in the 4 weeks before interview									
Men									
Observed %	76	79	74	69	61	60	53	51	51
Expected %	65	67	66	65	65	63	64	62	69
Standardised ratio	117†	118†	112†	107	94	95	83†	82†	73†
<i>Weighted base = 100%</i>	1,267	1,881	4,648	1,282	2,080	2,739	2,258	2,567	406
<i>Unweighted sample</i>	471	682	1664	442	733	936	782	878	127
Women									
Observed %	73	71	62	52	54	48	42	38	30
Expected %	56	56	54	50	54	52	50	49	51
Standardised ratio	131†	125†	115†	103	99	92†	83†	76†	59†
<i>Weighted base = 100%</i>	1,278	1,631	5,176	2,150	1,966	2,623	3,176	2,980	700
<i>Unweighted sample</i>	482	610	1894	759	719	918	1121	1038	237

* From 2001 the National Statistics Socio-economic Classification (NS-SEC) was introduced for all official statistics and surveys. It replaced Social Class based on Occupation and Socio-economic Groups (SEG).

† Ratio significantly different from 100 ($p < 0.05$).

Table 11 Participation in at least one sport, game or physical activity in the 4 weeks before interview by economic activity status and sex: age-standardised

Persons aged 16 and over

Great Britain: 2002

	Working full time	Working part time*	Unemployed	Economically inactive
Percentage participating in the 4 weeks before interview				
Men				
Observed %	72	73	69	47
Expected %	70	68	73	53
Standardised ratio	103	108	95	90†
<i>Weighted base (000's) = 100%</i>	11,618	1,520	618	5,825
<i>Unweighted sample</i>	4008	530	199	2107
Women				
Observed %	64	63	64	40
Expected %	60	59	61	45
Standardised ratio	106†	108†	105	89†
<i>Weighted base (000's) = 100%</i>	6,478	5,410	455	9,912
<i>Unweighted sample</i>	2281	1963	158	3556

* Includes a small number of cases where hours of work were not known.

† Ratio significantly different from 100 (p<0.05).

Table 12 Participation in at least one sport, game or physical activity in the 4 weeks before interview by household type and sex: age-standardised

Persons aged 16 and over

Great Britain: 2002

	One adult only	Two adults only	Three or more adults only	Youngest child aged 0-4	Youngest child aged 5-15
Percentage participating in the 4 weeks before interview					
Men					
Observed %	61	62	69	66	70
Expected %	61	59	69	74	71
Standardised ratio	100	105 *	100	90*	99
<i>Weighted base (000's) = 100%</i>	3,300	7,246	3,788	2,011	3,247
<i>Unweighted sample</i>	1043	2683	1241	710	1170
Women					
Observed %	41	53	58	51	60
Expected %	41	50	57	62	61
Standardised ratio	101	107 *	101	83*	100
<i>Weighted base (000's) = 100%</i>	4,195	7,458	3,532	2,734	4,346
<i>Unweighted sample</i>	1417	2793	1196	971	1584

* Ratio significantly different from 100 (p<0.05).

Table 13 'Top five' sports, games and physical activities: participation rates in the 4 weeks before interview by Government Office Region

Persons aged 16 and over

Great Britain: 2002

Active sports, games and physical activities	Government Office Region												
	North East	North West	Yorkshire and the Humber	East Midlands	West Midlands	East of England	London	South East	South West	England	Wales	Scotland	Great Britain
Percentages participating in the 4 weeks before interview													
Top five sports													
Walking	35	35	33	34	29	35	28	37	42	34	35	43	35
Any swimming	12	13	13	12	11	13	14	15	18	14	13	14	14
Keep fit/yoga	11	12	11	11	11	11	14	14	12	12	10	12	12
Snooker/pool/billiards	10	9	11	7	8	9	9	8	12	9	9	8	9
Cycling	8	8	9	9	6	12	8	10	10	9	7	10	9
At least one activity (exc. walking)*	37	41	41	42	39	45	44	46	50	43	40	44	43
At least one activity*	55	56	56	57	54	60	55	63	65	58	57	62	59
Weighted base (000's) = 100%	2,005	4,951	3,693	2,998	3,737	3,766	5,179	6,025	3,713	36,067	2,083	3,737	41,887
Unweighted sample	695	1770	1292	1106	1317	1396	1640	2249	1376	12841	756	1222	14819

* Total includes those activities not separately listed.

Table 14 'Top five' sports, games and physical activities: participation rates in the 4 weeks before interview by limiting longstanding illness

Persons aged 16 and over

Great Britain: 2002

Active sports, games and physical activities	Limiting longstanding illness			Total
	Limiting longstanding illness	Non-limiting longstanding illness	No longstanding illness	
Percentage participating in the 4 weeks before interview				
Top five sports				
Walking	25	40	37	35
Any swimming	9	13	16	14
Keep fit/yoga	7	13	14	12
Snooker/pool/billiards	5	9	11	9
Cycling	5	8	11	9
At least one activity (exc walking)*	26	42	51	43
At least one activity*	40	61	65	58
Weighted base (000's) = 100%	10,227	6,164	25,462	41,854
Unweighted sample	3673	2229	8906	14808

* Total includes those activities not separately listed.

Table 15 Participation in at least one sport, game or physical activity in the 4 weeks before interview by ethnic group: age-standardised

Persons aged 16 and over

Great Britain: 2002

Active sports, games and physical activities	Ethnic group									
	White British	Other White	Mixed background	Indian	Pakistani and Bangladeshi	Other Asian background	Black Caribbean	Black African	Other Black background	Other ethnic group
Percentage participating in the 4 weeks before interview										
At least one activity (excluding walking)*										
Observed %	41	45	47	26	18	34	25	32	38	38
Expected %	39	45	50	46	48	47	41	49	50	47
Standardised ratio	104†	100	94	57†	38†	72†	62†	64†	75	80†
At least one activity*										
Observed %	56	56	56	40	22	52	31	46	42	46
Expected %	54	57	60	59	60	59	55	60	62	59
Standardised ratio	103†	97	92	68†	36†	89	57†	76†	68†	78†
Weighted base (000's) = 100%	37,498	1,349	277	584	496	216	437	363	68	499
Unweighted sample	13376	445	90	205	165	71	142	110	22	158

* Total includes those activities not separately listed.

† Ratio significantly different from 100 (p<0.05).

Table 16 Use of different types of facility by sex

Persons aged 16 and over

Great Britain: 2002

Type of facility	Men		Women		Total
	Percentage	Sample	Percentage	Sample	
Percentage using different types of facility in 4 weeks before interview					
Indoor mainly used for sport	25	19,592	22	22,262	23
Indoor other community facility	14	6,847	9	7,960	11
Indoor/outdoor at home	5		4		4
Outdoor mainly used for sport	19		5		11
Outdoor natural setting	22		10		16
Other - including roads and pathways	3		2		2
Weighted base (000's) = 100%		19,592		22,262	41,854
Unweighted sample		6847		7960	14807

Table 17 Use of different types of facility by Government Office Region

Persons aged 16 and over

Great Britain: 2002

Type of facility	Government Office Region												Great Britain
	North East	North West	Yorkshire and the Humber	East Midlands	West Midlands	East of England	London	South East	South West	England	Wales	Scotland	
	Percentages using different types of facility in the 4 weeks before interview												
Indoor mainly for sport	20	22	20	22	20	22	25	26	26	23	20	27	23
Indoor other community facility	13	10	13	11	10	11	11	11	15	12	12	9	11
Indoor/outdoor at home	5	4	5	3	3	4	4	5	5	4	4	4	4
Outdoor mainly used for sport	10	10	10	11	10	13	12	12	13	11	10	14	11
Outdoor natural setting	14	14	15	16	11	18	16	17	21	16	15	17	16
Other - including roads and pathways	3	2	2	1	2	3	3	2	3	2	2	2	2
<i>Weighted base (000's) = 100%</i>	2,005	4,947	3,693	2,998	3,731	3,766	5,179	6,025	3,689	36,034	2,083	3,737	41,854
<i>Unweighted sample</i>	695	1769	1292	1106	1315	1396	1640	2249	1367	12829	756	1222	14807

Table 18 Sports, games and physical activities: percentage of participants* in each activity
 (a) who were members of a club for that activity in the 4 weeks before interview
 (b) who participated competitively in that activity in the 12 months before interview
 (c) who received tuition in that activity in the 12 months before interview

Participants in each activity in the 4 weeks before interview aged 16 and over

Great Britain: 2002

Active sports, games and physical activities†	(a)	(b)	(c)	<i>Weighted base (000's) = 100%</i>	<i>Unweighted sample</i>
	Percentages				
Any swimming	19	2	5	5,780	2058
Keep fit/yoga	40	2	51	5,033	1785
Snooker/pool/billiards	20	12	2	3,835	1287
Cycling	3	2	1	3,753	1302
Weight training	45	1	31	2,416	810
Golf	49	42	26	2,026	720
Running (jogging etc)	12	13	5	2,111	712
Any soccer	33	46	19	2,066	671
Tenpin bowls/skittles	6	8	1	1,385	481
Tennis	35	18	19	782	270
Badminton	23	7	11	746	263
Fishing	33	21	4	687	240
Any bowls	76	63	8	565	209
Weight lifting	37	0	28	564	188
Squash	35	15	10	532	183
Table tennis	9	8	7	505	177
Horse riding	14	22	39	428	153

* People who had participated in the 4 weeks before interview.

† Includes only activities in which more than 1% of all persons participated in the 4 weeks before interview.

Table 19 Percentage of participants* in any activity in the 4 weeks before interview by sex and age: 1996 and 2002

(a) who were members of a club in the 4 weeks before interview
 (b) who participated competitively in the 12 months before interview
 (c) who received tuition in the 12 months before interview

Participants in any activity in the 4 weeks before interview aged 16 and over

Great Britain

Age	Men			Women			All persons		
	Unweighted		Weighted	Unweighted		Weighted	Unweighted		Weighted
	1996	2002	2002	1996	2002	2002	1996	2002	2002
(a) Percentage of participants who were members of a club in the 4 weeks before interview									
16-19	46	42	42	17	24	23	34	33	33
20-24	43	40	40	22	22	22	33	32	32
25-29	38	46	45	23	31	30	31	39	39
30-44	38	42	42	24	31	31	31	37	37
45-59	43	44	43	27	33	33	36	39	39
60-69	48	53	52	33	42	41	41	48	47
70 and over	48	57	57	37	47	46	43	53	52
Total	41	44	44	25	32	31	34	38	38
(b) Percentage of participants who participated competitively in the 12 months before interview									
16-19	41	52	51	14	31	31	30	42	42
20-24	37	46	46	9	13	12	24	30	31
25-29	33	43	43	9	12	12	22	29	29
30-44	29	39	38	7	11	11	18	26	26
45-59	32	34	34	11	12	11	22	24	24
60-69	32	36	36	13	19	18	23	28	28
70 and over	23	35	36	15	21	20	20	29	29
Total	32	39	40	10	14	14	22	28	28
(c) Percentage of participants who received tuition in the 12 months before interview									
16-19	39	53	52	30	58	58	35	56	54
20-24	25	40	39	25	44	44	25	42	41
25-29	19	34	34	27	47	47	23	40	40
30-44	18	31	31	27	45	45	22	37	37
45-59	13	24	23	28	43	43	20	33	32
60-69	11	17	16	32	43	42	21	29	28
70 and over	7	19	19	19	35	35	12	26	26
Total	19	30	31	27	45	45	23	37	37
Weighted base (000's) = 100%									
16-19			918			748			1,666
20-24			990			807			1,797
25-29			1,048			816			1,864
30-44			3,612			2,954			6,567
45-59			2,237			1,802			4,039
60-69			737			625			1,362
70 and over			469			352			820
Total			10,010			8,104			18,115
Unweighted sample									
16-19	364	295		283	261		647	556	
20-24	381	302		342	263		723	565	
25-29	493	330		421	278		914	608	
30-44	1339	1210		1164	1047		2503	2257	
45-59	799	829		663	693		1462	1522	
60-69	323	290		279	246		602	536	
70 and over	180	181		124	126		304	307	
Total	3879	3437		3276	2914		7155	6351	

* Includes participants in any activity excluding walking in the 4 weeks before interview.

Table 20 Percentage of participants* in any activity in the 4 weeks before interview by socio-economic classification of the household reference person
(a) who were members of a club in the 4 weeks before interview
(b) who participated competitively in the 12 months before interview
(c) who received tuition in the 12 months before interview

Participants in any activity in the 4 weeks before interview aged 16 and over

Great Britain: 2002

Socio-economic classification†	Men	Women	Total
(a) Percentage of participants who were members of a club in the 4 weeks before interview			
Large employers and higher managerial	51	40	46
Higher professional	48	35	42
Lower managerial and professional	49	35	43
Intermediate	42	36	39
Small employers and own account	45	34	40
Lower supervisory and technical	36	26	32
Semi-routine	37	22	30
Routine	36	23	31
Never worked and long-term unemployed	24	13	19
Total†	44	31	38
(b) Percentage of participants who participated competitively in the 12 months before interview			
Large employers and higher managerial	49	18	34
Higher professional	42	20	33
Lower managerial and professional	41	15	29
Intermediate	36	17	26
Small employers and own account	35	15	27
Lower supervisory and technical	37	10	27
Semi-routine	34	10	23
Routine	38	7	25
Never worked and long-term unemployed	28	14	21
Total†	39	14	28
(c) Percentage of participants who received tuition in the 12 months before interview			
Large employers and higher managerial	43	50	46
Higher professional	39	52	44
Lower managerial and professional	33	50	41
Intermediate	32	46	39
Small employers and own account	29	50	38
Lower supervisory and technical	24	36	29
Semi-routine	19	31	25
Routine	19	36	26
Never worked and long-term unemployed	20	28	23
Total†	30	45	37
<i>Weighted base (000's) = 100%</i>			
Large employers and higher managerial	808	704	1,512
Higher professional	1,210	864	2,075
Lower managerial and professional	2,734	2,249	4,983
Intermediate	703	782	1,486
Small employers and own account	1,006	739	1,745
Lower supervisory and technical	1,259	804	2,063
Semi-routine	854	807	1,661
Routine	975	671	1,647
Never worked and long-term unemployed	153	138	292
Total†	9,959	8,019	17,978
<i>Unweighted sample</i>			
Large employers and higher managerial	297	262	559
Higher professional	435	325	760
Lower managerial and professional	960	824	1784
Intermediate	233	274	507
Small employers and own account	349	269	618
Lower supervisory and technical	418	280	698
Semi-routine	290	289	579
Routine	323	236	559
Never worked and long-term unemployed	46	47	93
Total†	3423	2886	6309

* Includes participants in any activity excluding walking in the 4 weeks before interview.

† From April 2001 the National Statistics Socio-Economic Classification (NS-SEC) was introduced for all official statistics and surveys. It replaced Social Class based on Occupation and Socio-economic Groups (SEG). Persons whose household reference person was a full-time student or had an inadequately described occupation are not shown as separate categories but are included in the figure for all persons.

Table 21 'Top fifteen' sports, games and physical activities people do not take part in, but would like to do

Persons aged 16 and over who would like to participate in a sport, game or physical activity

Great Britain: 2002

Sports, games and physical activities*	Percentage who would like to take part
Swimming	13
Keep fit/yoga/aerobics/dance exercise	12
Golf	5
Skiing/snowboarding	5
Horse riding	5
Tennis	4
Self-defence/martial arts/boxing	4
Badminton	4
Walking	4
Soccer	3
Other water sports	3
Cycling	3
Sailing (yachting or dinghy sailing)	3
Motor sports	3
Bowls	3
<i>Weighted base (000's) = 100%</i>	<i>14,985</i>
<i>Unweighted sample</i>	<i>5280</i>

* Excludes recreational activities.

Table 22 Selected leisure activities: participation rates in the 4 weeks before interview by sex and age

Persons aged 16 and over

Great Britain: 2002

Leisure activities	Age							Total
	16-19	20-24	25-29	30-44	45-59	60-69	70 & over	
Percentage participating in the 4 weeks before interview								
Men								
Watching TV	100	98	99	99	99	99	98	99
Listening to radio	91	91	92	93	91	84	77	89
Listening to records/tapes	98	97	96	89	82	68	61	83
Reading books	53	62	58	58	59	53	57	58
Singing/playing an instrument	18	16	15	13	11	8	8	12
Dancing	9	15	11	7	6	9	4	8
Painting	21	11	10	9	6	7	5	8
Writing stories/poetry	10	6	5	4	3	1	3	4
Running arts events	4	2	2	2	3	3	2	2
Performing in a play	6	3	2	1	2	1	0	2
<i>Weighted base (000's) = 100%</i>	1,141	1,382	1,426	5,744	4,976	2,428	2,502	19,600
<i>Unweighted sample</i>	366	419	450	1919	1816	929	951	6850
Women								
Watching TV	99	100	99	99	98	99	99	99
Listening to radio	94	94	93	91	88	80	75	87
Listening to records/tapes	99	96	94	92	84	73	54	83
Reading books	73	71	74	72	74	74	69	72
Singing/playing an instrument	24	14	11	11	9	7	6	10
Dancing	33	30	16	14	10	10	5	14
Painting	28	15	12	12	8	8	4	10
Writing stories/poetry	14	4	4	5	3	3	1	4
Running arts events	4	2	1	3	4	4	2	3
Performing in a play	11	3	3	2	2	1	1	2
<i>Weighted base (000's) = 100%</i>	1,159	1,586	1,631	6,370	5,395	2,665	3,474	22,281
<i>Unweighted sample</i>	401	510	555	2232	2036	1022	1211	7967
Total								
Watching TV	100	99	99	99	99	99	99	99
Listening to radio	92	93	93	92	89	82	76	88
Listening to records/tapes	98	97	95	91	83	71	57	83
Reading books	63	67	66	65	67	64	64	65
Singing/playing an instrument	21	15	12	12	10	7	7	11
Dancing	21	23	14	11	8	9	5	11
Painting	24	13	11	11	7	8	5	9
Writing stories/poetry	12	5	4	4	3	2	2	4
Running arts events	4	2	2	2	3	4	2	3
Performing in a play	8	3	3	2	2	1	0	2
<i>Weighted base (000's) = 100%</i>	2,300	2,968	3,057	12,114	10,372	5,094	5,976	41,881
<i>Unweighted sample</i>	767	929	1005	4151	3852	1951	2162	14817

Table 23 Selected leisure activities: participation rates in the 4 weeks before interview: 1977 to 2002

Persons aged 16 and over										Great Britain
Leisure activities	Unweighted									Weighted
	1977	1980	1983	1986	1987	1990	1993	1996	2002	2002
Percentage participating in the 4 weeks before interview										
Watching TV	97	98	98	98	99	99	99	99	99	99
Visiting/entertaining friends or relations	91	91	91	94	95	96	96	96
Listening to radio	87	88	87	86	88	89	89	88	88	88
Listening to records/tapes	62	64	63	67	73	76	77	78	83	83
Reading books	54	57	56	59	60	62	65	65	66	65
Gardening	42	43	44	43	46	48	48	48
DIY	35	37	36	39	43	43	42	42
Dressmaking/needlework/knitting	29	28	27	27	27	23	22	22
Singing/playing an instrument									11	11
Dancing									11	11
Painting									9	9
Writing stories/poetry									4	4
Running arts events									3	3
Performing in a play									2	2
Weighted base (000's) = 100%*										41,881
Unweighted sample*	23171	22599	19050	19209	19529	17574	17552	15697	14817	

* Trend tables show unweighted and weighted figures for 2002 to allow direct comparison between 1996 and 2002 and to give an indication of the effect of the weighting. For weighted data the weighted base is the base for percentages. Unweighted data are based on the unweighted sample.

Table 24 Selected leisure activities: participation rates in the 4 weeks before interview by socio-economic classification of household reference person and sex

Persons aged 16 and over

Great Britain: 2002

Leisure activities	Socio-economic classification of household reference person*									Total*
	Large employers and higher managerial	Higher professional	Lower managerial and professional	Inter-mediate	Small employers and own account	Lower supervisory & technical	Semi-routine	Routine	Never worked and long-term unemployed	
Percentage participating in the 4 weeks before interview										
Men										
Watching TV	99	99	100	98	99	99	99	99	93	99
Listening to radio	95	93	93	90	90	87	86	83	80	89
Listening to records/tapes	91	89	89	82	78	80	77	76	78	83
Reading books	74	77	67	58	47	50	45	43	57	57
Singing/playing an instrument	13	14	16	12	11	11	7	6	11	12
Dancing	8	7	9	8	9	8	6	5	1	8
Painting	9	8	9	10	10	8	6	6	10	8
Writing stories/poetry	6	5	5	3	3	2	3	3	5	4
Running arts events	3	4	4	2	1	1	1	1	2	2
Performing in a play	3	2	3	1	1	1	1	1	5	2
<i>Weighted base (000's) = 100%</i>	1,267	1,880	4,648	1,285	2,080	2,744	2,258	2,567	406	19,531
<i>Unweighted sample</i>	471	682	1664	443	733	938	782	878	127	6830
Women										
Watching TV	99	98	99	99	99	99	99	99	98	99
Listening to radio	93	94	91	88	87	85	83	79	79	87
Listening to records/tapes	93	91	87	82	83	80	79	74	68	83
Reading books	89	86	80	74	66	68	64	61	57	72
Singing/playing an instrument	10	14	15	9	8	7	8	6	7	10
Dancing	13	13	15	15	14	14	11	9	11	13
Painting	10	12	13	10	11	10	7	6	14	10
Writing stories/poetry	4	4	5	5	4	3	3	3	6	4
Running arts events	3	6	5	3	3	2	1	1	3	3
Performing in a play	2	3	3	2	2	2	1	1	2	2
<i>Weighted base (000's) = 100%</i>	1,278	1,633	5,178	2,153	1,966	2,623	3,179	2,980	700	22,128
<i>Unweighted sample</i>	482	611	1895	760	719	918	1122	1038	237	7916
Total										
Watching TV	99	99	99	99	99	99	99	99	96	99
Listening to radio	94	93	92	89	88	86	84	81	80	88
Listening to records/tapes	92	90	88	82	81	80	78	75	72	83
Reading books	81	81	74	68	56	59	56	52	57	65
Singing/playing an instrument	12	14	15	10	10	9	8	6	8	11
Dancing	10	10	12	12	11	11	9	7	7	11
Painting	10	10	11	10	11	9	7	6	12	9
Writing stories/poetry	5	5	5	4	3	3	3	3	6	4
Running arts events	3	5	5	3	2	2	1	1	3	3
Performing in a play	2	2	3	2	2	1	1	1	3	2
<i>Weighted base (000's) = 100%</i>	2,544	3,514	9,826	3,438	4,046	5,367	5,436	5,547	1,106	41,658
<i>Unweighted sample</i>	953	1293	3559	1203	1452	1856	1904	1916	364	14746

* From April 2001 the National Statistics Socio-economic Classification (NS-SEC) was introduced for all official statistics and surveys. It replaced Social Class based on Occupation and Socio-economic Groups (SEG). Persons whose household reference person was a full-time student or had an inadequately described occupation are not shown as separate categories but are included in the figure for all persons.

Table 25 Selected leisure activities: participation rates in the 4 weeks before interview by Government Office Region

Persons aged 16 and over

Great Britain: 2002

Leisure activities	Government Office Region												
	North East	North West	Yorkshire and the Humber	East Midlands	West Midlands	East of England	London	South East	South West	England	Wales	Scotland	Great Britain
Percentage participating in the 4 weeks before interview													
Watching TV	99	99	99	100	99	99	98	98	99	99	100	98	99
Listening to radio	85	90	84	89	89	91	88	89	89	88	86	84	88
Listening to records/tapes	79	83	83	84	81	83	82	85	83	83	81	83	83
Reading books	59	64	62	62	59	63	71	70	70	65	62	67	65
Singing/playing an instrument	8	9	11	10	9	10	13	12	13	11	11	12	11
Dancing	13	9	12	11	8	10	13	10	11	11	11	11	11
Painting	7	9	11	12	8	9	10	9	12	9	11	8	9
Writing stories/poetry	3	3	3	4	4	4	5	4	5	4	4	4	4
Performing in a play	2	1	2	1	2	2	2	2	2	2	2	2	2
At least one specialised leisure activity*	25	24	28	27	23	26	30	26	31	27	29	27	27
Weighted base (000's) = 100%	2,005	4,951	3,690	2,998	3,737	3,766	5,179	6,023	3,713	36,061	2,083	3,737	41,881
Unweighted sample	695	1770	1291	1106	1317	1396	1640	2248	1376	12839	756	1222	14817

* Comprises singing/playing an instrument, dancing, painting, writing stories/poetry and performing in a play.

Table 26 Selected leisure activities: participation rates in the 4 weeks before interview by limiting longstanding illness

Persons aged 16 and over

Great Britain: 2002

Leisure activities	Limiting longstanding illness			Total
	Limiting longstanding illness	Non-limiting longstanding illness	No longstanding illness	
Percentage participating in the 4 weeks before interview				
Watching TV	99	99	99	99
Listening to radio	81	90	90	88
Listening to records/tapes	73	82	87	83
Reading books	62	68	66	65
Singing/playing an instrument	9	11	11	11
Dancing	7	11	12	11
Painting	9	10	10	9
Writing stories/poetry	4	3	4	4
Performing in a play	1	2	2	2
At least one specialised leisure activity*	23	30	28	27
Weighted base (000's) = 100%	10,224	6,164	25,459	41,848
Unweighted sample	3672	229	8905	14806

* Comprises singing/playing an instrument, dancing, painting, writing stories/poetry and performing in a play.

Table 27 Participation in at least one specialised leisure activity in the 4 weeks before interview by ethnic group: age-standardised

Persons aged 16 and over

Great Britain: 2002

Leisure activities	Ethnic group									
	White British	Other White	Mixed background	Indian	Pakistani and Bangladeshi	Other Asian background	Black Caribbean	Black African	Other Black background	Other ethnic group
Percentage participating in the 4 weeks before interview										
At least one specialised leisure activity*										
Observed %	25	27	35	17	15	16	29	32	55	31
Expected %	25	27	30	27	29	27	25	28	27	28
Standardised ratio	101	103	119	62†	52†	57†	116	117	199†	112
Weighted base (000's) = 100%	37,496	1,349	277	581	496	216	437	363	68	499
Unweighted sample	13375	445	90	204	165	71	142	110	22	158

* Comprises singing/playing an instrument, dancing, painting, writing stories/poetry and performing in a play.

† Ratio significantly different from 100 (p<0.05).

Table 28 Attendance at leisure and recreation classes in the 4 weeks before interview by sex and age: 1983, 1993, 1996 and 2002

Persons aged 16-69*

Great Britain

Age	Men					Women					Total				
	Unweighted				Weighted	Unweighted				Weighted	Unweighted				Weighted
	1983	1993	1996	2002	2002	1983	1993	1996	2002	2002	1983	1993	1996	2002	2002
Percentage attending leisure and recreation classes															
16-24	5	8	8	7	7	10	12	8	11	11	7	10	8	9	9
25-34	3	6	5	5	6	11	12	10	9	9	7	9	8	7	7
35-44	3	4	4	3	3	10	11	9	10	10	7	8	7	7	6
45-64	2	4	3	4	4	7	11	8	10	10	5	8	6	7	7
65-69†	-	-	3	4	4	-	-	10	12	12	-	-	7	8	8
65 and overt	2	2	3	-	-	3	6	6	-	-	3	5	5	-	-
Total	3	5	4	4	4	8	10	8	10	10	5	8	6	7	7
Weighted base (000's) = 100%**															
16-24					2,523					2,751					5,274
25-34					3,295					3,706					7,001
35-44					3,885					4,295					8,181
45-64					6,245					6,701					12,946
65-69†					1,163					1,356					2,518
Total					17,111					18,809					35,920
Unweighted sample**															
16-24	1692	1247	890	785		1681	1265	979	913		3373	2512	1869	1698	
25-34	1651	1734	1322	1064		1834	1865	1615	1283		3485	3599	2937	2347	
35-44	1700	1548	1309	1308		1690	1642	1567	1504		3390	3190	2876	2812	
45-64	2799	2569	2218	2297		3035	2741	2510	2572		5834	5310	4728	4869	
65-69†			458	449				524	485				982	934	
65 and overt	1590	1587	1447			2366	2282	1840			3956	3869	3287		
Total	9432	8685	7186	5903		10606	9795	8511	6757		20038	18480	15697	12660	

* Questions about leisure classes were asked of people aged 16 and over up to 1996, but of 16-69 year olds in 2002.

† Data have been rerun for 1996 to show both age groups. The 1996 total figure is for people aged 16 and over.

** Trend tables show unweighted and weighted figures for 2002 to allow direct comparison between 1996 and 2002 and to give an indication of the effect of the weighting. For weighted data the weighted base is the base for percentages. Unweighted data are based on the unweighted sample.

Table 29 Attendance at leisure and recreation classes in the 4 weeks before interview by economic activity status, socio-economic classification of the household reference person and sex

Persons aged 16-69

Great Britain: 2002

Economic activity status and socio-economic classification	Men	Women	Total
Percentage attending leisure and recreation classes			
Economic activity status			
Economically active			
Working full time	4	11	6
Working part time	6	10	9
All working*	4	10	7
Unemployed	3	6	4
All economically active	4	10	7
Economically inactive	6	9	8
Socio-economic classification†			
Managerial and professional	6	13	10
Intermediate	4	11	8
Routine and manual	2	6	4
Total**	4	10	7
Weighted base (000's) = 100%			
Economically active			
Working full time	11,593	6,469	18,062
Working part time	1,314	5,297	6,611
All working	12,982	11,799	24,780
Unemployed	622	449	1,071
All economically active	13,603	12,248	25,851
Economically inactive	3,466	6,509	9,975
Managerial and professional			
Intermediate	6,966	7,260	14,226
Routine and manual	2,978	3,427	6,405
Total	6,329	7,008	13,337
Total	17,111	18,809	35,920
Unweighted sample			
Economically active			
Working full time	3998	2277	6275
Working part time	456	1922	2378
All working	4478	4210	8688
Unemployed	200	156	356
All economically active	4678	4366	9044
Economically inactive	1210	2371	3581
Managerial and professional			
Intermediate	2489	2682	5171
Routine and manual	1026	1234	2260
Total	2141	2476	4617
Total	5903	6757	12660

* Including a few people whose hours of work were not known.

† From 2001 the National Statistics Socio-economic Classification (NS-SEC) was introduced for all official statistics and surveys. It replaced Social Class based on Occupation and Socio-economic Groups (SEG).

** Total includes no answers to the selected characteristics.

Table 30 Attendance at leisure and recreation classes in the 4 weeks before interview by sex and highest qualification level attained

Persons aged 16-69		Great Britain: 2002	
Highest qualification level attained*	Men	Women	Total
Percentage attending leisure and recreation classes			
Degree or equivalent	7	17	11
Higher education below degree level	5	12	9
Other qualifications	4	10	7
No qualifications	3	4	4
Total†	4	10	7
<i>Weighted base (000's) = 100%</i>			
Degree or equivalent	3,237	2,868	6,105
Higher education below degree level	1,503	1,971	3,474
Other qualifications	8,800	9,501	18,301
No qualifications	3,555	4,399	7,953
Total	17,111	18,809	35,920
<i>Unweighted sample</i>			
Degree or equivalent	1125	1024	2149
Higher education below degree level	528	725	1253
Other qualifications	3004	3396	6400
No qualifications	1241	1589	2830
Total	5903	6757	12660

* For details of qualification levels see Appendix A of Living in Britain 2002 main report.

† Total includes no answers to qualification level.

Table 31 Persons attending leisure and recreation classes in the 4 weeks before interview: type of college or organisation running classes by sex of participants

Persons aged 16-69* attending leisure classes		Great Britain: 2002	
Type of college/organisation running classes†	Men	Women	Total
	%	%	%
Local education authority**	16	26	23
College of further education††	10	7	8
University Extra-Mural department	3	5	4
Other	71	64	66
<i>Weighted base (000's) = 100%</i>	<i>759</i>	<i>1,835</i>	<i>2,594</i>
<i>Unweighted sample</i>	<i>257</i>	<i>663</i>	<i>920</i>

* Questions about leisure classes were asked of people aged 16 and over up to 1996, but of 16-69 year olds in 2002. Up to 1996, respondents were also able to specify 'other' kind of college or organisation and then the answers were re-coded where appropriate during editing but this practice was dropped in 2002.

† Percentages may sum to more than 100, as people can attend more than one class.

** Including Evening Institutes and Centres of Adult Education.

†† Including technical colleges.

Table 32 Sports and arts activities*: participation rates in the 4 weeks before interview

Persons aged 16 and over		Great Britain: 2002	
Sports and arts activities			
	At least one activity	At least one activity (exc. walking)	
Percentage participating in the 4 weeks before interview			
Participated in sport and arts	19	15	
Participated in arts only	8	12	
Participated in sport only	40	28	
Did not participate in sport or arts	33	45	
<i>Weighted base (000's) = 100%</i>	<i>41,854</i>	<i>41,884</i>	
<i>Unweighted sample</i>	<i>14807</i>	<i>14818</i>	

* Arts activities comprise singing/playing an instrument, dancing, painting, writing stories/poetry and performing in a play (i.e. these are specialised leisure activities).

Table 33 Percentage who volunteered in sport and the arts in the 4 weeks before interview by sex and age

Persons aged 16 and over		Great Britain: 2002			
	Percentage who volunteered in:		<i>Weighted base (000's) = 100%</i>	<i>Unweighted sample</i>	
	Sport	Art			
Men					
16-19	7	4	1,141	366	
20-24	8	2	1,382	419	
25-29	7	2	1,426	450	
30-44	7	2	5,744	1919	
45-59	6	3	4,977	1816	
60-69	4	3	2,428	929	
70 and over	2	2	2,502	951	
Total	6	2	19,600	6850	
Women					
16-19	4	4	1,159	401	
20-24	3	2	1,586	510	
25-29	2	1	1,631	555	
30-44	3	3	6,370	2232	
45-59	3	4	5,395	2036	
60-69	2	4	2,663	1021	
70 and over	1	2	3,474	1211	
Total	3	3	22,279	7966	
All persons					
16-19	6	4	2,300	767	
20-24	5	2	2,968	929	
25-29	4	2	3,057	1005	
30-44	5	2	12,114	4151	
45-59	4	3	10,372	3852	
60-69	3	4	5,092	1950	
70 and over	1	2	5,976	2162	
Total	4	3	41,880	14816	

Table 34 Number of hours spent volunteering in sports and the arts in the 4 weeks before interview

Persons aged 16 and over who have volunteered		Great Britain: 2002	
Time spent	Sports, games and physical activities	Arts/cultural work	
	%	%	
Less than 2 hours	25	15	
2 hours but less than 5	30	25	
5 hours or more	45	60	
<i>Weighted base (000's) = 100%</i>	1,722	1,144	
<i>Unweighted sample</i>	617	418	

Table 35 Percentage who volunteered in sport and the arts in the 4 weeks before interview by Government Office Region

Government Office Region	Percentage who volunteered in:		<i>Weighted base (000's) = 100%</i>	<i>Unweighted sample</i>
	Sport	Art		
	North East	3	2	2,005
North West	4	2	4,951	1770
Yorkshire and the Humber	4	3	3,693	1292
East Midlands	4	3	2,998	1106
West Midlands	3	3	3,737	1317
East of England	3	3	3,766	1396
London	3	3	5,179	1640
South East	5	3	6,020	2247
South West	6	3	3,713	1376
England	4	3	36,062	12839
Wales	6	3	2,081	755
Scotland	5	2	3,737	1222
Great Britain	4	3	41,880	14816

Appendix A Background information

Background information

The General Household Survey (GHS) is a multi-purpose continuous survey carried out by the Office for National Statistics (ONS). It collects information on a range of topics from people living in private households in Great Britain. The survey started in 1971 and has been carried out continuously since then, except for breaks to review it in 1997/1998 and to redevelop it in 1999/2000.

Since April 2000, the survey has consisted of two elements: the Continuous Survey and trailers. The Continuous Survey is to remain unchanged for the five-year period April 2000-March 2005, apart from essential changes that take into account, for example, changes in benefits and pensions. It consists of a household questionnaire, to be answered by the household reference person or spouse, and an individual questionnaire to be completed by all adults aged 16 and over who are resident in the household. The household questionnaire covers the following topics:

- demographic information about household members;
- household and family information;
- household accommodation;
- housing tenure;
- access to and ownership of consumer durables - including vehicles; and
- migration.

The individual questionnaire includes sections on:

- employment;
- pensions;
- education;
- health and use of health services;
- smoking;
- drinking in the last seven days;
- family information including marriage, cohabitation and fertility history; and
- income.

The modular structure of the GHS allows for a number of trailers to be included each year to a plan agreed by its sponsors. The trailers included in the 2002/2003 survey were:

- hearing;
- contraception; and
- sport and leisure.

Questions on sport and leisure were previously included in the 1987, 1990, 1993 and 1996 surveys. The module asks all respondents aged 16 and over about their participation in sports, games or physical activities and selected leisure activities. Proxy interviews were not taken for these questions.

In 2000 the survey introduced a dual weighting and grossing scheme. First, weighting to compensate for nonresponse in the sample based on known under-coverage in the Census-linked study of nonresponse. Second, the sample, which has been weighted for nonresponse, has been grossed

up to match known population distributions (as used in the *Labour Force Survey*). A full description can be found in Appendix D of the main 2002 *Living in Britain* report (see www.statistics.gov.uk/lib2002/downloads/appendices.pdf).

Fieldwork for the GHS is conducted on a financial year basis, with interviewing taking place continuously throughout the year. A sample of approximately 13,000 addresses is selected each year from the Postcode Address File. For 2002/2003 the survey response rate was 69%, with an achieved sample size of 8620 households and 20,149 people of all ages.

Since the 1994 survey, interviews have been conducted using computer-assisted personal interviewing (CAPI) on laptop computers, with the addition from 2000 of telephone interviews (CATI) with those people for whom proxy data had been collected for the core questions. The software is BLAISE.

Unpublished GHS data can be made available to researchers, for a charge, if resources are available, and provided that confidentiality of respondents is preserved. Any work based on the GHS data is the responsibility of the individuals concerned, but ONS should be given the opportunity to comment in advance on any report or paper using GHS data, whether prepared for publication or for a lecture, conference or seminar. In addition, copies of GHS datasets are available for specific research projects, subject to similar conditions, through the Data Archive at the University of Essex.

Appendix B Methodology

Introduction

Between 1987 and 1996, questions about participation in sport and leisure activities have been asked at three yearly intervals of adults aged 16 and over. The format of these questions has remained relatively unchanged but new questions were added in 1996 and 2002. In 2002 respondents were asked for the first time on the GHS about volunteering in sports and the arts, and the length of time spent volunteering in both types of activity in the last four weeks. Respondents were also asked whether there were any sports or leisure activities that they would like to do but were not doing at present. In addition, some of the questions about leisure activities previously asked in 1996 were replaced by questions about participation in cultural or arts activities, such as singing or playing musical instruments, acting, painting, dancing and writing. Previously, there had been a separate question about walking in the past twelve months but in 2002 it was included as part of a list of sports, games and physical activities. The order of some of the questions also changed in 2002. The change to the order and context of some questions, particularly walking, may have had an effect on the results.

Definition of sports, games and physical activities

Details about participation in sports, games and physical activities are obtained from a list on a showcard, which can also be supplemented by the respondent. This list and the questionnaire can be found in Appendix C. Walking is only counted if people went for a walk of two miles or more at one stretch for recreational purposes. However, cycling was included irrespective of purpose.

Reference periods

Respondents were asked about their participation in sports, games and physical activities in relation to two reference periods.

Four-week participation rate: the percentage of people aged 16 and over who took part in an activity in the four weeks before interview.

Since interviewing continues throughout the year, the survey figures represent participation in a four-week period averaged over a year. A reference period of four weeks was adopted in 1973 as being short enough

for answers to be reasonably reliable but long enough to be representative of participation and to yield adequate numbers of participants in the main sporting activities.

Twelve-month participation rate: the percentage of people aged 16 and over who took part in an activity in the twelve months before interview.

A twelve-month reference period is useful in obtaining information about activities that occur infrequently. However, recall over such a period may be poor and there is also a risk of overstatement because some respondents may be reluctant to admit that they have not participated in any sports over such a long period. It is not possible from the questions on the survey to measure the extent of any such under- or over-reporting.

Twelve-month rates are likely to be higher than four-week rates because some of those who have participated during the year will not have done so during the four weeks before their interview. This is most likely to occur if the activity is seasonal or attracts infrequent participants.

Frequency of participation

The GHS asks participants about the number of days on which they took part in each activity over the four weeks before interview. In 2002, frequency was not asked for walking, darts and any physical activities not listed on the showcard. These data are used to calculate three measures of frequency of participation.

Average frequency of participation per participant in four weeks: the number of occasions of participation in a sport in the four weeks before interview averaged over the number of participants in that sport.

The number of occasions of participation is equivalent to the total number of days on which a respondent participated in each reported activity. In cases where respondents had participated in an activity more than once on the same day this is counted as a single occasion. This is to avoid difficulties in deciding what to count as separate occasions, for example where heats and finals have taken place on the same day. However, if a respondent has taken part in two different activities on the same day this will count as one occasion for each activity.

Participation four times in four weeks: the proportion of respondents who participated four or more times in a sport in the four weeks before interview.

This provides a measure of frequent (approximately once a week) sports participation.

Participation twelve times in four weeks: the proportion of respondents who participated twelve or more times in a sport in the four weeks before interview.

This measure provides an indicator of sports participation (which is approximately three times a week) that has positive benefits for physical fitness. It is used in the Framework for Sport in England strategy, which is aimed at increasing physical activity.

Age-standardisation

The strong association between participation in physical activity and age needs to be taken into account when investigating the possible relationship between participation and other characteristics of the sample.

This is achieved by calculating the level of participation that would be expected for different sub-groups in the sample taking into account the age profile of that sub-group alone ('indirect' method of age-standardisation)¹. This is then compared with the observed level of participation, which reflects the effects of both age and the nature of the sub-group. The age-standardised ratio is calculated by dividing the observed rate by the expected rate and multiplying by 100. A standardised ratio of more than 100 for a sub-group indicates that the observed level of participation is higher than would be expected on the basis of its age distribution alone. A ratio of less than 100 indicates that it is lower than would be expected on the basis of its age distribution alone.

It should be noted that the results of the age-standardisation should be interpreted with some caution. Firstly, age-standardised ratios reflect the average relationship across all age bands and so do not reflect the full complexity of relationships which may differ between different age groups. Therefore, the age-standardisation method cannot replace the level of detail provided in tables by age group. Secondly, the standardised ratios only

take account of age differences between the sub-groups specified in each table and do not make any adjustment for other characteristics which may help to explain the observed differences. Thirdly, the age-standardisation method does not take into account the rates observed for age bands within the sub-groups that are likely to be based on small sample totals and to be affected by substantial sampling error.

Note

- ¹ This is different from the age-standardised adjusted rate quoted in some texts which adjusts the population participation rate to the age distribution found in the subgroup.

Appendix C The questions and showcards

SPORT AND LEISURE

Introsp THE NEXT SECTION IS ABOUT SPORT AND LEISURE

1. Sprtyr1 Ask all (except proxy respondents)

On this card is a list of sports and physical activities. Please tell me if you took part in any of them in the last twelve months. Do not count any teaching, coaching or refereeing you may have done.

CODE 23 IF THE RESPONDENT HAS NOT PARTICIPATED IN ANY OF THESE SPORTS

Walking (recreational) or hiking 2 miles or more.....	1	→ Q2
Swimming or diving indoors	2	
Swimming or diving outdoors	3	
Cycling.....	4	
Indoor bowls	5	
Outdoor (lawn) bowls.....	6	
Tenpin bowling.....	7	
Keepfit, aerobics, yoga, dance exercise	8	
Martial Arts (INCLUDE SELF DEFENCE	9	
Weight training (INCLUDE BODY BUILDING)	10	
Weight lifting	11	
Gymnastics.....	12	
Snooker.....	13	
Darts.....	14	
Rugby union or league	15	→ Q2
American football.....	16	
Football indoors.....	17	
Football outdoors.....	18	
Gaelic sports	19	
Cricket	20	
Hockey.....	21	
Netball	22	
None of these.....	23	

2. Sprtyr2 And have you taken part in any of these sports and physical activities in the last twelve months? Again, do not count any teaching, coaching or refereeing you may have done.

CODE 23 IF THE RESPONDENT HAS NOT PARTICIPATED IN ANY OF THESE SPORTS

Tennis	1	→See Q3
Badminton	2	
Squash	3	
Basketball.....	4	
Table Tennis.....	5	
Track and field athletics	6	
Jogging, cross country, road running	7	
Angling, fishing	8	
Yachting or dinghy sailing	9	
Canoeing.....	10	
Windsurfing/board sailing	11	
Ice Skating.....	12	
Curling.....	13	

Golf, pitch and putt, putting	14	→See Q3
Skiing.....	15	
Horse riding.....	16	
Climbing, mountaineering.....	17	
Motor sports	18	
Shooting.....	19	
Volleyball.....	20	
Other	21	
None of these.....	22	
None at all	23	

3. MoWalks If Sprtyr1 = 1

Now thinking of the four weeks ending yesterday did you go for a walk of 2 miles or more during these four weeks?

Yes.....	1	→See Q4
No.....	2	

4. Othsprt If Sprtyr2 = 21

Please tell me what the other sport(s) or physical activity(s) is/are

ENTER TEXT OF AT MOST 100 CHARACTERS→ See Q5

5. Tuition Ask for each sport mentioned at SprtYr1 and SprtYr2 (except 'walking', 'darts' and 'other')

Over the **past twelve months** have you received tuition from an instructor or coach to improve your performance in (activity)?

Yes.....	1	→ Q6
No.....	2	
Not sure.....	3	

6. Comp Thinking about (activity) have you taken part in any organised competition in (activity) in the last twelve months?

Yes.....	1	→ Q7
No.....	2	

7. Sport4 Did you take part in (activity) in the past four weeks? Again, please do not count any teaching coaching or refereeing you may have done.

Yes.....	1	→ Q8
No.....	2	

8. Sprtime If Sport4 = 1

On how many days in the last four weeks have you played/gone(to) (activity).

1..28	→ Q9
-------------	------

9. Spwhere At which of these places on this card have you done/played (activity) in the last four weeks ?

INDIVIDUAL PROMPT
CODE ALL THAT APPLY

- Indoors at a facility which is **mainly** used for sport (e.g sports centre or gymnasium or indoor swimming pool or commercial leisure facility) 1] → Q10
- Indoors at some other location **not mainly used for sport** (such as a community centre, village hall or scout hut)..... 2]
- Indoors or outdoors at home or someone else's home..... 3 → See Q11
- Outdoors on a court, course, pitch or playing field (or outdoor swimming pool) 4 → Q10
- Outdoors in a natural setting (such as the countryside, rivers, lakes or seaside)..... 5]
- Other - including roads and pathways in towns and cities 6 → See Q11

10. SchICol If *Spwhere* = 1, 2 or 4

- Do any of these facilities belong to a school, college or university?
- Yes..... 1] → See Q11
- No..... 2]

11. SpClub Ask for each activity taken part in during the last 4 weeks (except 'walking', 'darts' and 'other')

- Over the **past four weeks** have you been a member of a club, particularly so that you can play/participate in (activity)?
- Yes..... 1 → Q12
- No..... 2 → Q13

12. ClubTyp If *SpClub* = 1

- What type of club was this?
- ENTER AT MOST 4 CODES
- Health/fitness..... 1]
- Social club (e.g employee clubs, youth clubs) 2] → Q13
- Sports club 3]
- Other 4]

13. Volunt Ask all

- Looking back over the last four weeks, have you spent any time helping to organise sport on a voluntary basis (that is, without pay except for expenses)? Please include any teaching, coaching or refereeing you may have done as a volunteer.
- Yes 1 → Q14
- No 2 → Q15

14. Voltime If *Volunt* = 1

- During the last four weeks, how many hours in total have you spent on voluntary sports work?
- Less than 1 hour..... 1]
- 1 hour less than 2 hours..... 2] → Q15
- 2 hours less than 5 hours 3]
- 5 hours or more 4]

15. Sprtnot Ask all

- Is there any sport or recreational activity that you do not do at the moment but would like to do?
- Yes..... 1] → Q16
- No..... 2] → Q17

16. Sprtwch If *Sprtnot* = 1

- Which one activity would you like to do?
- ENTER TEXT OF AT MOST 30 CHARACTERS → Q17

17. Entern All adults (except proxy respondents)

- Now thinking about **the four weeks ending yesterday**, could you tell me whether you have done any of these things in your leisure time or for entertainment?

- 18. TV** Watched TV?
- Yes..... 1] → Q19
- No..... 2]

- 19. Radio** Listened to the radio?
- Yes..... 1] → Q20
- No..... 2]

- 20. Records** Listened to records or tapes?
- Yes..... 1] → Q21
- No..... 2]

- 21. Books** Read books?
- Yes..... 1] → Q22
- No..... 2]

- 22. Music** Sung, or played a musical instrument to an audience, or rehearsed for an event, or played a musical instrument for your own pleasure?
- Yes..... 1] → Q23
- No..... 2]

- 23. Acting** Performed in a play or drama, or rehearsed for a performance?
- Yes..... 1] → Q24
- No..... 2]

- 24. Paint** Done any painting, drawing, printmaking or sculpture?
- Yes..... 1] → Q25
- No..... 2]

25. Dance Done any dance (excluding fitness classes and aerobics)?

Yes..... 1 }
 No..... 2 } → Q26

26. Writing Written any stories, plays or poetry?

Yes..... 1 }
 No..... 2 } → Q27

27. Volcult Looking back over the last four weeks, have you spent any time helping with the running of an arts/cultural event or arts organisation on a voluntary basis (that is without pay except for expenses)?

Yes..... 1 → Q28
 No..... 2 → End of Interview

28. Voltime2 If *Volcult* = 1

During the last four weeks, how many hours have you spent on voluntary arts / cultural work in total?

Less than 1 hour..... 1
 1 hour less than 2 hours..... 2
 2 hours less than 5 hours..... 3
 5 hours or more..... 4

END OF INTERVIEW

Showcards**Q1**

- 1 Walking (recreational) or hiking for 2 miles or more
- 2 Swimming or diving indoors
- 3 Swimming or diving outdoors
- 4 Cycling
- 5 Indoor bowls
- 6 Outdoor (lawn) bowls
- 7 Tenpin bowling
- 8 Keepfit, aerobics, yoga, dance exercise (include exercise bike)
- 9 Martial Arts (include self defence)
- 10 Weight training (include body building)
- 11 Weightlifting
- 12 Gymnastics
- 13 Snooker, pool, billiards (exclude bar billiards)
- 14 Darts
- 15 Rugby Union or league
- 16 American football
- 17 Football indoors (include 5-a-side)
- 18 Football outdoors (include 5-a-side)
- 19 Gaelic sports (eg camogie, Gaelic football, hurling, Irish handball and shinty)
- 20 Cricket
- 21 Hockey (exclude ice, roller and street hockey, but include in 'other')

Q2

- 1 Tennis
- 2 Badminton
- 3 Squash
- 4 Basketball
- 5 Table tennis
- 6 Track and field athletics
- 7 Jogging, cross-country, road running
- 8 Angling or fishing
- 9 Yachting or dinghy sailing
- 10 Canoeing
- 11 Windsurfing or boardsailing
- 12 Ice skating
- 13 Curling
- 14 Golf, pitch and putt, putting
- 15 Skiing (on snow or an artificial surface; on slopes or grass)
- 16 Horse riding
- 17 Climbing/mountaineering (including indoor climbing)
- 18 Motor sports
- 19 Shooting
- 20 Volleyball
- 21 Other