



Insight, data and research for the Sport and Physical Activity Sector

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CHANGING  
**1 MILLION**  
LIVES  
TO GET ESSEX ACTIVE

# New: [ELDP Physical Activity Dashboard](#)



This dashboard allows you to profile Essex communities to identify physical activity and inactivity levels, and to identify the extent of possible key drivers of activity levels down to an LSOA level.

Together, this information provides a springboard for further research; actionable insight enabling ELDP and Active Essex to deploy targeted resources to communities most in need; and an evidence-base to inform your commissioning decisions, intervention development and implementation. [Click here](#) to use the tool

**ELDP Physical Activity dashboard**

This dashboard collates a wide range of data provided by Sport England and Active Lives for operational use in tackling physical inactivity across Essex.

- 1. Dashboard guidance
  - How to use dashboard
  - Glossary & definitions
- 2. Data, visualisations and maps
  - Physical Activity in Essex
  - Area clusters
  - Data by theme
  - LSOA profiles
  - Cluster definitions
  - Decile by theme
- 3. Other
  - Links to resources

Microsoft Power BI | 1 of 10



# Latest Active Lives Survey (October 2020)

Key findings [here](#)  
Full report and link to data tables [here](#)  
Coronavirus report [here](#)

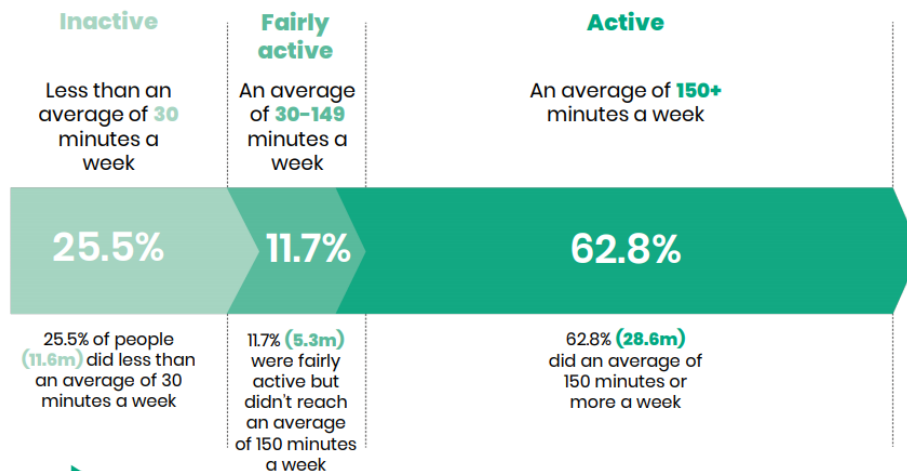
Covering the period from mid-May 2019 to mid-May 2020, this report provides an update on the sporting and physical activity behaviours of adults in England. The period covered includes the seven-weeks from the 23 March to mid-May when England was in full lockdown in response to the coronavirus (Covid-19) pandemic. This caused unprecedented disruption to our lives and had an unprecedented impact on our engagement in sport and physical activity.

## Levels of activity

May 19/20  
ADULT SURVEY  
ENGLAND

### Headlines

Our data shows that between mid-May 2019 and mid-May 2020, just over six in 10 adults (28.6m) achieved 150+ minutes of activity a week.



[Link to data tables](#)

# Insight, research and data from Sport England



Visit Sport England's [Know Your Audience](#) page for a wealth of tools, research and data which will help you understand why we are or aren't active.

[Sport England Insight Pack for Innovation Open Call – Published June 2020](#)

[Covid-19 Briefing – Published May 2020](#)

[Sport for All Report – January 2020](#)

[Adult Active Lives Survey Nov 18/18 report – Published April 2020](#)

[Children Active Lives Survey 18/19 report – Published December 2019](#)

You can use [this tool](#) to explore Sport England data for MSOA, Local Authority, Active Sport Partnership and Regional geographies, and combine this with a range of external open data.



# Return to play survey

The Club Matters team have been able to identify a number of key findings from the data which shed light on how people viewed their return. Key findings are below and you can view the full report and findings [here](#).

Volunteers were more anxious about returning to their club/group. **68% of volunteers showed some anxiety** about returning to their club/group, compared to **56% of participants/members**.

Volunteers were more likely to be 'at risk' of not returning to their club/group. **14% of volunteers were considered at risk**, compared to **8% of participants/members**.

Participants/members were concerned about **hygiene, the compliance of others regarding new rules, and whether the adapted experience will remain appealing** to them.

Volunteers were more concerned about their club/group than themselves. Their concerns included the **long-term viability of their club/group, the short-term logistics of returning and guideline confusion**.

## Club Matters Return to Sport/Activity Survey Findings

The support participants/members reported would help them to return included **social distancing considerations, extra cleaning and support with guidelines**.

Volunteers noted that support with **guidelines, understanding risks and risk management and further clarity from Government** would help them to return.

Most **participants/members and volunteers were satisfied** with their club/group's communications and efforts to keep them engaged during the lockdown.

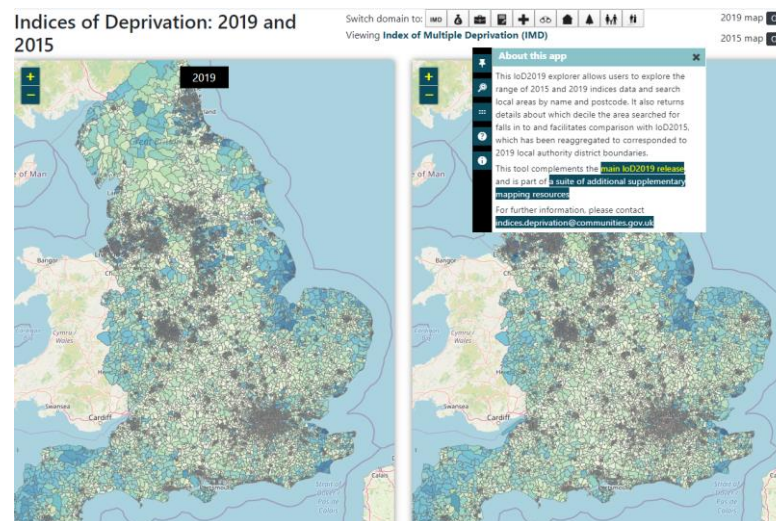
Key elements of effective communications include its **frequency and accuracy, availability on multiple channels, informative, personalised where possible and open and honest**.

# Useful Tools

Find data published by central government, local authorities and public bodies to help you build products and services [here](#)

You can use [this tool](#) to explore Sport England data for MSOA, Local Authority, Active Sport Partnership and Regional geographies, and combine this with a range of external open data.

[This tool](#), the IoD2019 explorer allows users to explore the range of 2015 and 2019 indices data and search local areas by name and postcode. It also returns details about which decile the area searched for falls in to and facilitates comparison with IoD2015, which has been reaggreated to corresponded to 2019 local authority boundaries.



## [Essex JSNA & District Profile Reports 2019](#)

This dataset contains the countywide report and 12 district profiles which are part of a suite of documents for the Essex Joint Strategic Needs Assessment 2019.

The JSNA is statutory process for Health & Wellbeing Boards to identify and improve the current and future health, wellbeing and social care needs of their area. The purpose is to inform strategic decision making, commissioning of services and reduce inequalities for all ages.

You can view other Essex Open Data [here](#)

## Essex Local Delivery Pilot:

The Essex Local Delivery Pilot (LDP) is a an exciting initiative, led by Active Essex, to build healthier, more active communities across Essex. An active lifestyle creates huge benefits for the health and wellbeing of individuals and families, as well as making local communities more vibrant, connected, and resilient.

[Essex Local Delivery Pilot Chapter One – Getting Ready for System Change](#)

[Essex Local Delivery Pilot Chapter Two – Delivering Systems Change](#)

# Inclusion Guidance to help tackle rising inequalities as sport and leisure return.

As more opportunities to be active resume, new guidance released will help providers to enable welcoming, and more accessible environments. Activity Alliance has published [Reopening Activity: An inclusive response](#), in consultation with partners across sport, leisure and disability equality. The national charity wants providers to consider the guidance as part of their ongoing commitment to disabled people's inclusion.

## Facts and Statistics >



### Psychological barriers

play the biggest role in preventing disabled people from taking part in sport.



### Four in five

disabled people want to be more active.



### One in five people

in England have an impairment - around 11.5 million disabled people.

activityalliance.org.uk

activity  
alliance  
disability  
inclusion  
sport

## Reopening activity: An inclusive response

Considerations for community sport  
and leisure providers on including disabled  
people and people with long-term  
health conditions.

