BALANCING LIFE
A SURVEY OF ACTIVITY & WELLBEING AT THE UNIVERSITY OF LEEDS
The aim of this survey was to establish and better understand the current activity levels of the students and staff at the University of Leeds, while also taking into consideration their wellbeing, for the purpose of providing a benchmark for future annual comparisons.

Data was collected on all the activity they took part in during the previous 4 weeks and standardised to draw out the specific activities that constituted health benefits. Specific interpretation of faculty activity levels will create opportunities for us to pilot interventions collaboratively with faculties to support more people to be more regularly active.
INTRODUCTION

Sport & Physical Activity and Leeds University Union had limited up to date data on the levels of activity of our student and staff population. This survey was produced to provide an insight into the current activity levels of the University population to identify the areas where more could be done to influence levels of activity.

Methods

The survey was designed on the principle of the Sport England Active Lives survey and edited to be specific to the University of Leeds. It was created and distributed using Bristol Online Survey. The minutes of activity were calculated once participants had detailed the activity they took part in as opposed to direct questioning on level of activity. Data was cleaned to remove potential errors. Results were drawn from the population with confidence intervals indicating the degree of confidence in the data being an accurate representation of the population. Comparisons have been made with Sport England Active Lives survey results (2015-16) and the Office for National Statistics Annual Population Survey (APS) results (Dec 2016).

Results

There were 1764 accepted responses from 719 members of staff and 1045 students. Of the sample population 77% were active, while 23% were insufficiently active or inactive. Staff were 3% more active than students and 60% of activity that participants partake in, takes place on campus. When asked directly about their relationship to sport and physical activity, 51% of our sample ‘do it regularly and are sticking with it’, 6% are ‘not considering it’ and 43% are ‘thinking about it, have looked into options and are just getting involved’.

Discussion

University of Leeds students and staff are more active than the general population in the UK but specifically University of Leeds students are less active than the average higher education population (78%). Compared to the APS questions on wellbeing, the University population had one variation from the general population; a greater percentage of our staff and students (39%) had very high anxiety levels compared to the general population (22%). As a stand-alone question, this doesn’t provide full context as to the anxiety levels and it is recognised that is just one section of the wider wellbeing responses.

Action

Qualitative insight through focus groups is recognised as a future consideration to better understand these responses. As there is a widely accepted correlation between activity and anxiety levels, if further insight into this area was collected this would allow for the service and university wide stakeholders to best support student and staff wellbeing through sport and physical activity. There is the opportunity to impact on the habit of up to 43% or our population who are thinking about activity, have looked into options and are just getting involved. This is a captive audience we can support to create habits and make more people, more regularly active.
Students are 2% less active than the average higher education population.

Staff are 17% more active than the average working population.
**The Behaviour Change Model**

Our behaviour plays an important part in how we as individuals interact with sport and physical activity. Understanding how behaviour can be changed is imperative to finding out more ways we can encourage people to engage with getting active. The Behaviour Change Model below shows examples of different behavioural challenges, and their alignment to the Transtheoretical Model of behaviour change:

**Levels of Activity**

In the survey, we have designated levels of activity according to three markers - the definitions of which can be found below:

**Inactive:**
- Refers to people doing less than 30 minutes of physical activity a week.

**Insufficiently Active:**
- Refers to people doing between 30 - 149 minutes of physical activity a week.

**Active:**
- Refers to people doing at least 150 minutes of physical activity a week.

The Chief Medical officer (CMO) of Sport England recommends that adults should aim to be in the active category, with physical activity spread throughout the week, and of at least moderate intensity - with vigorous activity counting as double.
### Demographics

#### Staff responses
- **719** total responses
- **64%** female, **35%** male

#### Student responses
- **1045** total responses
- **73%** female, **26%** male

#### Age
- **16 - 24**: 3%
- **25 - 34**: 31%
- **35 - 44**: 29%
- **45 - 54**: 27%
- **55+**: 10%

- **16 - 24**: 80%
- **25 - 34**: 17%
- **35 - 44**: 2%
- **45 - 54**: 1%
- **55+**: 0%

#### Disability
- **No Disability**: 72%
- **Has a Disability**: 26%
- **Prefer not to say**: 2%

- **No Disability**: 74%
- **Has a Disability**: 22%
- **Prefer not to say**: 4%

#### Ethnicity
- **White British**: 94%
- **Asian/Asian British**: 3%
- **Black British**: 1%
- **Mixed**: 1%
- **Other**: 1%

- **White British**: 75%
- **Asian/Asian British**: 16%
- **Black British**: 2%
- **Mixed**: 3%
- **Other**: 4%
### Activity Level

- **Male**
  - Inactive: 15%
  - Insufficiently Active: 11%
  - Active: 73%

- **Female**
  - Inactive: 12%
  - Insufficiently Active: 9%
  - Active: 79%

### Location

- **Staff**
  - Off Campus: 52%
  - Campus & Not Organised: 42%
  - Campus & Organised: 6%

- **Students**
  - Off Campus: 37%
  - Campus & Not Organised: 19%
  - Campus & Organised: 45%
## Behaviour Change Model - Survey results

<table>
<thead>
<tr>
<th>Behaviour</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not on my radar</td>
<td>5.7%</td>
</tr>
<tr>
<td>Thinking about it</td>
<td>13.7%</td>
</tr>
<tr>
<td>Considering it and looked into it</td>
<td>13.9%</td>
</tr>
<tr>
<td>Just getting involved</td>
<td>16.2%</td>
</tr>
<tr>
<td>Doing it regularly</td>
<td>50.5%</td>
</tr>
</tbody>
</table>
As part of the wellbeing section of the survey, respondents were asked the question, ‘Overall, how anxious did you feel yesterday?’. Anxiety levels were compared to the activity level from each respondent to identify any correlation between these values.

**Overall Responses**

<table>
<thead>
<tr>
<th>Activity Level</th>
<th>Low</th>
<th>Medium</th>
<th>High</th>
<th>Very High</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inactive</td>
<td>9%</td>
<td>23%</td>
<td>22%</td>
<td>46%</td>
</tr>
<tr>
<td>Insufficiently Active</td>
<td>12%</td>
<td>21%</td>
<td>25%</td>
<td>42%</td>
</tr>
<tr>
<td>Active</td>
<td>10%</td>
<td>34%</td>
<td>19%</td>
<td>37%</td>
</tr>
</tbody>
</table>

**Staff Responses**

<table>
<thead>
<tr>
<th>Activity Level</th>
<th>Low</th>
<th>Medium</th>
<th>High</th>
<th>Very High</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inactive</td>
<td>12%</td>
<td>38%</td>
<td>18%</td>
<td>32%</td>
</tr>
<tr>
<td>Insufficiently Active</td>
<td>11%</td>
<td>27%</td>
<td>19%</td>
<td>43%</td>
</tr>
<tr>
<td>Active</td>
<td>12%</td>
<td>36%</td>
<td>20%</td>
<td>32%</td>
</tr>
</tbody>
</table>

**Student Responses**

<table>
<thead>
<tr>
<th>Activity Level</th>
<th>Low</th>
<th>Medium</th>
<th>High</th>
<th>Very High</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inactive</td>
<td>8%</td>
<td>15%</td>
<td>24%</td>
<td>53%</td>
</tr>
<tr>
<td>Insufficiently Active</td>
<td>12%</td>
<td>16%</td>
<td>31%</td>
<td>41%</td>
</tr>
<tr>
<td>Active</td>
<td>8%</td>
<td>32%</td>
<td>19%</td>
<td>41%</td>
</tr>
</tbody>
</table>