Each year we survey our University community to find out about activity levels and wellbeing on campus. The results of BALANCING LIFE help shape Sport & Physical Activity’s future plans and initiatives.

This year’s results coincide with the launch of Sport & Physical Activity’s new strategy DO WHAT MOVES YOU, which outlines our vision of making Leeds the best university to be active.

BALANCING LIFE specifically informs our approach to one of three key strategic aims – to help staff and students improve their health and wellbeing. By the end of this strategy in 2022, we think success will mean:

• 75% of campus will be considered ‘physically active’
• We will achieve an overall campus wellbeing score of 23.5*
• Our health and wellbeing offer will be truly inclusive and cater for everyone on campus.

WE WOULD LOVE TO HEAR YOUR IDEAS!
YOU CAN HELP SHAPE OUR PLANS AND INITIATIVES BY GETTING IN TOUCH sport.leeds.ac.uk/balancinglife

CONCLUSION

This year’s results have been positive, with a large increase in both responses and people on campus doing regular exercise. We shall continue our hard work, as both a department and in conjunction with the wider University, to keep improving our offer and provide opportunities for people to be more active.

Some of our priorities include:

• To develop a location based approach that brings physical activity to different areas of campus
• Further develop our network of health and wellbeing ambassadors
• Develop an online hub for physical activity and wellbeing
• Develop a creative approach which addresses the main barriers to participation
• Introduce a series of workshops and seminars that address sleep
• Continue to increase the number of survey responses
• Support our quantitative data with the introduction of focus groups.

2019 HEADLINE

2172 total responses to our survey – that’s 48% more than 2018... thank you!

46% of you are ‘regularly active’, that’s 1% more than 2018.

75% of campus is ‘physically active’, up 1% on 2018.

10% University staff are 10% more active than the average working population.

RESULTS

25% of campus is only ‘fairly active’ or ‘inactive’, down 1% from 2018.

1% University students are 1% less active than the higher education average.

22 Scoring 22 on the SWEMWBS*, the results showed that our overall mental wellbeing scores are behind the national average (25.2).

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1 SWEWBS (Short Warwick-Edinburgh Mental Wellbeing Scale) is a self-reporting tool that asks you to what level you agree with positively worded statements, ranging from “none of the time” to “all of the time”, with the highest possible score being 35. Higher scores represent higher mental wellbeing.
PHYSICAL ACTIVITY

We based your perceived activity levels on guidance from the UK Chief Medical Officer and Sport England, who define activity levels as:

- **ACTIVE** (refer to adults doing at least 150 minutes of physical activity per week)
- **FAIRLY ACTIVE** (refer to adults doing between 30 and 149 minutes of physical activity per week)
- **INACTIVE** (refer to adults doing less than 29 minutes of physical activity per week)

The results showed that our staff are slightly more active than our students; our campus’s activity levels are on par with the wider Higher Education sector and significantly higher than the general working population.

**LEEDS STAFF** 78% 11% 11%

**WORKING POPULATION** 68% 13% 20%

**LEEDS STUDENTS** 76% 11% 13%

**HE AVERAGE** 77% 9% 13%

**BARRIERS TO PARTICIPATION**

We also wanted to know what was stopping people from participating in physical activity. Although there were subtle differences between staff and students, the top three barriers among both groups were lack of time, workload/study, and cost.

**NATIONAL AVERAGE 25.2**

**OVERAL 22**

**ACTIVE 21.9**

**FAIRLY ACTIVE 21.2**

**INACTIVE 20.4**

**LIFESTYLE**

It’s a positive picture in terms of smoking, following the introduction of the smoke-free initiative. 90% of you do not smoke at all, helping us keep the air on campus cleaner and supporting better health.

Sleep quality could be improved among respondents, with the majority having some issues and 29% of you reporting that sleep had been troubling you lately.