

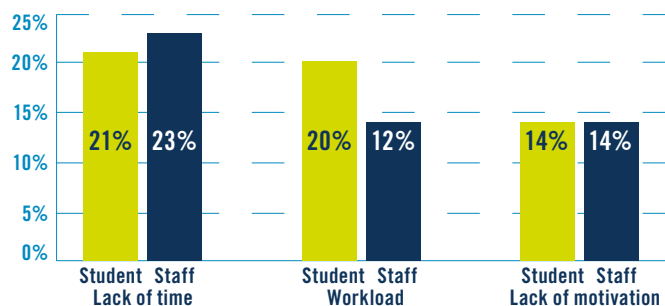
# BALANCING

# LIFE

Sport & Physical Activity 2022 Summary report

Each year we survey our university community to find out about physical activity and wellbeing levels on campus. The insight from **BALANCING LIFE** plays a key role in shaping future plans and initiatives and driving Sport and Physical Activity's strategy.

## BARRIERS TO PHYSICAL ACTIVITY



## 2022 HEADLINE RESPONSES

1000

total responses to our 2022 survey

68%

of people are regularly active, that's 5% more than 2021

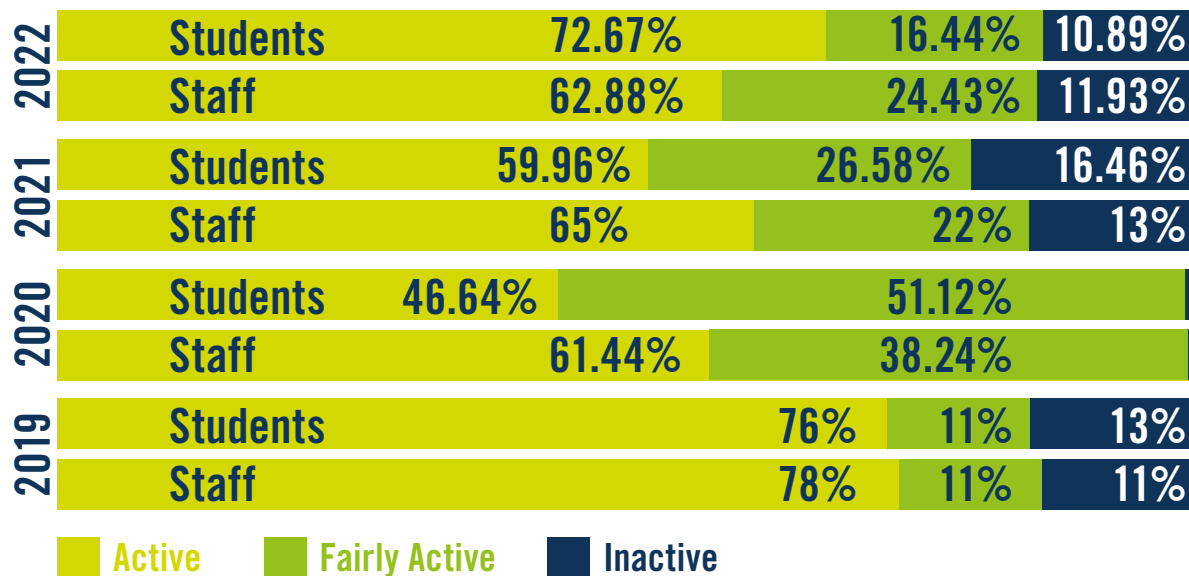
39%

of people reported high levels of anxiety, down 4% on 2018



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

## PHYSICAL ACTIVITY LEVELS



# CONCLUSION

Students have seen an increase in physical activity and wellbeing levels compared to last year. However, there has been a slight reduction in staff physical activity and wellbeing. We haven't yet reached pre-pandemic levels of physical activity (72.67% of students are active in 2022 compared to 76% in 2019 and 62.88% of staff are active in 2022 compared to 78% in 2019).

The survey once again found positive correlations between physical activity and wellbeing, demonstrating the important role physical activity plays in enhancing mental health and wellbeing.

# MOVING FORWARD

As a service we will continue to work hard to improve the wellbeing of our university community and raise awareness of the many benefits of being active; providing as many opportunities as possible for people to be active.

Some of our priorities include:

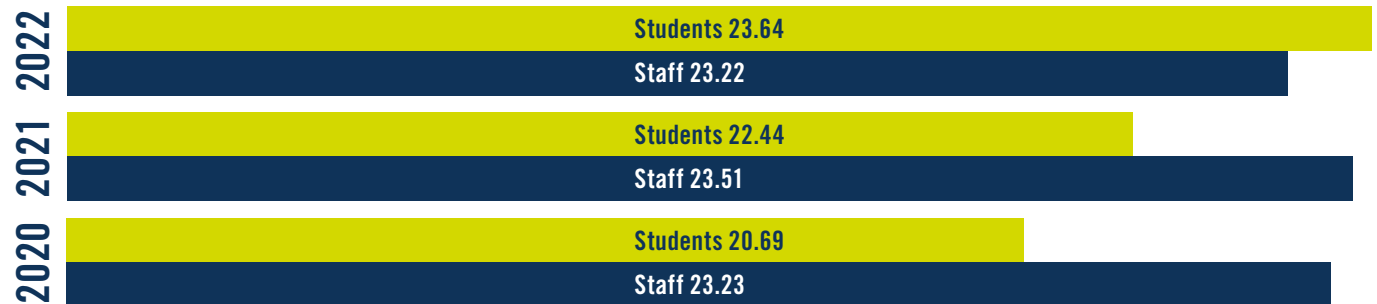
- To work with teams and services across the university to improve staff and student physical activity and wellbeing through targeted initiatives and interventions
- To develop resources and support around motivation and exercise
- Education and awareness around physical activity and time. Emphasising to the university community that exercise doesn't have to take a long time to be effective
- Expansion of shorter physical activity sessions to fit around work and studies

# WELLBEING

We use two different methods to assess wellbeing among staff and students: The Office for National Statistics Personal Wellbeing (ONS) questions and the Short Warwick-Edinburgh Mental Wellbeing Scale (SWEMWBS).

ONS asks about four areas of your life and is scored from 0 (not at all) to 10 (completely).

SWEMWBS asks you to what level you agree with positively worded statements, ranging from "none of the time" to "all of the time", with the highest possible score being 35. The higher the score, the higher the level of mental wellbeing.



**23.46**

average SWEMWBS score for those classed as active

**22.02**

average SWEMWBS score for those classed as inactive

**1.2**

student score is up 1.2 from 2021

**0.29**

staff score is down 0.29 from 2021

Results show positive correlations between physical activity and wellbeing, with an average SWEMWBS score of 23.46 for those classed as 'active'; compared to 22.02 for those classed as 'inactive'.

# CONTACT DETAILS

We would love to hear your ideas! You can help shape our plans and initiatives by getting in touch...

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