

State of the Nation: A Spotlight on Low Socioeconomic Groups

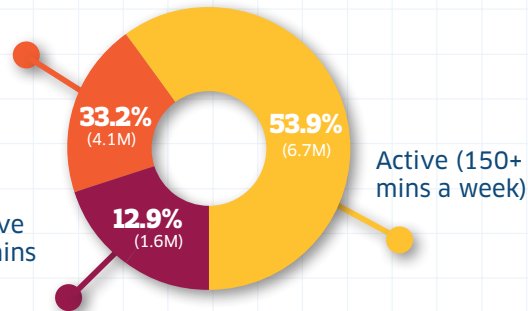
Adults in the UK are recommended to take part in at least 150 minutes of moderate intensity or 75 minutes of vigorous exercise per week. Yet many people from low socioeconomic groups do not meet these guidelines. This factsheet outlines the current state of the nation and factors influencing the activity levels of low socioeconomic groups in the UK.

Levels of activity

33% of adults (4.1 million) from low socioeconomic groups are inactive compared to 16% of adults (2.1 million) from high socioeconomic groups

Inactive (Less than 30 mins a week)

Fairly active (30-149 mins a week)



Activity levels of adults from low socioeconomic groups in England November 2018-2019¹

What barriers to physical activity do low socioeconomic groups report?

Common barriers reported by people from low socioeconomic groups include:



Cost of sessions/
clothing^{2,3}



Lack of time³



Location of
activity³



Low confidence²



Poor health²



Family/religious
commitments³

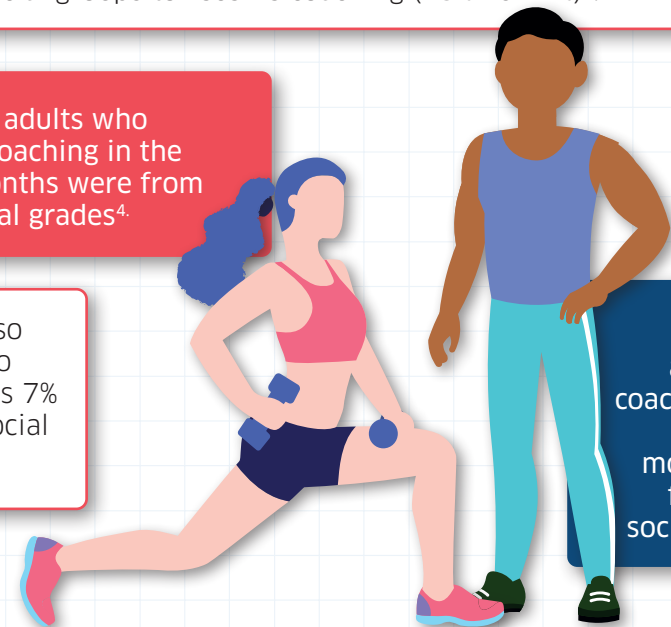
Coaching and activity levels

People from lower social groups are considerably less likely than those in higher social groups to receive coaching (13% vs 21%)⁴.

32% of adults who received coaching in the last 12 months were from lower social grades⁴.

They are also less likely to coach (4% vs 7% of higher social groups)⁵.

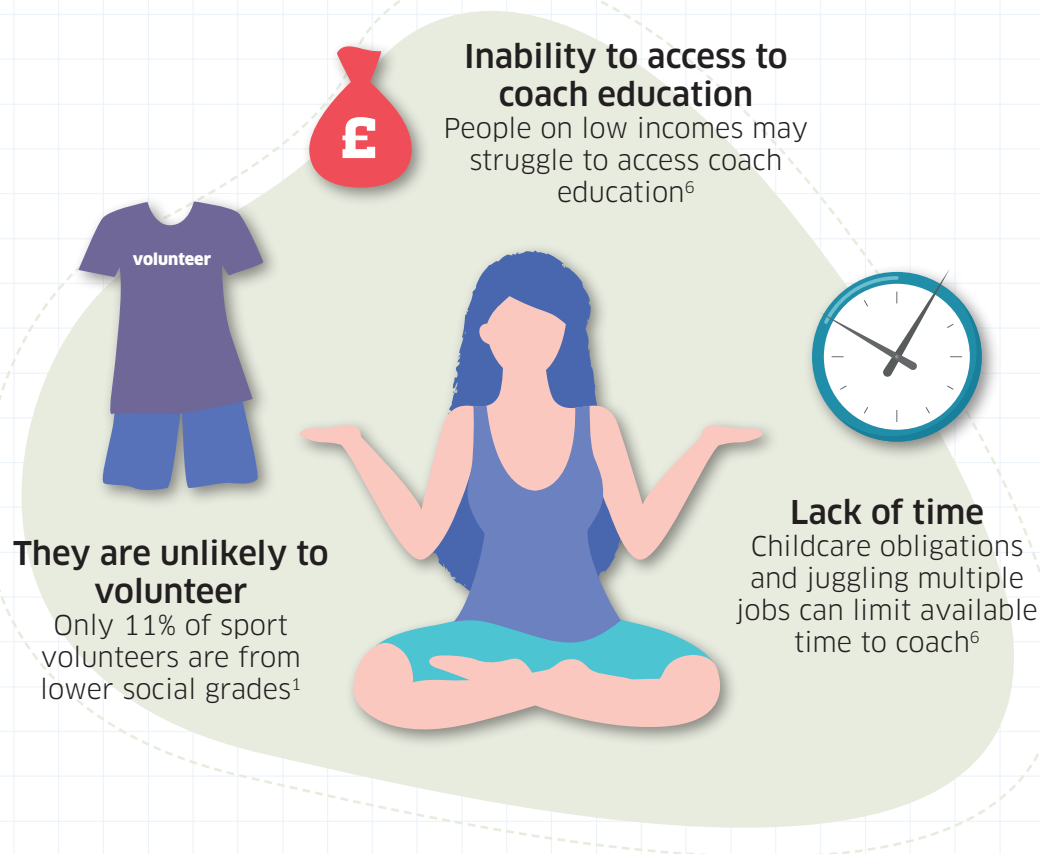
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Coaching and activity levels (Continued)

People from low socioeconomic groups are less likely to coach because of several factors including:



How can coaches encourage low socioeconomic groups to participate?

There are a number of ways that coaches can encourage people from low socioeconomic groups to be more active and meet the recommended physical activity guidelines.

Offer informal sport

Informal sport, games and physical activity:

- Combats confidence concerns about ability²
- Removes need for expensive clothing³

Provide role models

Inspire people to think they can be active too:

- Provide role models²
- Share relatable stories

Use local facilities to run sessions

Remove travel barriers by using local facilities²:

- Community venues (eg youth clubs, park)
- Non-traditional venues (eg church/village hall) of community⁴

Promote the social aspects

Social aspects of physical activity³:

- Encourage participation
- Help people feel they belong

Remove barriers to coached sessions

Ways to encourage coached sessions:

- Provide low or no cost sessions^{2,3}
- Provide sessions at a range of times
- Run sessions locally^{2,3}
- Emphasise fun and enjoyment³

References

- ¹ Sport England. (2020) Active lives adult survey November 2018-2019
- ² LSE Housing and Communities. (2015) Moving the goalposts: poverty and access to sport for young people
- ³ Know Research. (2016) The Birmingham way: Workforce development
- ⁴ UK Coaching. (2020) Coaching in the UK: Participant survey
- ⁵ UK Coaching (2020) Coaching in the UK: Coach survey
- ⁶ UK Coaching (2018). A spotlight on the diversity of the coaching workforce.