



Activity Profile: Epping Forest

July 2007

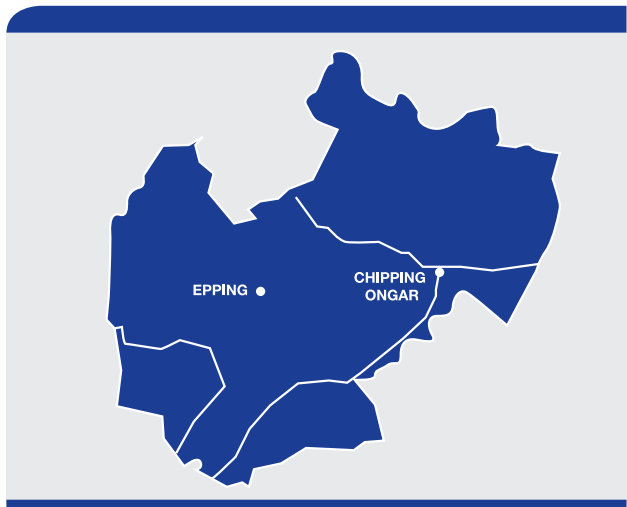
In partnership with

Activity Profile: Epping Forest

Local Area Sport and Active Recreation Profile

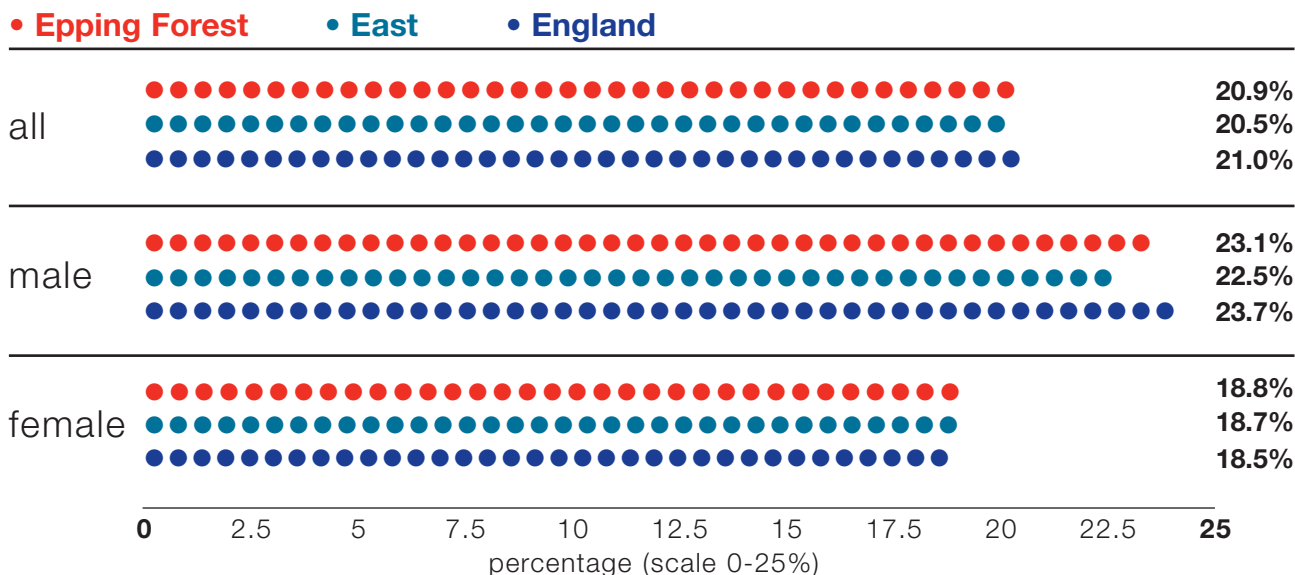
1. Introduction

This is a profile of adult (16+) sports participation in your district. It uses data from the Active People Survey: the single biggest survey of sports participation ever conducted. It shows participation rates in your area compared with the regional and national figures. More importantly the profile provides impartial analysis against areas with similar demographics and other characteristics. The profile is intended to help you ensure your plans and strategies are informed by local priorities, such as those outlined here. The data also includes rates on volunteering in sport, coaching, club membership, competitive sport and satisfaction with sport and recreation services. The Survey will be repeated enabling this data to be used as a baseline and gauge future increases and decreases in participation. For more information about the Active People Survey, please visit: www.sportengland.org/index/get_resources/



2. Headline Participation Figures

The graph below shows participation in moderate intensity activity (sport & recreation activity) on at least **3 occasions of 30 minutes** per week over the previous 28 days.

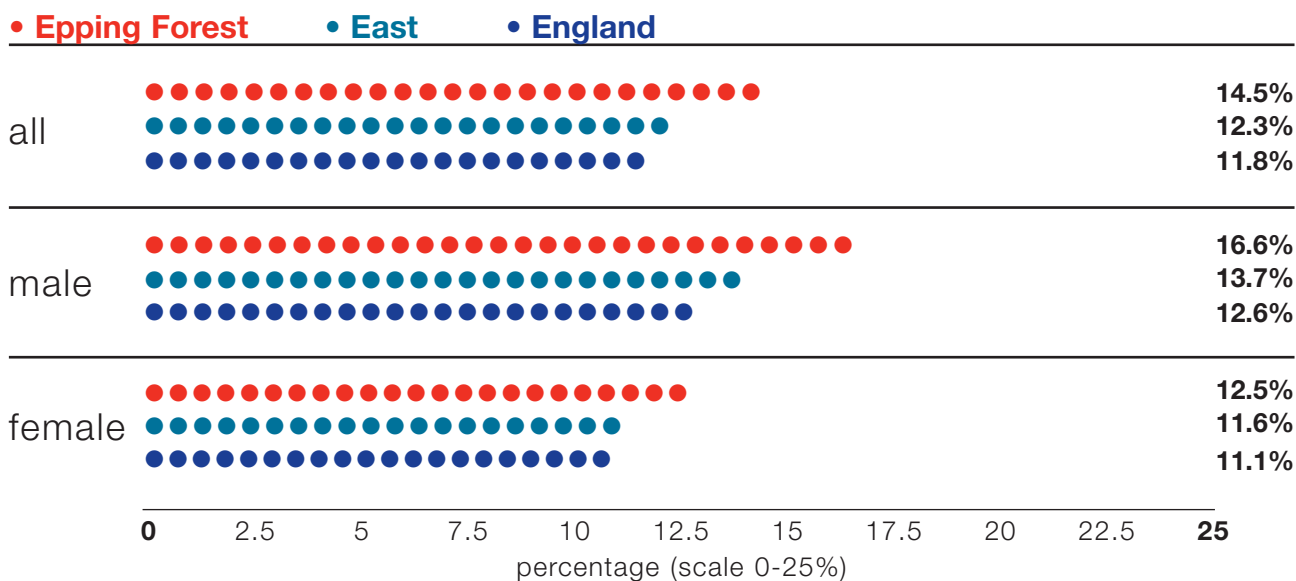


Comment

One in five respondents in Epping Forest participated in regular sport or active recreation, this figure was similar to the figures for the East and England. Significantly more men than women in Epping Forest participated in sport or active recreation three times a week.

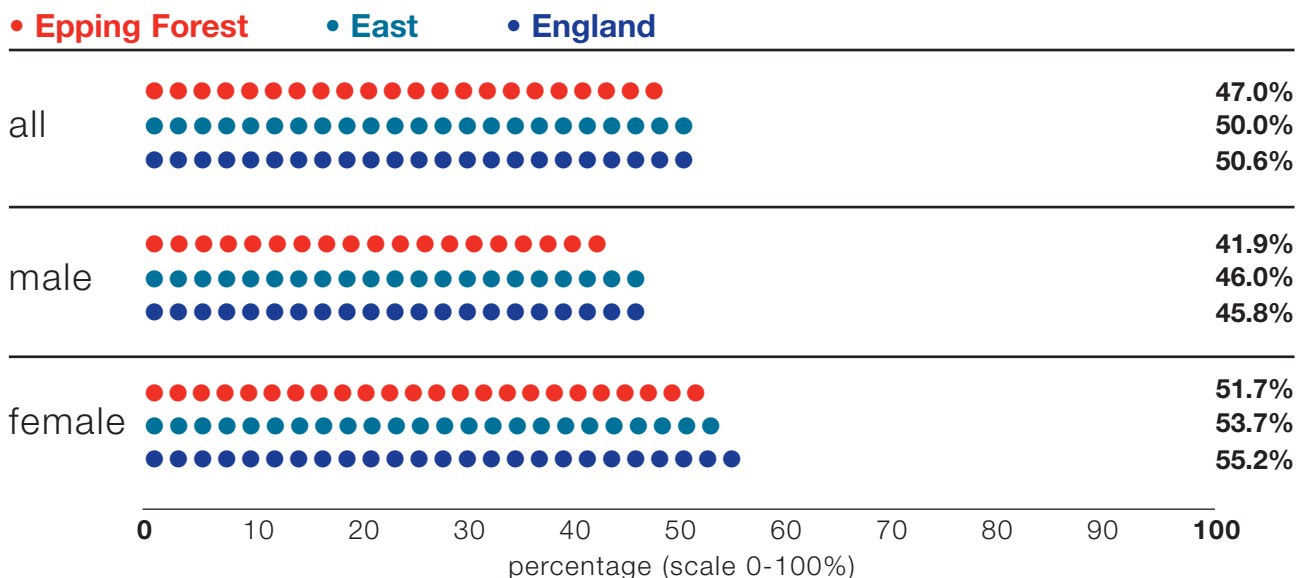
Participation means at least 30 minutes of moderate intensity activity in sport or recreation activity (including recreational cycling and walking – if at moderate intensity).

The graph below shows participation in 30 minutes moderate intensity activity (sport & recreation activity) **once a week** (or 4-7 occasions) over the previous 28 days.



Comment
 One in seven respondents in Epping Forest participated in sport or active recreation once a week. One in six men in Epping Forest participated once a week which was higher than the East and England figures. There was a significant difference between male and female participation in Epping Forest where only one in eight women participated.

The graph below shows **zero participation**, that is those not taking part in any moderate intensity sport or recreation activity, over the previous 28 days.



Comment
 Nearly half the Epping Forest residents reported not taking part in any sport or active recreation in the previous 28 days which was lower than the figures for the East and England. More women than men in Epping Forest were inactive which was similar to the East and England figures.

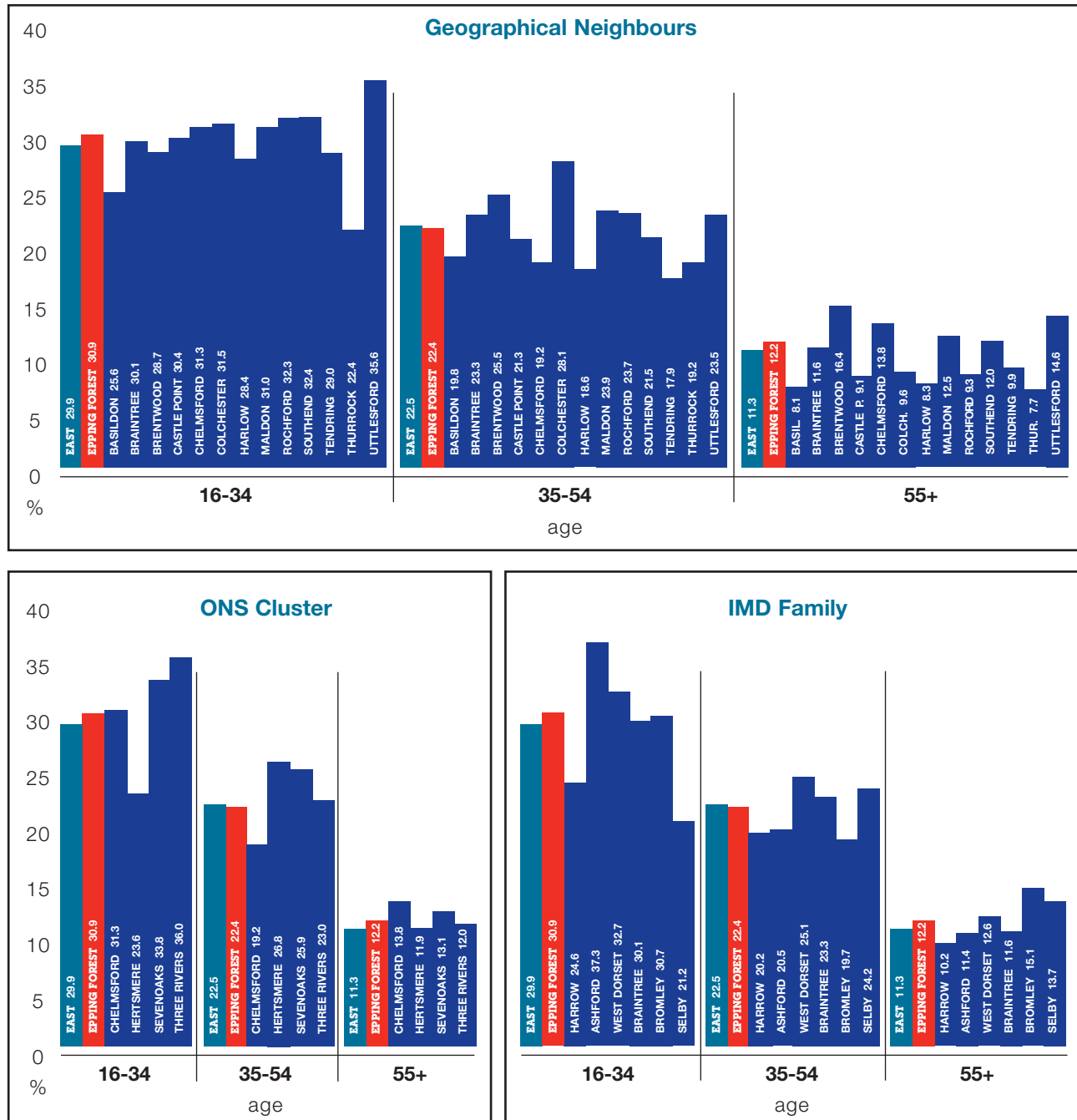
Active People Diagnostic provides more data relating to frequency of participation, including 1-3 days and 8-11 over the past 28 days. Zero, 4-7 and 12+ days have been selected in order to provide a measure of regular and recommended activity as well as inactivity (activity means participation in sport and active recreation, inactivity means no participation in sport and/or recreation).

3. Comparative Analysis of Participation

Comparison by Geographical Neighbour, IMD¹ Family and ONS² Cluster

PARTICIPATION, 3 OCCASIONS PER WEEK

The following analysis shows the percentage of people who have taken part in moderate intensity activity (sport & recreation activity) on at least **3 occasions of 30 minutes** per week over the previous 28 days.



Comment

For respondents participating in sport and active recreation three times a week, there was almost a threefold decrease in Epping Forest as residents got older. One in three people in Epping Forest aged 16 to 34 years participated three times a week which dropped to one in eight for those aged over 55 years. Epping Forest had higher rates of participation than the East figure for both residents aged 16 to 34 and those aged over 55 years.

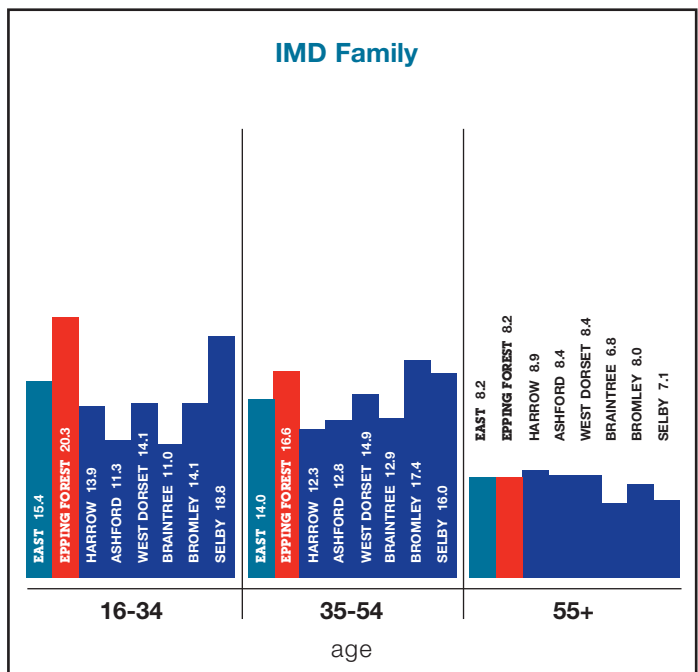
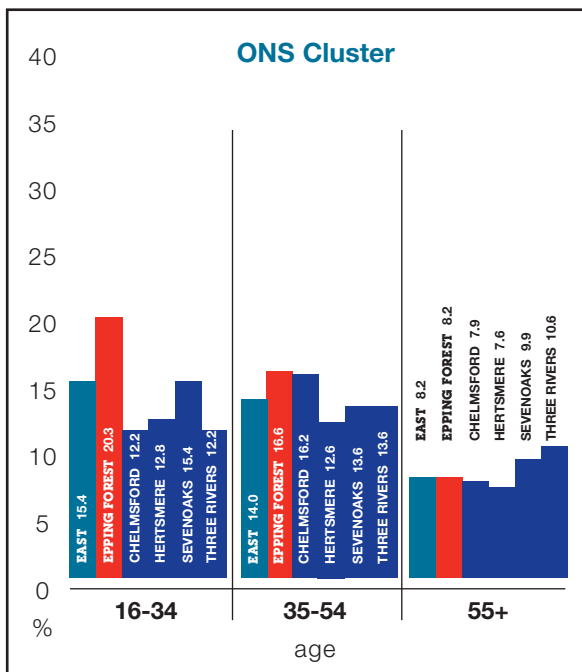
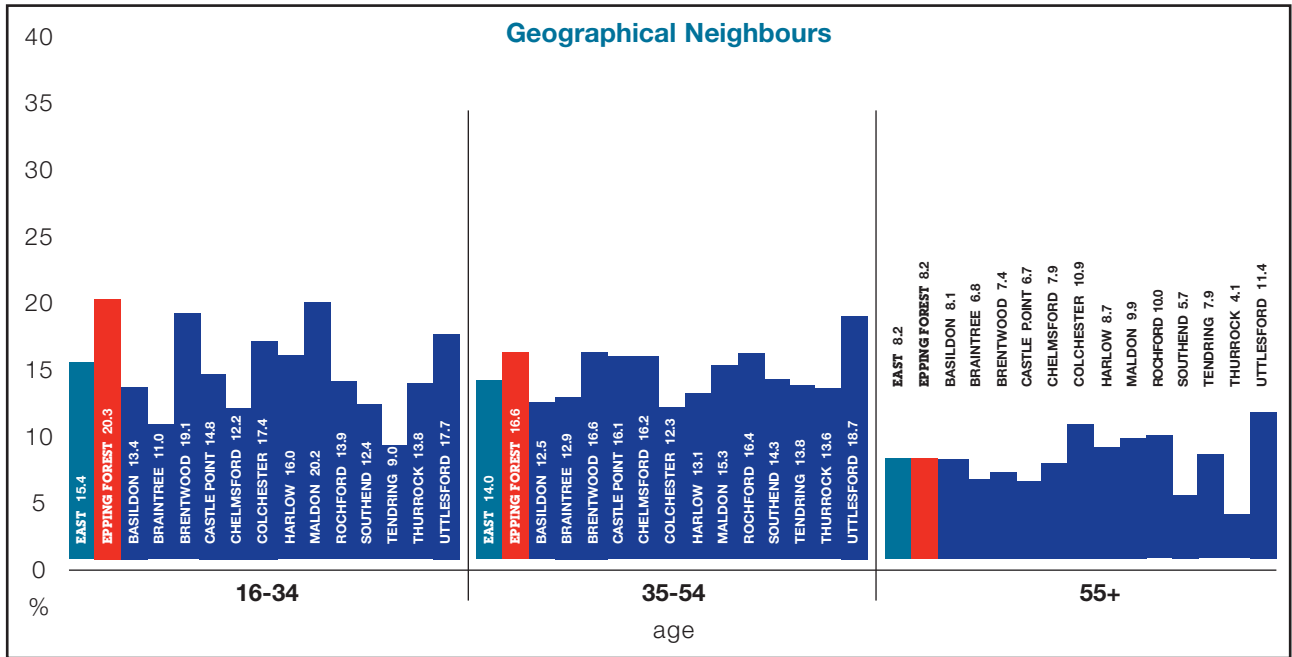
1. Index of Multiple Deprivation.

2. Office of National Statistics.

See Section 7 for further information about IMD & ONS data.

PARTICIPATION, 1 OCCASION PER WEEK

The following analysis shows the percentage of people who have taken part in moderate intensity activity (sport & recreation activity) on **1 occasion of 30 minutes** once a week (or 4-7 occasions over the previous 28 days).

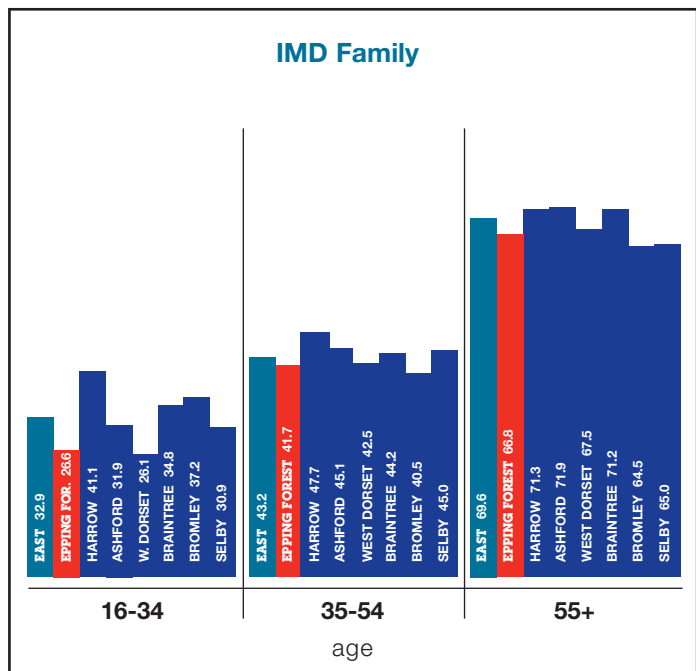
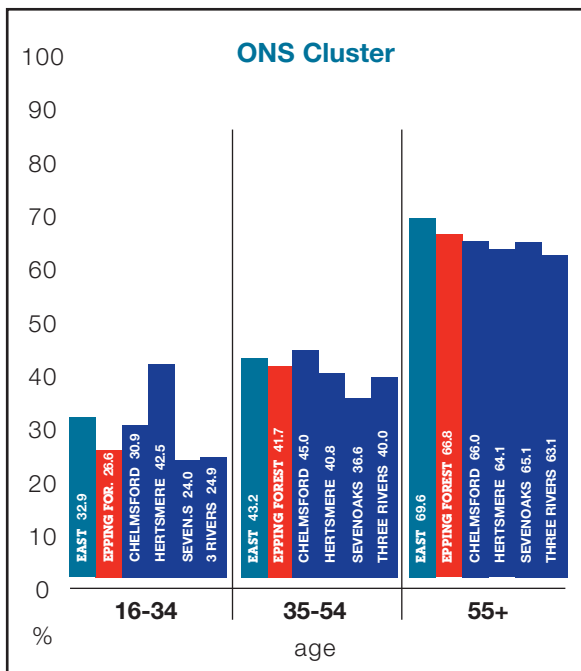
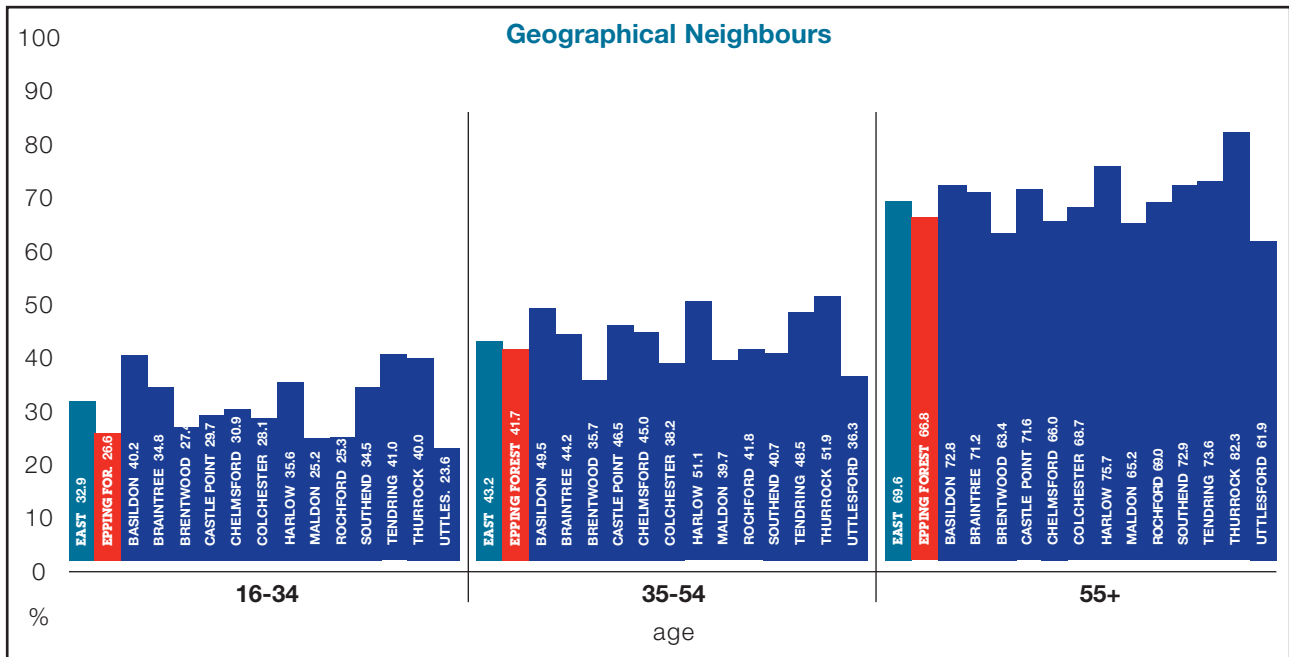


Comment

One in five people in Epping Forest aged 16 to 34 years took part in sport or active recreation once a week, this rate of participation was higher than the East figure as well as geographical neighbours and IMD and ONS areas. At this rate of participation Epping Forest had a larger percentage of people taking part aged 35 to 54 years than all but two of its comparators compared with geographical neighbours and IMD and ONS areas.

ZERO PARTICIPATION

The following analysis shows the percentage of people **who have not** taken part in moderate intensity activity (sport & recreation activity) of 30 minutes duration (over the previous 28 days).



Comment

One in four people in Epping Forest aged 16 to 34 years reported not taking part in any sport or active recreation in the last 28 days, a lower rate than the East figure of one in three people. Across Epping Forest the amount of people taking part in no sport or active recreation increased as the population grew older, with two out of three residents aged over 55 years not taking part, however this trend was mirrored across Epping Forest's comparators.



4. Further Analysis of Participation

Frequency of participation amongst people with a limiting disability

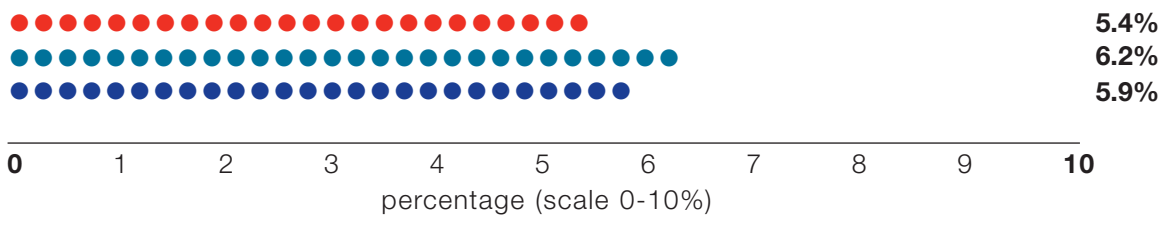
The graphs below show participation amongst people with a limiting disability, comparing frequency of participation over the previous 28 days.

- Epping Forest
- East
- England

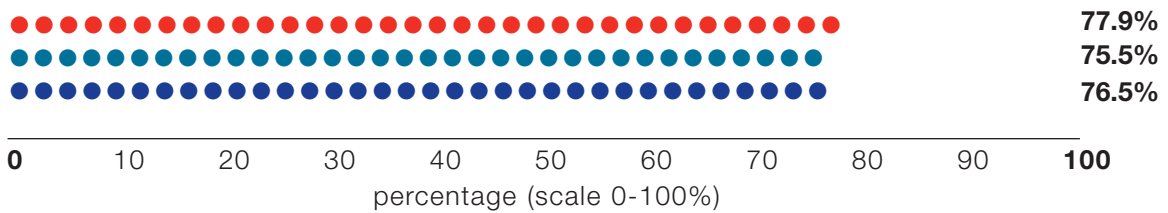
Participation in moderate intensity activity (sport & recreation activity) on at least **3 occasions of 30 minutes** per week



Participation in moderate intensity activity of 30 minutes (sport & recreation activity) **once a week** (or 4-7 occasions) over the previous 28 days



The graph below shows **zero participation** in moderate intensity activity over the previous 28 days



Comment

The number of people in Epping Forest with a limiting disability was small. However the answers given show that for these people levels of participation in sport or active recreation were slightly lower than the figures for the East and England. Four out of five people with a limiting disability in Epping Forest reported taking no part in sport or active recreation in the previous 28 days.

Frequency of Participation by Socio Economic Classification

This graph shows participation by higher (NS SEC 1-4)³ and lower (NS SEC 5-8)⁴ socio-economic groups, comparing frequency of participation over the previous 28 days.

• Epping Forest • East • England

Participation in moderate intensity activity (sport & recreation activity) on at least **3 occasions of 30 minutes** per week for NS SEC 1-4



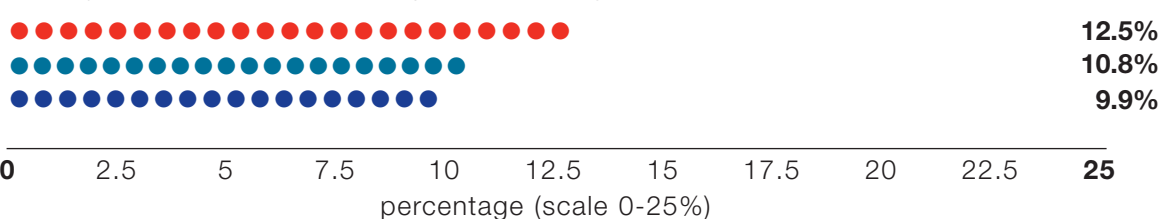
Participation in moderate intensity activity (sport & recreation activity) on at least **3 occasions of 30 minutes** per week for NS SEC 5-8



Participation in moderate intensity activity (sport & recreation activity) **once a week** (or 4-7 occasions) for NS SEC 1-4 over the previous 28 days



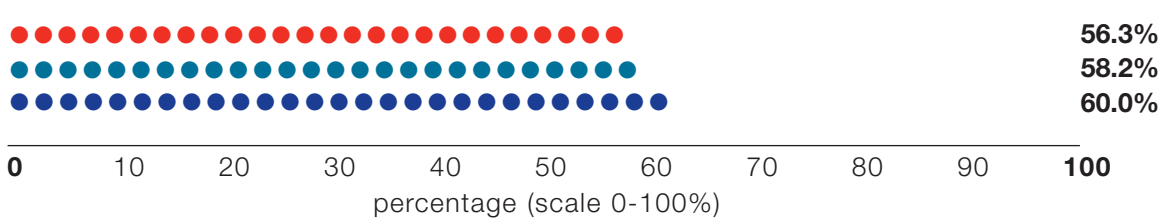
Participation in moderate intensity activity (sport & recreation activity) **once a week** (or 4-7 occasions) for NS SEC 5-8 over the previous 28 days



The graph below shows **zero participation** in moderate intensity activity (over the previous 28 days) for NS SEC 1-4



The graph below shows **zero participation** in moderate intensity activity (over the previous 28 days) for NS SEC 5-8



Comment

For Epping Forest residents participating three times a week there was a significant difference depending on the respondents socio-economic group. While nearly one in four people from the higher socio-economic group (1-4) took part this regularly, it only accounted for one in six people from the lower socio-economic group (5-8). These patterns were mirrored by participation rates in the East and England. More than half the Epping Forest residents from the lower socio-economic group had taken part in no sport or active recreation in the previous 28 days.

3. NS SEC 1-4 relates to classifications A, B, C1.

4. NS SEC 5-8 relates to classifications C2, D, E.

For more information on NS SEC please see: www.statistics.gov.uk/methods_quality/ns_sec/

5. Other Indicators

The table below shows data for the other 5 Key Performance Indicators collected through the Active People Survey, as well as data relating to walking and cycling.

Indicator	Epping Forest	East	England
Volunteering (1 hour, week)	5.0%	4.9%	4.7%
Club Membership (in past 28 days)	31.8%	26.2%	25.1%
Receiving Coaching/Tuition (in the past 12 months)	21.5%	19.0%	18.0%
Competition (in past 12 months)	16.4%	16.0%	15.0%
Satisfaction (with local sports provision)	69.0%	71.0%	69.5%
Cycling (at least one moderate intensity cycle of 30 minutes duration in the previous 28 days)	8.3%	8.6%	7.8%
Walking (at least one moderate intensity walk of 30 minutes duration in the previous 28 days)	20.7%	20.0%	20.0%

Comment

A third of all Epping Forest residents were members of a sports club, higher than the England figure of one in four. Seven out of ten people in Epping Forest stated that they were satisfied with their local sports provision. One in twelve people in Epping Forest cycled regularly whilst one in five walked regularly.

6. Key Points

- One in five people in Epping Forest participated in sport or active recreation on three occasions a week.
- Nearly half the Epping Forest respondents (47%) reported not taking part in any sport or active recreation in the previous 28 days, this was a lower rate of non-participation than the figures for the East and England.
- Zero participation was higher in the lower socio-economic groups (5-8) when compared to the higher socio-economic groups (1-4)
- For people participating in sport and active recreation three times a week, there was almost a threefold decrease in participation in Epping Forest as residents got older.
- Four out of five people with a limiting disability in Epping Forest reported taking no part in sport or active recreation in the previous 28 days.
- A third of all Epping Forest respondents reported membership of a sports club.
- Epping Forest had a lower figure for satisfaction with local sports provision than the Regional and National figures.

7. Accessing More Information

The following section references other sources of data and research that are available to help policy makers and practitioners to develop effective interventions.

Active People Diagnostic

The purpose of this profile is to report information about participation in sport and active recreation at a local level and therefore present an indication of activity levels across the East of England. More detailed data about participation, volunteering, club membership, satisfaction levels, and about people who are involved in competitive sport or those receiving coaching is available and can be accessed using Active People diagnostic. This is a web based report and analysis tool, for more information visit: www.sportengland.org/index/get_resources/research/active_people.htm.

Active Places Power

Active Places Power provides a planning tool for sports facilities. It is designed to assist in investment decisions and the development of infrastructure improvement strategies for sport. It assists in giving an indication of total space per population. For further information about the Active Places data visit the APP website at: www.activeplacespower.com

East of England Public Health Observatory

The East of England Public Health Observatory produce annual health profiles, designed to show the health of people in each local authority area. A range of data relating to health and health inequalities is available, visit: www.erpho.org.uk

East of England Observatory

The Observatory provides access to reports and information resources about the socio-economic and environmental development of the East of England. The site is for researchers, planners and policy makers and those working in economic development. Content is from the East of England Development Agency, the East of England Regional Assembly and the Government Office for the East of England and many other organisations interested in the economic development of the region. A range of relevant reports and information from other organisations is also linked. All this can be found at: www.eastofenglandobservatory.org.uk

Index of Multiple Deprivation

This is a ward-level index made up from seven indicators (income; employment; health deprivation and disability; education, skills and training; housing; geographical access to services and crime). Each of these indicators is measured separately and ranked accordingly across England. These are then combined into a single overall measure. To access the IMD data visit: www.communities.gov.uk/index.asp?id=1128440

Office of National Statistics

The ONS provides a wealth of data relating to the 2001 census. The ONS website enables the user to get detailed local demographic profiles, information about housing, employment, health and care, crime and safety and more. The ONS also produces Corresponding Areas for each Local Authority in the UK which is based on 2003 LA boundaries and 2001 Census data. Local Authorities are grouped into clusters according to how similar they are based on a series of common characteristics such as demographics, economic and social factors, household composition, employment and industry. Each Local Authority has up to four other Local Authorities in its cluster. For more information visit: www.statistics.gov.uk

Physical Education and Sport Sport-Club Links

The PESSCL survey is undertaken by all schools in the East region through School Sport Partnerships (SSPs) (groups of schools, usually with a Sports College as the hub-site, working together to develop PE and sport opportunities for all young people). This aims to assess the range and quality of school PE and sport provision, including the number of pupils receiving at least two hours a week of high quality PE and school sport within and beyond the curriculum. The overall aim of PESSCL is to enhance the take-up of sporting opportunities by 5-16 year olds. Overall, 83% of pupils in Partnership schools in the East region spend at least two hours in a typical week on high-quality PE and school sport. By 2008 the national percentage of school children participating in at least 2 hours has been set at 85%. It is not possible to directly compare this participation rate to that of adults (16+) as a different method of measurement is used (ie. 2 hours in PE and/or sport and 3x30 minutes participation in sport or active recreation). However, it does provide important and useful context in better understanding the proportion of young people accessing regular sport and PE.

Understanding Participation

Sport England have undertaken and collated a range of research investigating why people – particularly in ‘hard to reach groups’ – do not participate in sport and physical activity and the ways in which public intervention can motivate behaviour change and reduce the barriers. To get more information visit: www.sportengland.org/index/get_resources/research/understanding_participation.htm

8. Next Steps

Increasing participation is a huge challenge that confronts the delivery system for sport, from Sport England and partners nationally to local Community Sport Networks.

It is important that we work together, align our thinking and ensure that our effort and response is coordinated. Sport England East will continue to work with the 6 County Sport Partnerships across the region to develop a coordinated regional strategy for driving participation. This will include:

- Supporting Community Sport Networks, specifically in accessing the data and using this to develop a targeted approach.
- Working to embed sport and recreation within Local Area Agreements, including specific targets relating to increasing participation.
- Identifying and sharing good practice relating to interventions and approaches that have proved effective in delivering increases in participation.
- Working in collaboration with researchers across the region to undertake further secondary research into the environmental determinants of participation in sport and recreation.
- Undertaking further analysis and ensuring that the new East Region Plan for Community Sport 2008-2012 is evidenced by the dataset.

At a local level we strongly encourage partners to use this profile and more detailed data from the Active People diagnostic to:

- The County Sports Partnership and Community Sport Network to undertake further analysis, particularly to assess the impact of specific activities, including walking and cycling on regular participation.
- Raise the profile of participation and inactivity and use this as the basis to initiate renewed discussions about how your local area is going to address this issue.
- Work collectively through the Community Sport Network (or a group of local partners, including the CSP, where this does not yet exist) to agree local priorities. The dataset can help to direct you to specific groups that have comparatively low participation rates (compared to other groups or the same group in other local authority areas).
- Review and challenge the mix of interventions that currently exist within your area, whether private, voluntary or public and assess to what extent these interventions are addressing your agreed priorities.
- Cease, sustain or refresh existing interventions and design new interventions that address your priorities.
- Develop a realistic Community Sport Network action plan evidenced by Active People and work to link the participation targets in this plan with the area Community strategy.

Developing a methodical approach to service delivery is fundamental if we are to create an active nation. We need to better understand participation patterns at a local level and to be able to respond to this with the creation of innovative partnerships and interventions which tackle the issue of inactivity and low participation rates. We must work together to better understand what works and to do this we must improve the measurement of specific interventions and ensure that we identify and share good practice.

For further information and support in taking this work forward, please contact Sport Essex on 01245 702439 or contact Sport England East on 020 7273 1821 Libby Jones or 020 7273 1810 Carolyn Benjamin.

Notes

(1) The data presented does not include confidence intervals. These intervals vary according to the size of the base. For more information about confidence intervals please refer to Active People Diagnostic tool. **(2)** Where the term activity is used, this means sport and active recreation including fitness activities, gym, recreational cycling and recreation walking. for more information visit: www.sportengland.org/index/get_resources/research/active_people/active_people_faq.htm **(3)** Only activity which is at least 30 minutes duration and is considered of moderate intensity is included within the KPI for participation. **(4)** Active People Diagnostic also enables Local Authorities to compare by IPF (Inst. of Public Finance) group. **(5)** Frequency of participation is measured over a 28 day period. **(6)** Limiting disability means that the respondent reports that they have a disability which limits their activity. **(7)** Moderate intensity means enough to raise the breathing rate. **(8)** Frequency of participation means the number of occasions over a 28 day period. Active People Diagnostic provides information on 1-3 days, 4-7 days, 8-11 days, 12-19 days and 20+ days over the past 28 days. **(9)** Sample sizes are 1,000 per Local Authority Area.



Further information

To find out more about Sport England and to get the latest news and information, please go to: www.sportengland.org/east

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