



Active People Survey 3

Hertfordshire

Active People Survey 3 was carried out by Ipsos MORI on behalf of Sport England to look at peoples levels of participation in sport and physical activity. Active People is a telephone based survey of the adult population (age 16 and over) of England. 193,000 adults (aged 16 and over) living in England were interviewed by telephone between Oct. 2008 and Oct. 2009 for the Active People Survey 3 (APS3), Comparisons are with Active People Survey 1 (APS1). APS1 was undertaken between October 2005 and October 2006. 363,000 adults in England (age 16 and over) were interviewed by telephone. and Active People 2 (APS2), Active People Survey 2 was undertaken between October 2007 and October 2008. 191,000 adults in England (age 16 and over) were interviewed by telephone. Both these surveys were also conducted by Ipsos MORI. The growth in the adult population between APS2 and APS3 is 340,000.

The sample is random stratified and the results are representative of the total adult population in England, the English regions and local authorities in England.

Active People Survey 1 was based on a 1,000 sample size per local authority (District/Borough/Unitary). Subsequent Surveys – ie Active People Survey 2 and 3 have been based on samples sizes of 500 per local authority. When comparing performance across local authorities therefore Active People Survey 2 and 3 findings are combined to provide a sample size of 1,000 per local authority and enable a comparison to be made back to Active People 1 (2005/6). St Albans decided to “boost” their sample size for Active People Survey 3 so the information provided in this document for that authority is based on APS3 data (1,000 sample).

Data at the County Council level is sufficiently robust to be compared on a single survey basis as the sample sizes at county level are larger and therefore confidence levels are smaller.

The Active People Survey measures participation in sport as well as in a broader definition of sport and active recreation. A separate briefing note attached to this document explains the participation measures in further detail. The Active People Survey is used to measure the performance of NI8 in those areas that have chosen NI8 as a designated or local target as part of their Local Area Agreement.

As well as measuring the frequency of participation, the Survey also provides data on a number of other useful measures including volunteering, satisfaction levels with provision, club membership, adults receiving tuition and those taking part in organised competition.

Confidence levels.

The results shown below compare Hertfordshire with their nearest IMD neighbours (the three counties immediately above and below them). It also provides details of the performance in each District/Borough within the County. For the headline NI8 data, where the change in data is statistically significant “ss” is used as a marker. This means that we can be 95% certain that there has been a real change (increase or decrease).

National Findings from Active People Survey 3 :

Sport and Active Recreation : (NI8 : Participation with added light intensity sports for those aged 65 and over – the percentage of the adult population who participated in sport and active recreation, at moderate intensity, for at least 30 minutes on at least 12 days out of the last 4 weeks (equivalent to 30 minutes on 3 or more days a week).

Participation in sport and active recreation at a **national level** has increased consistently between Active People Survey 1, 2 and 3. Active People Survey 1 reported adult participation in 3x30mins moderate intensity sport and active recreation (NI8) as 21.3%. At Active People Survey 2 it was 21.6% and it has now progressed to 21.9% through Active People Survey 3. This growth represents a statistically significant increase at the national level.

There are 82 authorities that have selected NI8 as a designated indicator within the local area agreement¹, 9 of these have shown a statistically significant increase in participation levels since Active People Survey 2 figures were released, 2 local authorities with NI8 as a designated target have shown a statistically significant decrease. The remaining authorities (71) have shown no overall change.

Table 1 on the following page shows the Local Authorities with NI8 in their LAA who have had a statistically significant change in their results together with the baselines, APS survey results and LAA targets (designated and local).

¹ (The 82 authorities are based on County Council and Unitary Authority level as this is where the LAA for an area is based. If each of the district/borough councils making up County Council areas is counted this figure would be higher)

Table 1 : Authorities with National Indicator 8 as a designated or local target showing a statistically significant increase or decrease at Active People Survey 3 when compared to Active People Survey 1 findings.

Local Authority	APS 1 Baseline 2005/6 %	APS3 or APS2&3 combined %	% Difference between APS1 and APS 3 or 2/3 combined	Significant Increase / Decrease
NI8 DESIGNATED TARGET				
Blackburn with Darwen (APS3)	16.3	21.0	4.7	increase
Cornwall (APS3)	21.2	23.6	2.4	increase
Devon (APS3)	22.4	24.4	2.1	increase
Dorset (APS3)	21.8	23.8	2.0	increase
Derbyshire (AP3)	21.4	23.5	2.1	increase
Lincolnshire (APS3)	20.0	23.0	3.0	increase
Nottingham (APS3)	20.7	17.1	-3.6	decrease
Kirklees (combined)	19.0	25.1	6.1	increase
North Yorkshire (APS3)	23.1	25.3	2.2	increase
Oxfordshire (APS3)	23.5	25.9	2.4	increase
Luton (combined)	18.5	15.1	-3.4	decrease
NI8 LOCAL TARGET				
Leeds (combined)	20.6	26.5	5.9	increase
Wakefield (combined)	18.0	23.2	5.2	increase
Reading (combined)	24.1	19.7	-4.4	decrease

Unitary authorities that did not boost their sample size for APS 3 are reported as (combined) this means that the data for active people survey 2 and 3 has been combined and compared to active people survey 1 in order to provide a comparison on the same sample size.

Further to the above, there are a number of local authorities from the 82 who have had a statistical **increase** in the past (ie at active people survey 2) but for Active People Survey 3 are now 'no change'. These authorities are : Gateshead, Coventry, Suffolk, Central Beds (they all still show a positive figure but the figure is no longer "statistically significant"). There are also a number of local authorities who have had a statistical **decrease** recorded at Active People Survey 2 but under Active People Survey 3 are now 'no change'. These authorities are: Blackpool; York; Portsmouth; Harrow; Hounslow; Croydon; Medway; and East Riding (they all still show a negative figure but this is no longer statistically significant).

Sport Participation :

(Participation in sport at moderate intensity, for at least 30 minutes on at least 12 days out of the last 4 weeks (equivalent to 30 minutes on 3 or more days a week).

Active People Survey 3 shows that across England 6.93 million [i] adults are participating regularly in sport, taking the increase to 635,000 since the Olympic and Paralympic bid was won in 2005 and Active People Survey 1 was first completed in 2005/6.

Active People Survey 3 showed an increase in participation in sport nationally of 115,000 compared to Active People Survey 2. This represents a step in the right direction in Sport England meeting its agreed legacy target with government of getting one million people playing more sport by 2012/13. The encouraging picture comes despite a reduction in the overall spend on sport and recreation during this challenging economic period [ii].

Underneath the headline figures presented above, the Active People Survey also provides a wealth of additional data about the sporting behaviour patterns of adults. The survey showed that more than fifteen million adults (15,088,600) took part in organised sport at least once in 2008/09. This is 36.1% of the adult population in England. This is a significant decrease since 2007/08 when the figure was 15,316,500 (37.0%). Organised sport is defined as having done one, or more, of the following in the past 12 months (been a member of a club to take part in sport, received tuition to improve performance, taken part in organised competitive sport). This suggests that we might be seeing a growth in informal participation such as pay and play activities at the expense of formal, other data suggests that many people are opting to do free leisure activities.

Individual sports are growing at a faster rate than team sports.

The number of men playing sport three times a week has risen by 176,000 to 4.203 million.

Regular participation among non-white adults has increased by 98,800 to 713,800.

- Cycling and Athletics have seen the biggest growth, delivering a combined increase of over 240,000 weekly participants. The other sports to show strong increases are :
- Boxing, showing increases in participation in both recreational and organised competitive boxing.
- Table tennis, showing strong growth among 16- to 34-year-olds and informal participants.
- Canoeing, which appears to have benefited from a larger number of people taking domestic canoeing or kayaking holidays in the summer (2009).
- Netball, which is building on the success of the Back to Netball programme by developing more opportunities for people who want to play the game in a more recreational/pay & play setting.
- Tennis, which saw significant increases in participation in the three months following Andy Murray's strong performance at Wimbledon(2009).

Sport England's strategy recognises that a number of sports have a particular capacity to grow participation. Four sports have more than one million adults participating once a week - athletics, cycling, football and swimming. Of these, athletics and cycling have each achieved increases of over 112,000 in the past year. Both have benefited from the development of strong grassroots community programmes (including running clubs, running sister networks and the like) alongside a growing number of mass participation events, low participant costs and a strong and improving performance at elite level which has led to increased profile of the sport.

Participation in football and swimming has failed to grow in the past year. For football, the picture for women's participation is better than for the men's game.

Once-a-week participation in swimming remains below last year's level, at 3.162 million.

Further areas of concern include participation among women and disabled people. The number of adults with a limiting disability doing regular sport has decreased nationally by 42,800 to 386,700 and regular participation among women has fallen by 61,000 to 2.727 million.

[i] 16.6% of the adult population, based on Office for National Statistics (ONS) population data for mid-2008. The equivalent figure for APS2 was 6.815 million (16.4%) based on ONS population data for mid-2007.

[ii] Source: Office for National Statistics Consumer Trends, Household spend on recreational and sporting services 2007, 2008 and 2009 (Q1 & Q2).

[iii] Source: Mintel, Health and Fitness Clubs – UK, October 2009.

NI8 Participation with added light intensity sports for those aged 65 and over Is defined as the percentage of the adult population who participated in sport and active recreation, at moderate intensity, for at least 30 minutes on at least 12 days out of the last 4 weeks (equivalent to 30 minutes on 3 or more days a week).

Table 2 :Results for NI8: Adult participation in sport and active recreation

National Range : 14.7% - 31.6%

NI8 (3x30mins) by area	APS1 %	APS2 %	APS3 %	Change between APS1 & 3	Statistically Significant?	Is NI8 a designated target in this authority ?
Hertfordshire Nearest IMD County Council Neighbours						
Cambridgeshire	22.2%	21.8%	22.3%	0.0%	No Change	Y
Dorset	21.8%	23.6%	23.8%	2.0%	Increase	Y
Hampshire	24.2%	23.9%	23.8%	-0.4%	No Change	N
Leicestershire	22.7%	23.8%	24.0%	1.3%	No Change	Y
Hertfordshire	22.0%	22.2%	21.7%	-0.3%	No Change	Y
North Yorkshire	23.1%	23.7%	25.3%	2.2%	Increase	Y
Oxfordshire	23.5%	27.0%	25.9%	2.4%	Increase	Y
West Sussex	22.5%	23.3%	24.0%	1.5%	No Change	Y

The table shows that Herts and Hampshire of the nearest County IMD neighbours have shown a decrease in the number of adults participating in 3x30 mins moderate intensity sport and active recreation per week. Herts also has the lowest percentage of adults in comparison undertaking the said level of activity at 21.7%.

3 of the neighbours are showing a statistically significant increase in participation levels, notably Oxfordshire, North Yorkshire and Dorset.

5 of the 8 authorities listed above have shown consistent progress in a positive direction from APS1, through APS2 into APS3. The best performing authorities with NI8 as a designated target have been outlined on page 3 of this report.

The reasoning behind variations in participation levels are complex. Whilst there is strong evidence to show that participation levels vary depending on an areas demographic profile, this isn't sufficient to explain changes in their entirety. Accounting for age, gender, ethnicity, disability, socio-economic status, areas still show variations in participation levels.

Recent research completed by Sport England shows that beyond the above variables, there is no one single factor that through changing in policy terms leads to an increase in participation levels. Variables including the built and natural environment, resource allocation - human and financial, intervention types, mass participation/major event programming, strategic commitment and partnership buy in to the agenda, voluntary sector infrastructure in the locality all have varying degrees of impact in a locality alongside the demographic make of a place.

Table 3a-c : Frequency of participation in moderate intensity sport and active recreation (NI8) for overall population in each county as well as male and female breakdown.

Hertfordshire Nearest IMD County Council Neighbours	overall								
	APS1			APS2			APS 3		
	none	1 to 2 sessions per week but less than 3x30mins	3 plus sessions per week	none	1 to 2 sessions per week but less than 3x30mins	3 plus sessions per week	none	1 to 2 sessions per week but less than 3x30mins	3 plus sessions per week
Cambridgeshire	46.29	31.48	22.25	44.1	34.06	21.84	44.80%	32.90%	22.30%
Dorset	49.79	28.39	21.82	44.48	31.96	23.57	47.60%	28.50%	23.80%
Hampshire	43.69	32.08	24.24	43.78	32.29	23.93	43.80%	32.40%	23.80%
Hertfordshire	45.51	32.46	22.04	43.42	34.33	22.25	44.30%	34.10%	21.70%
Leicestershire	46.56	30.72	22.72	43.81	32.39	23.8	46.10%	29.90%	24%
North Yorkshire	46.85	30.05	23.1	45.85	30.48	23.67	44.50%	30.20%	25.30%
Oxfordshire	44	32.52	23.48	40.24	32.76	27	41.10%	33.10%	25.80%
West Sussex	48.73	28.79	22.49	44.94	31.74	23.32	43.70%	32.30%	23.90%

Hertfordshire Nearest IMD County Council Neighbours	Male								
	APS1			APS2			APS 3		
	none	1 to 2 sessions per week but less than 3x30mins	3 plus sessions per week	none	1 to 2 sessions per week but less than 3x30mins	3 plus sessions per week	none	1 to 2 sessions per week but less than 3x30mins	3 plus sessions per week
Cambridgeshire	43	32.9	24.2	39.3	36.4	24.3	40.40%	34.10%	25.40%
Dorset	46.7	30	23.3	40.5	34.7	24.8	44.10%	30.50%	25.40%
Hampshire	37.7	35.3	27	39.2	35	25.9	38.30%	35.40%	26.30%
Hertfordshire	41	35.1	23.9	37.5	38.5	24	38.80%	37.70%	23.50%
Leicestershire	42.4	32.1	25.6	39.2	33.4	27.4	44.20%	31.30%	24.50%
North Yorkshire	43.9	32.1	24	39.7	32.7	27.6	39.20%	33.20%	27.60%
Oxfordshire	38.9	35.5	25.5	35.3	34.5	30.2	36.30%	34.90%	28.90%
West Sussex	44.9	31.1	24	39.7	33.4	26.8	41.20%	33.30%	25.50%

Hertfordshire Nearest IMD County Council Neighbours	Female								
	APS1			APS2			APS 3		
	none	1 to 2 sessions per week but less than 3x30mins	3 plus sessions per week	none	1 to 2 sessions per week but less than 3x30mins	3 plus sessions per week	none	1 to 2 sessions per week but less than 3x30mins	3 plus sessions per week
Cambridgeshire	49.5	30.1	20.4	48.7	31.8	19.4	49.10%	31.70%	19.20%
Dorset	52.6	26.9	20.5	48.1	29.4	22.5	50.80%	26.80%	22.40%
Hampshire	49.4	29	21.6	48.1	29.8	22.1	49.00%	29.50%	21.50%
Hertfordshire	49.7	30	20.3	49	30.5	20.6	49.40%	30.70%	19.90%
Leicestershire	50.6	29.4	20	48.2	31.4	20.3	48.10%	28.40%	23.50%
North Yorkshire	49.7	28.1	22.3	51.7	28.3	19.9	49.60%	27.30%	23.10%
Oxfordshire	48.9	29.6	21.5	45	31.1	23.9	45.70%	31.20%	23.00%
West Sussex	52.2	26.7	21.1	49.6	30.2	20.2	46.10%	31.40%	22.50%

The percentage of the adult population in Hertfordshire undertaking zero activity of moderate intensity for 30mins duration has reduced by 1.2% between Active People Survey 1 and 3, demonstrating a small increase in the number of adults moving to do some activity. The above would appear to have mainly come from an increase in male activity, with men doing 0x30mins moving from 41% to 38.8% whilst the percentage of women doing 0x30mins activity has moved from 49.7 to 49.4%.

7 of the 8 counties listed are showing a reduction in the % of men doing 0x30mins activity and subsequent increases in the number of men either doing some activity but less than 3x30mins or meeting/exceeding the 3x30 mins target.

All 8 counties are showing some small signs in a positive direction in the numbers of women doing 0x30mins activity but not statistically significant in size.

There is still a stark contrast in the difference between male and female activity levels, an issue consistent with national findings.

Whilst Hertfordshire has an average reported sedentary adult population of 44.3% recording no activity of moderate intensity lasting 30 minutes. The best performing area is Oxfordshire with only 41.1%. The difference between these is statistically significant at the 95% confidence level.

Within the above, Hertfordshire has the highest proportion of adults doing some activity but not reaching 3x30mins per week (the NI8 target) (34.1%). The next nearest authority being Oxfordshire at 33.1%.

The above represents a significant opportunity for Hertfordshire to shift this 34.1% of the population from doing something more than zero but less than 3x30mins of activity towards the target. In terms of behaviour change, arguably the hardest challenge has been overcome for these people in that they have become “aware” and “interested” and have started to engage in activity.

Table 4 : NI8 3x30mins per week participation by age band comparing the results from Active People Survey 1 with Active People Survey 2 and 3.

Hertfordshire Nearest IMD County Council Neighbours	NI8 APS1			NI8 APS2			NI8 APS3		
	16-34	35-54	55+	16-34	35-54	55+	16-34	35-54	55+
	%	%	%	%	%	%	%	%	%
Cambridgeshire	30.8%	23.2%	13.2%	30.5%	24.3%	11.4%	31.9%	22.5%	12.9%
Dorset	34.9%	25.0%	13.9%	35.0%	26.9%	16.4%	37.5%	28.3%	15.0%
Hampshire	33.0%	27.8%	14.5%	34.1%	25.0%	15.8%	31.6%	27.8%	14.8%
Hertfordshire	33.1%	23.1%	13.0%	29.6%	24.1%	13.6%	29.5%	22.5%	13.9%
Leicestershire	31.3%	24.8%	14.3%	33.9%	26.8%	13.3%	34.0%	27.4%	13.1%
North Yorkshire	33.1%	25.9%	14.7%	30.4%	26.8%	16.9%	38.3%	29.0%	14.4%
Oxfordshire	30.2%	26.1%	13.8%	35.1%	28.8%	16.6%	34.9%	27.7%	14.5%
West Sussex	34.5%	24.5%	13.7%	30.9%	27.8%	15.2%	32.5%	29.1%	14.7%

16-34 :

The above table shows that Hertfordshire has seen a 3.6% reduction in the number of 16-34 yr olds undertaking 3x30mins of moderate intensity sport and active recreation between APS 1 and APS3 (from 33.1% APS1 to 29.5% APS3).

Hertfordshire is currently showing the lowest level of 3x30 mins per week participation for 16-34 year olds compared to its nearest IMD County neighbours at 29.5% with North Yorkshire showing the highest at 38.3%. The difference between these two is statistically significant at the 95% confidence level.

35-54 :

Hertfordshire shows the joint lowest participation rates in the age group 35-54 at 22.5% along with Cambridgeshire. A number of areas would appear to have been successful in targeting the 35-54 age group notably West Sussex, Leicestershire and North Yorkshire, however only the figures for West Sussex are statistically significant at the 95% confidence level.

55+ :

A small increase has been noted in 55+ participation rates at 3x30mins per week and has moved Hertfordshire from the lowest amongst its nearest IMD neighbours based on APS1 data to 6th out of 8 based on APS 3 data. Hertfordshire has seen an increase of 0.9% on 55+ participation from APS1 to APS3. West Sussex (1%), Oxfordshire (0.7%), Hampshire (0.3%) and Dorset (1.1%) are the other authorities in the IMD nearest neighbours that have shown an increase.

Table 5: Participation in 3 x30mins of sport.

<u>Hertfordshire Nearest IMD County Council Neighbours</u>	1 million indicator (At least 12 sessions of at least moderate intensity for at least 30 minutes)				
	APS1	APS 2	APS3	APS2 v APS3 Change	
Authority	%	%	%	%	Significance
Cambridgeshire	15.6%	17.5%	16.5%	-1.0%	No Change
Dorset	14.2%	15.5%	15.4%	-0.1%	No Change
Hampshire	17.4%	18.1%	18.0%	-0.1%	No Change
Hertfordshire	16.4%	17.7%	17.0%	-0.7%	No Change
Leicestershire	16.0%	18.1%	17.0%	-1.1%	No Change
North Yorkshire	15.0%	16.1%	16.3%	0.2%	No Change
Oxfordshire	16.6%	19.2%	18.4%	-0.8%	No Change
West Sussex	15.3%	17.1%	16.5%	-0.6%	No Change

There is a strong link between an areas NI8 score and their 1m sport score.

Hertfordshire compares better with its nearest IMD neighbours on the 3x30mins of sport participation compared to the NI8 comparison.

The County has seen limited change between APS1, 2 and 3 in terms of the sports participation measure.

All areas have shown no statistically significant change. There is however a statistically significant difference between some authorities. For example Dorset has a statistically significant lower score than Oxfordshire and West Sussex based on APS3 results.

Hertfordshire's result of 17% is not statistically significantly different when compared with the other authorities in the table above.

Table 6: Frequency of participation (NI8) amongst adults with a limiting illness or disability based on APS 3 results.

Authority	% reporting 0x30mins per week	% reporting 1 to 2 sessions per week but less than 3x30mins	% achieving 3x30mins	Base
<u>Hertfordshire Nearest IMD County Council Neighbours</u>				
Cambridgeshire	71.3%	18.1%	10.6%	416
Dorset	73.6%	16.3%	10.1%	601
Hampshire	70.5%	18.4%	11.1%	886
Hertfordshire	71.0%	19.5%	9.5%	803
Leicestershire	71.7%	21.5%	6.9%	556
North Yorkshire	71.9%	16.2%	11.9%	606
Oxfordshire	68.2%	20.0%	11.8%	369
West Sussex	70.0%	18.6%	11.4%	639

The figures above demonstrate that adults with a limiting illness or disability do significantly less sport and active recreation than able bodied adults.

Adults with a limiting illness or disability reporting 0x30mins of activity are substantially higher in Hertfordshire and its nearest IMD county neighbours compared to able bodied adults (on average approximately 43/44%).

This pattern is consistent at 1 to 2 x 30 mins per week and at 3x30mins per week.

Against its nearest county IMD neighbours, Hertfordshire is showing the second lowest level of adults with a limiting illness or disability achieving 3x30mins of moderate intensity activity although this is not statistically significant at the 95% confidence level.

*Please note the sample sizes for the above figures – ie in Herts of the APS 3 overall sample of 4,981. 803 adults reported a limiting illness or disability, from which the above results are taken.

Table 7 : 3x30 mins participation (NI8) by National Statistics Socio-Economic Classification (NS SEC) based on APS3 results.

Authority	% achieving 3x30mins for NS SEC 1-2	% achieving 3x30mins for NS SEC 3	% achieving 3x30mins for NS SEC 4	% achieving 3x30mins for NS SEC 5-8
Hertfordshire Nearest IMD County Council Neighbours	NS SEC1,1.1,1.2,2 Managerial and professional	NS SEC3 Intermediate	NS SEC4 Small employers / own account workers	NS SEC5,6,7,8 Lower supervisory/technical/ routine /semi-routine/never worked /long term unemployed
Cambridgeshire	25.1%	22.7%	21.2%	15.6%
Dorset	25.3%	24.3%	20.2%	19.5%
Hampshire	27.5%	22.6%	22.8%	18.1%
Hertfordshire	24.0%	22.2%	20.7%	16.0%
Leicestershire	25.9%	23.7%	22.2%	20.3%
North Yorkshire	27.7%	29.3%	21.8%	22.0%
Oxfordshire	29.0%	26.6%	22.9%	15.8%
West Sussex	24.9%	22.2%	26.2%	21.0%

The above table shows that Hertfordshire has the lowest % of adults from NS SEC 1 and 2 (managerial and professional) undertaking 3x30mins of sport and active recreation in comparison to its nearest IMD neighbours. Oxfordshire has the highest % at 29.0%. This is a statistically significant difference at the 95% confidence level.

Hertfordshire has the joint lowest % of adults from NS SEC 3 (intermediate) undertaking 3x30mins of sport and active recreation in comparison to its nearest IMD neighbours at 22.2% (same as West Sussex). North Yorkshire at 29.3% is statistically significantly different at the 95% confidence level.

Hertfordshire has the second lowest % of adults from NS SEC4 (small employers/own account workers) undertaking 3x30mins of sport and active recreation in comparison to its nearest IMD neighbours. West Sussex has the highest % at 26.2% but this is **NOT** statistically significantly different to Hertfordshire.

Hertfordshire has the third lowest % of adults from NS SEC5-8 (Lower supervisory/technical/ routine /semi-routine/never worked /long term unemployed) undertaking 3x30mins of sport and active recreation in comparison to its nearest IMD neighbours. The best performing area is North Yorkshire at 22.0%. This is a statistically significant difference at the 95% confidence level.

All authorities in the above table demonstrate that higher NS SEC groups have higher levels of activity compared to lower NS SEC groupings.

Table 8: Frequency of participation (NI8) by ethnicity based on APS3 results.

Authority	White			Non White		
	% reporting 0x30mins per week	% reporting 1 to 2 sessions per week but less than 3x30mins	% achieving 3x30mins	% reporting 0x30mins per week	% reporting 1 to 2 sessions per week but less than 3x30mins	% achieving 3x30mins
Hertfordshire Nearest IMD County Council Neighbours						
Cambridgeshire	45.2%	32.7%	22.1%	38.3%	35.6%	26.1%
Dorset	47.7%	28.7%	23.6%	39.9%	19.2%	40.9%
Hampshire	43.8%	32.3%	23.8%	43.6%	34.1%	22.2%
Hertfordshire	44.0%	34.6%	21.4%	47.1%	28.0%	24.9%
Leicestershire	46.5%	29.4%	24.1%	40.0%	38.0%	22.0%
North Yorkshire	44.5%	30.2%	25.4%	44.3%	32.2%	23.5%
Oxfordshire	41.3%	33.3%	25.5%	38.2%	29.9%	31.9%
West Sussex	43.7%	32.3%	24.0%	43.5%	32.9%	23.5%

The sample sizes in a number of authorities is very low where non-white populations may only represent a very small percentage of the overall population from which responses are drawn. This leads to sizeable confidence intervals in the data.

At a national level it is possible to provide a more accurate breakdown of the “non-white” population to a more defined ethnic classification.

Table 9 : Volunteering

(The percentage of the adult population who 'Volunteer supporting sport for at least one hour a week').

Volunteering	APS1 (Oct 2005-Oct 2006)		APS2 (Oct 2007-Oct 2008)		APS3 (Oct 2008-Oct 2009)			
	Local Authority	%	Base	%	Base	%	Base	Statistically significant change from APS 2
East of England County Council Areas								
Cambridgeshire	5.3%	5,113	6.2%	2,517	5.0%	2,517	No Change	
Dorset	5.3%	6,138	5.4%	3,046	5.1%	3,012	No Change	
Hampshire	6.0%	11,115	5.9%	5,556	5.8%	5,534	No Change	
Hertfordshire	4.8%	10,175	5.4%	5,539	5.1%	5,039	No Change	
Leicestershire	5.9%	7,164	5.9%	3,539	5.0%	3,515	No Change	
North Yorkshire	6.3%	7,106	5.3%	3,524	5.2%	3,519	No Change	
Oxfordshire	5.8%	5,070	6.7%	2,528	5.8%	2,516	No Change	
West Sussex	5.6%	7,133	5.5%	3,538	5.7%	3,521	No Change	

Nationally, nearly two million adults (1,972,700) contribute at least one hour a week to volunteering in sport. This is 4.7% of the adult population in England.

Volunteering has decreased significantly since 2007/08 when the figure was 2,044,100 (4.9%).

Against its nearest IMD county neighbours, Hertfordshire is one of only two areas to show an increase in volunteering based on the definition outlined above from APS1 to APS3 (0.3%). This however is not statistically significant. The other area to show an increase is West Sussex (0.1%).

Table 10 Club Membership

(‘being a member of a club particularly so that you can participate in sport or recreational activity in the last 4 weeks’).

KPI3 Club Membership	APS1 (Oct 2005-Oct 2006)		APS2 (Oct 2007-Oct 2008)		APS3 (Oct 2008-Oct 2009)			
	Local Authority	%	Base	%	Base	%	Base	Statistically significant change from APS 2
East of England County Council Areas								
Cambridgeshire	26.3%	5,116	23.7%	2,517	26.4%	2,511	Increase	
Dorset	24.6%	6,145	25.2%	3,046	24.1%	2,998	No Change	
Hampshire	28.6%	11,124	27.4%	5,559	27.2%	5,503	No Change	
Hertfordshire	28.9%	10,183	30.2%	5,541	27.6%	5,009	Decrease	
Leicestershire	26.6%	7,175	26.5%	3,540	22.9%	3,496	Decrease	
North Yorkshire	24.6%	7,108	23.5%	3,528	23.3%	3,506	No Change	
Oxfordshire	27.1%	5,075	27.5%	2,529	26.2%	2,501	No Change	
West Sussex	27.7%	7,136	28.8%	3,540	27.0%	3,497	No Change	

Nationally within the English population, over 10 million (10,078,700) adults are members of a club where they take part in sport (24.1%).

This represents a decrease (statistically significant) in Club Membership from 10,247,000 adults (24.7%) in Active People Survey 2 (2007/08).

Club Membership in Hertfordshire has decreased statistically significantly between APS 2 and APS3. Membership has fluctuated rising at APS2 but dropping back to below APS 1 levels at APS3.

Hertfordshire does however show the highest % of adults in comparison to its nearest IMD county neighbours being a member of a club at 27.6%, (lowest Leicestershire at 22.9%) and has consistently throughout each Active People Survey period.

Table 11: Receiving Tuition

(Having received tuition from an instructor or coach to improve your performance in any sport or recreational activity in the last 12 months).

KPI4 Receiving Tuition Local Authority	APS1 (Oct 2005- Oct 2006)		APS2 (Oct 2007- Oct 2008)		APS3 (Oct 2008-Oct 2009)		Statistically significant change from APS 2
	%	Base	%	Base	%	Base	
East of England County Council Areas							
Cambridgeshire	22.2%	5,115	20.1%	2,517	20.3%	2,507	No Change
Dorset	18.3%	6,145	18.6%	3,046	19.1%	2,997	No Change
Hampshire	21.7%	11,120	20.5%	5,557	20.9%	5,498	No Change
Hertfordshire	20.9%	10,177	22.2%	5,540	20.2%	5,006	Decrease
Leicestershire	18.6%	7,173	20.2%	3,539	18.1%	3,496	Decrease
North Yorkshire	18.2%	7,108	16.8%	3,527	16.5%	3,505	No Change
Oxfordshire	21.1%	5,073	22.5%	2,529	20.7%	2,500	No Change
West Sussex	20.2%	7,134	19.5%	3,540	18.3%	3,496	No Change

Nationally over 7.3 million adults in England received tuition (at least once in the previous 12 months) to improve their performance in sport during 2008/09 (7,330,000).

This is equivalent to 17.5% of the adult population, a decrease (statistically significant) compared with 2007/08 when 18.1% of the adult population (7,515,000) received tuition.

Hertfordshire has seen a decline in adults receiving tuition during APS3 this was after an increase was reported between APS 1 and 2.

The county is one of two authorities that have seen a statistically significant decrease when comparing APS2 to APS3 figures.

The above figures are consistent with earlier data presented that show nationally a shift towards more informal activity compared to formal and reductions in club membership.

Table 12 : Organised Competition

(Having taken part in any organised competition in any sport or recreational activity in the last 12 months.)

KPI5 Organised Competition	APS1 (Oct 2005-Oct 2006)		APS2 (Oct 2007-Oct 2008)		APS3 (Oct 2008-Oct 2009)			
	Local Authority	%	Base	%	Base	%	Base	Statistically significant change from APS 2
East of England County Council Areas								
Cambridgeshire	17.2%	5,117	17.5%	2,517	17.6%	2,509	No Change	
Dorset	15.4%	6,145	17.0%	3,046	15.3%	2,994	No Change	
Hampshire	18.3%	11,124	16.8%	5,559	16.7%	5,496	No Change	
Hertfordshire	16.6%	10,176	17.0%	5,540	15.4%	5,005	Decrease	
Leicestershire	17.8%	7,175	16.9%	3,540	14.1%	3,497	Decrease	
North Yorkshire	17.7%	7,110	18.4%	3,529	16.3%	3,502	Decrease	
Oxfordshire	18.2%	5,076	18.8%	2,530	16.9%	2,501	No Change	
West Sussex	16.3%	7,135	16.5%	3,539	15.3%	3,493	No Change	

Nationally during 2008/09, over six million adults (6,017,800) took part in organised competitive sport, at least once in the last 12 months.

This is equivalent to 14.4% of the adult population and has decreased (statistically significant) from 14.6% in 2007/08 when 6,069,000 adults took part in organised competitive sport.

Consistent with the national trend, Hertfordshire has seen a decrease in the % of adults who have taken part in organised competition in any sport or recreational activity in the last 12 months.

Table 13: Satisfaction

(The percentage of adults who are very or fairly satisfied with sports provision in their local area.)

KPI6 Satisfaction	APS1 (Oct 2005-Oct 2006)		APS2 (Oct 2007-Oct 2008)		APS3 (Oct 2008-Oct 2009)			
	Local Authority	%	Base	%	Base	%	Base	Statistically significant change from APS 2
Hertfordshire Nearest IMD County Council Neighbours								
Cambridgeshire	71.7%	4,457	70.3%	2,240	72.6%	2,221	No Change	
Dorset	72.5%	5,381	70.7%	2,665	71.3%	2,621	No Change	
Hampshire	74.0%	9,673	72.2%	4,916	73.3%	4,863	No Change	
Hertfordshire	73.2%	8,890	70.1%	4,904	71.8%	4,421	No Change	
Leicestershire	72.8%	6,202	69.8%	3,139	71.7%	3,096	No Change	
North Yorkshire	71.0%	6,251	67.4%	3,127	70.6%	3,085	Increase	
Oxfordshire	71.7%	4,493	71.5%	2,219	71.9%	2,204	No Change	
West Sussex	75.5%	6,123	73.9%	3,087	73.5%	3,055	No Change	

Nationally over two-thirds of adults (68.4%) are satisfied (very or fairly) with sports provision in their local area.

The number of adults satisfied with local sports provision (28,578,200) has increased (statistically significant) by 962,600 since Active People Survey 2 (2007/08) when 27,615,600 (66.6%) were satisfied with sports provision in their local area.

The percentage range is relatively small between 70.6% and 73.5%. Hertfordshire at 71.8% is not statistically significantly different from West Sussex (highest at 73.5%) or North Yorkshire at 70.6%.

Further information and data on Active People 3 can be found on the Sport England Website:

www.sportengland.org/research

Detailed analysis of Active People Survey 1, 2 and 3 can be accessed through the Sport England Active People Diagnostic Tool – further information on how to access the diagnostic can be found at

www.sportengland.org/research/activepeoplesurvey

If you wish to discuss any of the information provided further please contact:

Adam Rigarlsford tel: 020 7273 1823 email: adam.rigarlsford@sportengland.org