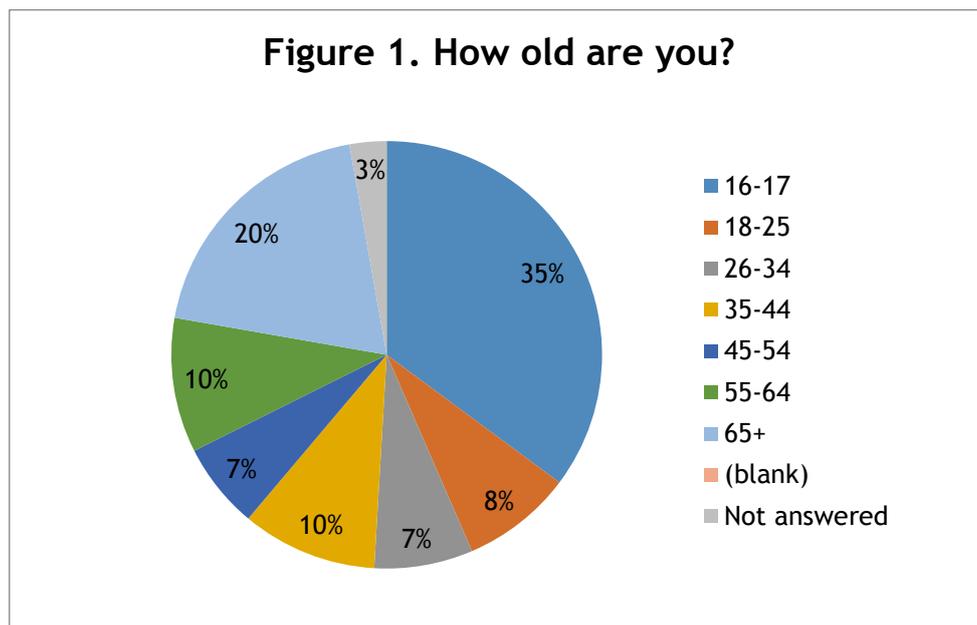


Question one: How old are you?

The below chart shows the variation in age range. Please note that the survey did not include an option for under 16-year olds, however 13 responses, included in the 16-17 category were from 15-year olds.

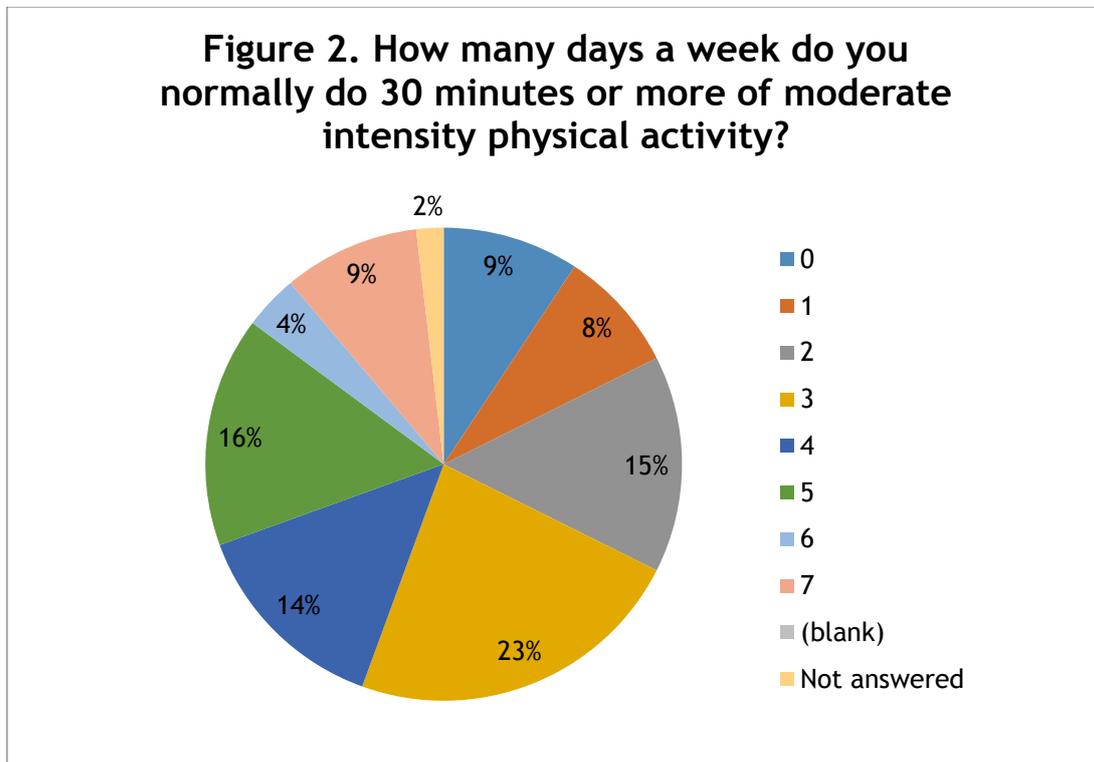
As the chart below shows, over a third of our respondents were young people and about half were over 35 years old.



Question two: How many days a week do you normally do 30 minutes or more of moderate intensity physical activity?

We then wanted to understand how active people are currently. To help people answer this question, we first informed them that the recommendation for adults is to have at least 30 minutes a day of moderate intensity activity (enough to get you slightly out of breath), 5 times a week. We then asked them to tell us how many times a week they do 30 minutes of activity.

The following chart shows that 29% of respondents were undertaking moderate exercise 5 times a week as recommended. A further 60% were doing some exercise and 10% felt they were doing none.



When we looked at the age of the respondents we found that almost half (46%) of 16 to 17 year olds (including the thirteen 15 year olds mentioned earlier) did moderate exercise up to 3 times per week, with 14% exercising 5 times per week. There was a very similar pattern for 18-25 year olds.

There were slightly better results for 26 to 34 year olds and 35 to 44 year olds, where approximately a quarter were physically active 5 times per week or more. Of the 7 respondents who were 45 to 54 years old, 72% were active 5 or more times per week, with similar results for 55 to 64 year olds.

Levels of activity varied a lot for the over 65 year olds, with 34% exercising 5 or more times a week.

Question three: What makes it difficult for you to be more physically active, and why?

We then wanted to understand what people thought might be preventing them from keeping physically active. When asking this question we gave some examples from the Active Wandsworth consultation, suggesting people might consider cost, travel, low motivation, having nobody to go with, fear and anxiety, cultural issues, no privacy, and opening hours.

The majority of responses identified barriers along the following themes:

Lack of time	Approximately 26% of respondents
Low motivation	Approximately 24%
Cost	Approximately 17%
Nobody to go with	Approximately 8%
Physical or mental health condition or disability	Approximately 7%
Opening hours	Approximately 4%
No privacy	Approximately 4%
Anxiety	Approximately 3%
Cultural issues	Approximately 2%
Don't know where to go	Approximately 2 %
Lack of opportunities	Approximately 2%
Childcare	Approximately 2%
Travel costs	Approximately 2%
Sedentary lifestyle	Approximately 2%
Not being good enough at sport	Approximately 1%
Depression	Approximately 1%
Tiredness - overwork	Approximately 1%

From the above we can see that lack of motivation is one of the key factors, with a significant number of people suggesting that having no one to go with prevented them from exercising. Young people in particular gave this as a reason for lack of physical exercise, compared to other age groups. Many over 65 year olds did not answer this question.

Others felt that lifestyle factors such as not having enough time, not being able to go to facilities during opening hours, having to focus on looking after children and having sedentary habits prevented them from getting enough exercise. This applied to adults and young people who felt that work, school and homework took up much of their time.

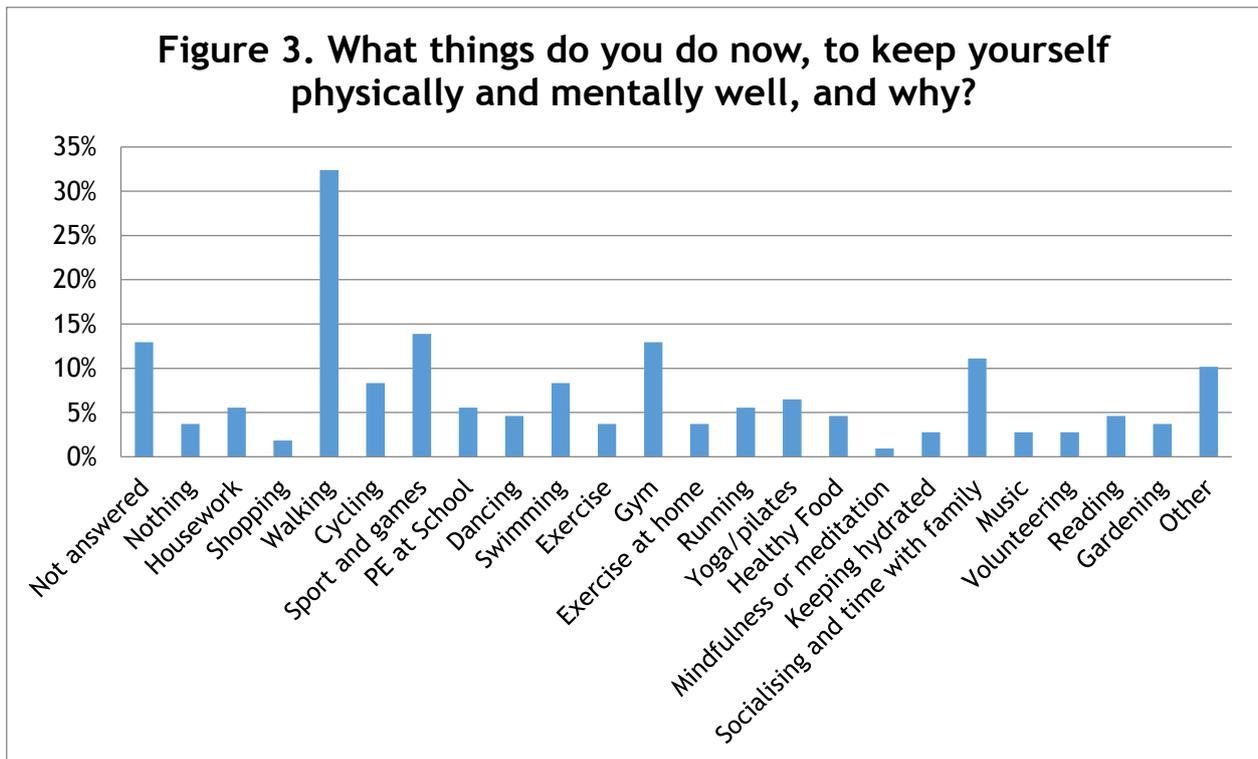
'I work freelance, which means irregular hours. I get bored of running and working out alone, but work during times that team sports or exercise classes take place.'

Some people said that barriers to exercise included conditions including chronic or general pain, Chronic Fatigue Syndrome, Osteoarthritis, and Lymphoedema or anxiety.

In view of the above activity physical activity facilities and programmes might want to consider that some people felt there were a lack of opportunities, and that opening hours and costs are prohibitive. A few respondents also mentioned that cultural factors prevent them from being physically active.

Question four: What things do you do now, to keep yourself physically and mentally well, and why?

We then wanted to understand what people felt they were able to currently do, or liked to do, to keep active.



The wide variety of responses reflected the fact that people have vastly differing lifestyles and preferences. Some people talked about activities that were part of their daily routine, with walking being the most common form of exercise mentioned.

Sports and activities varied and included archery, rambling and walking, going to the gym, yoga and running. Some highlighted the social aspects of keeping active and how this is important to motivation and good mental health:

‘During the weekend, me and my friends go walking in the park. I talk to people about my concerns I have to stay mentally well’

‘Outdoor activity that I do with my house mates who motivate me to go.’

Physical Education at school was mentioned by 6 respondents with one commenting that ‘I don’t do anything apart from PE’.

Others highlighted how they had attempted to remain active despite additional challenges: ‘Very little physically as new physical problems - I have done physio. I have learnt to pace myself but that means lots gets left!’

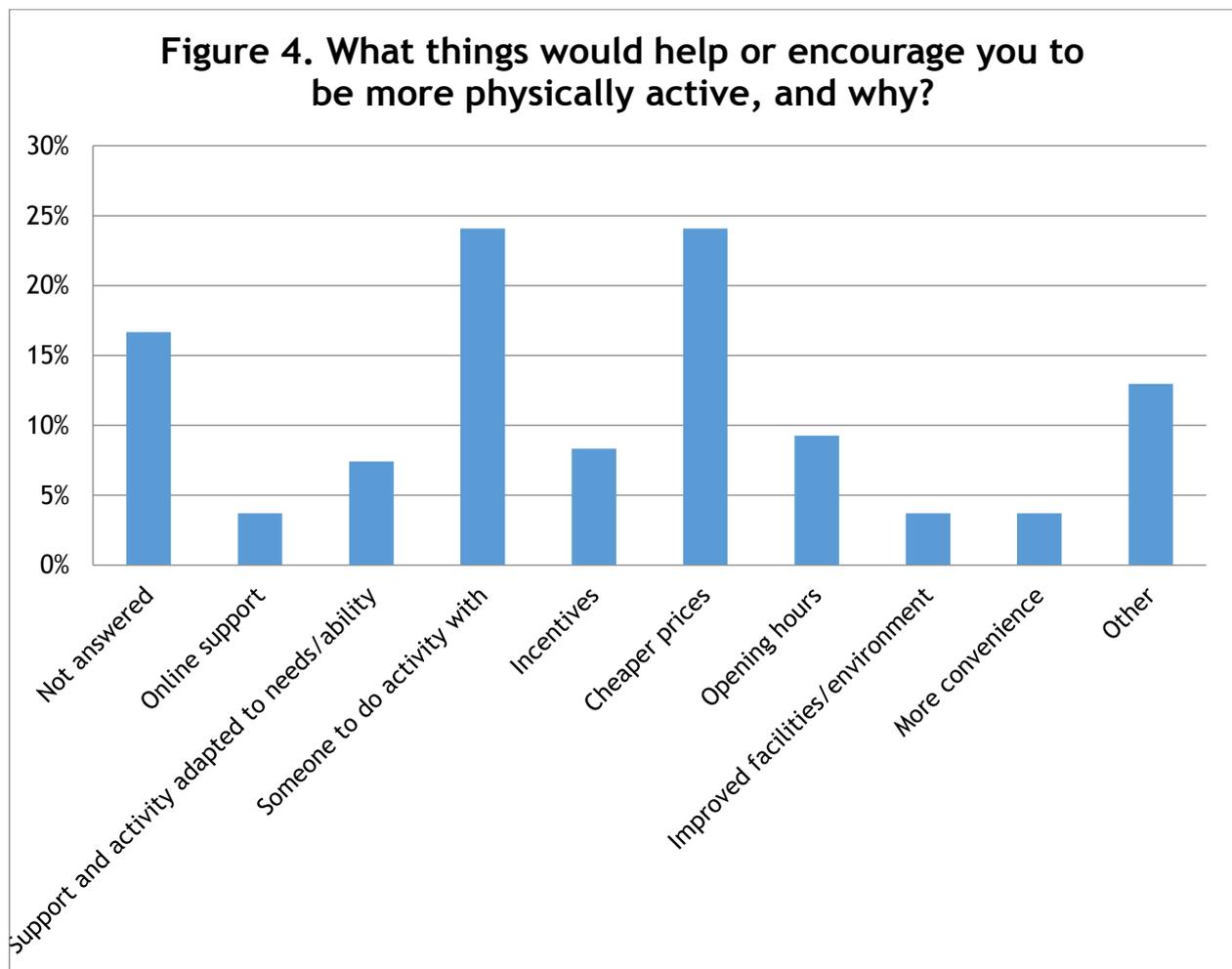
[1] 'Play wheelchair tennis; did play wheelchair basketball until the funding was cut!! Looking to join an archery team. Want to swim - but worried about slipping. I hand cycle on a track when I can.'

Mental Health

The question also asked people how they maintained good mental health given the links between mental and physical wellbeing and the importance of motivation in a good exercise routine. Many respondents mentioned music, reading, gardening and socialising as contributing to keeping them well.

Question five: What things would help or encourage you to be more physically active, and why?

To understand how certain barriers prevent people from being physically active and how these could be overcome, we asked what would encourage them to exercise. When asking this question, we gave some examples from the Active Wandsworth consultation, suggesting people might consider incentives, cheaper prices, someone to do an activity with, online support, cultural understanding and opening hours.



The following themes emerged from the responses:

The top two themes mentioned were **'Someone to do activity with'** (24% of respondents) and **'Cheaper prices'** (24% of respondents).

Many comments highlighted how important it is that people feel confident and comfortable with physical activity options. Comments included needing activities that have **accommodate cultural differences, women's sessions** and **non-judgemental people**. For example, one respondent said, **'would like to do swimming but cannot expose my body'**. Another person said they **'Would like a class for people with limited stamina'**.

People with **additional physical needs** also highlighted that support or activities would need to be suitable. One said they wanted **'Activities suitable for disabled person (have tried gym at Douglas Bader Centre without success).'** Another person suggested a **'Referral - which has been offered from physio at St. George's Hospital.'**

Perhaps relating to the feedback about low motivation and the need for someone to do activities with, many people commented that activities needed to be fun and interesting, and that there should be rewards or incentives. One person said they wanted **'Someone to do the activity with and finding something that interests me'**; another wanted **'Fun activities that can be done as a group'**.

Many responses related to the accessibility of physical activities. With almost a quarter of people saying cheaper costs would help them, some added that the cost or difficulties of arranging childcare made keeping active difficult. Opening hours were mentioned as a barrier for a number of people. Convenience of location was also mentioned and one person highlighted that flexibility in this area would be helpful:

'Classes that are shorter (e.g. 30 minutes) and low cost. Can attend as a one-off as opposed to having to sign up for a set number of weeks.'

Finally a few comments suggested that facilities and available activities could be improved. There were comments about the local environment and the need for more inclusive activities and quieter streets for cycling, as well as greener, unpolluted areas for pedestrians.

One person felt that health seminars and fitness festivals could raise awareness and focus on increasing physical activity in 'real life'.

Question six: If you could improve anything to do with physical activity in Wandsworth, what would it be?

To explore the topic of encouraging local people to be more active in future, we asked what else might improve physical activity in Wandsworth. We gave some examples from the Active Wandsworth consultation, suggesting people might consider whether there should be more free services available, like fitness equipment in parks.

More than half of respondents (57%) suggested that there should be **more services or activities available**. Among the suggestions made almost a third (27%) agreed that there should be fitness equipment in parks, although their focus on this area may have been influenced by its inclusion as an example in the question. Availability of options for disability and mobility issues was mentioned by a few respondents.

Here are a few examples of specific suggestions that were made:

'I feel more fitness equipment in parks that would allow carer, parents and children to make use of the same facilities and services.'

'School - more fun activities'

'Group activities, big matches'

'More events'

'More walking groups. For my clients - I work for Alzheimer's Society - more help needed with getting to places where activities are available. Dial-a-Ride in Wandsworth no longer accepts people with dementia travelling alone!'

'Larger variety of clubs'

I have absolutely no interest in jogging/sport and I'm sure there are a lot of people like me. Can I ask therefore that non-sport activities - opportunities for rambling, gardening with others (e.g. community gardens, Wandle Clean Up), dancing - be better promoted?

There were also some suggestions focused on the **local environment** including:

'Fitness equipment in parks or marked trails with occasional activities.'

'More cycle routes'

'A more interesting, varied environment. Less motor traffic - no school runs. Well maintained footpaths'

'Reduce pollution.'

Further to previous comments about the cost of activities, 8% of people gave feedback that they would like **cheaper options**:

'The Santander bikes are fairly expensive - £2 for half an hour - £4 for up to an hour. Maybe some cheaper exercise classes at local venues e.g. church halls.'

'More free services for low income families - such as swim clubs.'

'More gyms at better prices and classes where kids could do something while attending - crèche'.

'More for parents to do with older children after working hours i.e. 6-7pm'.

Another theme mentioned by 6% of respondents was a need for **publicity or information**:

'More encouragement by council in terms of PR and establishing exercise as the norm.'

'More information of what is available; with a guide as to wheelchair friendly - such as step free access...'

'Info on walking routes. Supportive of bus routes to help encourage use of public transport - reduction on congestion'.

A couple of responses highlighted the importance of information for health and care professionals:

‘Retrain transport professionals and decision makers to understand the benefits of physical activity, and public health people on transport/highway planning.’

‘Come to public services and promote (I work for NHS, Springfield Hospital).’

Question seven: Do you have any other comments?

To ensure that people had the opportunity to share all their thoughts and ideas on the topic, we asked for any other comments. Here is a selection of the responses:

‘It’s worthwhile considering ending free bus passes for under 16s - should be walking more.’

‘Workshops should be held to motivate and influence youngsters to live a healthier life by exercising frequently and eating healthy’.

‘I think it’s great that Battersea now has Santander bikes. I use my own bike but frequently use this when I only go one way to work.’

‘An improved provision of services would be to offer alternative food choice for healthy eating and inexpensive mindfulness centres on a wide scale across all 66 boroughs for ease of access.’

‘Group activities would be great. Netball, or something like that. But ones that aren’t all after work or Saturday mornings only. Lunchtime sessions, Saturday afternoons or Sundays would be a great help for those with irregular/unsocial working hours’.

‘Nothing wrong with sport! I do it myself. But it won’t deliver improved population health. The only measure that will achieve that will be to have streets and public realm that will enable everyone to be active, as an integral part of their daily routine.’

‘I agree with the Mayor’s new order of priority: 1. Walkers, 2. Cyclists, 3. Public Transport, 4. Motors’.

‘I would like more opportunities to exercise with my children’.

‘The council needs to stop licensing off-licences (alcohol outlets) and junk food shops, in poorer communities - but they complain that there are a lot of health issues in the borough. Also, all there is in places like Tesco is starchy, sweet, unhealthy foods. There needs to be sanctions.’

‘The spaces are good - so long as no more are lost. Reduce pollution.’

Conclusions and Recommendations

We hope that the feedback outlined will help inform the Active Wandsworth strategy. To conclude, below are some general themes and observations we can highlight from our findings.

Motivation and mental health:

Given that the beneficial effects of staying active on physical and mental health are now well understood, it is worrying that many reported lower levels of activity and low motivation,

particularly amongst young people. Many said that they did not do any more than Physical Education at school. To ensure physical activity in later life, it would be important for young people to develop lifestyle choices and routines that ensure motivation and a proactive approach to physical activity.

We tried to make sure that respondents focused on mental health as well as physical health because the two are so closely linked. A large number of responses talked about the need for someone to do physical activity with and the benefits of social exercise. This might suggest that keeping motivated and the social interaction between people could be the focus of any future services developed and when promoting keeping physically active.

Physical or mental health barriers:

A number of respondents mentioned physical challenges and concerns around anxiety and feeling comfortable with physical activity. Encouraging people and giving them information about appropriate physical activity for their specific needs and concerns could give people confidence and put them at ease. This links to suggestions that health and care professionals should be kept informed of opportunities for physical activity and encouraged to promote it as part of health management strategies.

Lifestyle barriers:

A very large number of respondents mentioned that they do not have enough time, they aren't able to go to facilities during opening hours, or they have to look after children etc. If this group of people are going to increase their levels of activity, they need to easily fit into their routine rather than being an additional draw on their time.

Options that are flexible and low-cost, or free to take part in, might help address these kind of lifestyle barriers.