

How to use Sport England's Active Lives online tool



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Sport England's Active Lives Online Tool

A step-by-step guide has been produced to allow you to use the Sport England data. To access the Sport England site visit the following link:

<https://activelives.sportengland.org/>

The data can be viewed as a total, grouped by:

- Year
- Activity (e.g., a specific sport or activity, or a group of activities)
- Location (e.g., local authority, active partnership, region, country)
- Demographic (e.g., disability, impairment type, age, ethnicity, gender, social status)
- Measure (e.g., volunteering, participation, club membership)

As an example of how to use the tool, we will look at participation for disabled adults in all sports and activities. Participation is measured on taking part twice in the past 28 days. The tool contains data for 82 different sports and activities and you can group activities together into 6 broad activities or 19 activity groups.

- Step 1: Begin by selecting the group you are interested in analysing and building your query. In this example, we are looking at adults.
- Step 2: Select up to two categories for the data. In this example, we select 'activities' and 'people'.
- Step 3: Choose the activities you want to know about. We select 'all activities' as we want to know participation levels for all sports and activities. The tool also allows you to view activity groups, disciplines, and broad activities.
- Step 4: To find out data on disabled adults, select 'disability or long term health condition'. If interested, you can also build a query that compares disabled people to non-disabled people, looks at type of impairment, and the number of impairments. You can also select multiple demographic groups to explore (e.g., gender and disability status).

- Step 5: Select 'participation at least twice in the last 28 days'. We are now ready to interpret the query.

To find out more information on creating and understanding queries, [you can read Sport England's guide to getting started by clicking here](#).

How to interpret your data

Once you've chosen your query and the results are displayed, you are ready to interpret your data. Depending on your query, you can click on the chart tabs to show the data for the corresponding years, activity type, participation levels, etc. The tool also allows you to export charts, tables, or where relevant, maps. You can also view and explore popular queries at the bottom of the query page.

From our example, we found out that fitness classes (8.8%) followed by gym sessions (6.2%) and swimming (5.9%) are the activities with the highest participation levels for disabled adults last year.

If you want to look at whether activities have returned to pre-pandemic levels for different demographic groups, you can compare participation percentages for this year with figures from November 2018-19. This year, November 2021-22, is the first full year of data since November 2018-19 that had no COVID-19 interruptions.

Considerations

When interpreting the data, it is important to consider the following:

Be cautious when comparing figures. Before making a conclusion, keep in mind that some differences may not be statistically significant. This could be because the number of responses or demographic is small for the measure or because the differences between figures are minimal.

The tool doesn't give reasons or explanations behind differences or trends. It only provides you with quantitative data.

The Active Lives Survey was previously carried out twice a year but is now only done once a year. This means there is no data for May 2021-22 and consecutive May time periods.

For the Trends chart, each wave time point covers a period of 1 year (e.g., the mid-November 2020 to mid-November 2021 period). Therefore, when comparing adjacent data points for the November and May consecutive time periods, there is a partial overlap of six months between the two periods. For

example, the May 2020-21 period overlaps with the Nov 2019-20 period only for the months of May 2020 to November 2020.

Some local authorities have lower response rates than others. This means there may be missing data points for some measures where the sample size is too small to analyse.

If you want to convert percentage results into numbers of people, you need to use the relevant population figures that are specific to your query. For instance, if you have the percentages of disabled women participating in an activity in England and London and want to turn these into population figures, you need to apply these to the population of disabled women in England and London retrospectively. Also, you need to ensure you use the correct year of population estimates.

For more information

If you would like more insight on disabled people in sport and activity, please contact the Activity Alliance research team by emailing research@activityalliance.org.uk, or calling 01509 227750.

If you would like to build your own survey, [Sport England's question bank, available by clicking here](#), acts as a useful starting point where you can find standardised demographic and outcome questions.

If you have any questions about the online tool, please contact Sport England by emailing [:activeliveshelp@sportengland.org](mailto:activeliveshelp@sportengland.org).