



Sport and Physical Activity in Jersey

A summary of insight 2021-2022

Sport and Physical Activity in Jersey: Key Facts



48% of adults and **82%** children are not active enough to support good mental and physical health



Children who rate themselves as financially 'not well off' are **30%** less likely to play sport than children who self-rate as 'well off'



9% less women meet activity guidelines than men

6% fewer girls meet activity guidelines than boys

7% less women play sport than men

8% less girls play sport than boys



Children who perceive themselves as 'not well off' are **17%** less likely to visit open spaces regularly

Adults living in Social Housing are more than **50%** less likely to play sport and **19%** less likely to be active than those who own their own home



35% drop in children playing sport in year 12 compared to year 8



Islanders are significantly less likely to play sport or be active if they are:

OVER 65 YEARS OLD

MINORITY ETHNIC GROUPS

HAVE A LIFE LIMITING ILLNESS

HAVE LOW INCOME

DISABLED

Sport and Physical Activity for Health Benefits

At least 60 minutes per day

Children and adolescents should do at least 60 minutes per day on average of moderate to vigorous-intensity physical activity (mostly aerobic) across the week.



At least 75 – 300 minutes per week

Adults should do at least 150-300 minutes of moderate-intensity; or at least 75 to 150 minutes of vigorous-intensity aerobic physical activity; or a combination of the two throughout the week, for substantial health benefits.

18% of children and young people meet the health guidelines and do one hour or more of physical activity each day in Jersey. In the same year in England this proportion was **45%**.

52% of adults meet the health guidelines and do at least 150 minutes of moderate-intensity (or equivalent) physical activity each week. In England this is **61%**.

Figure 1: Percentage of children and young people doing one hour or more of physical activity each day over the last 7 days, 2021

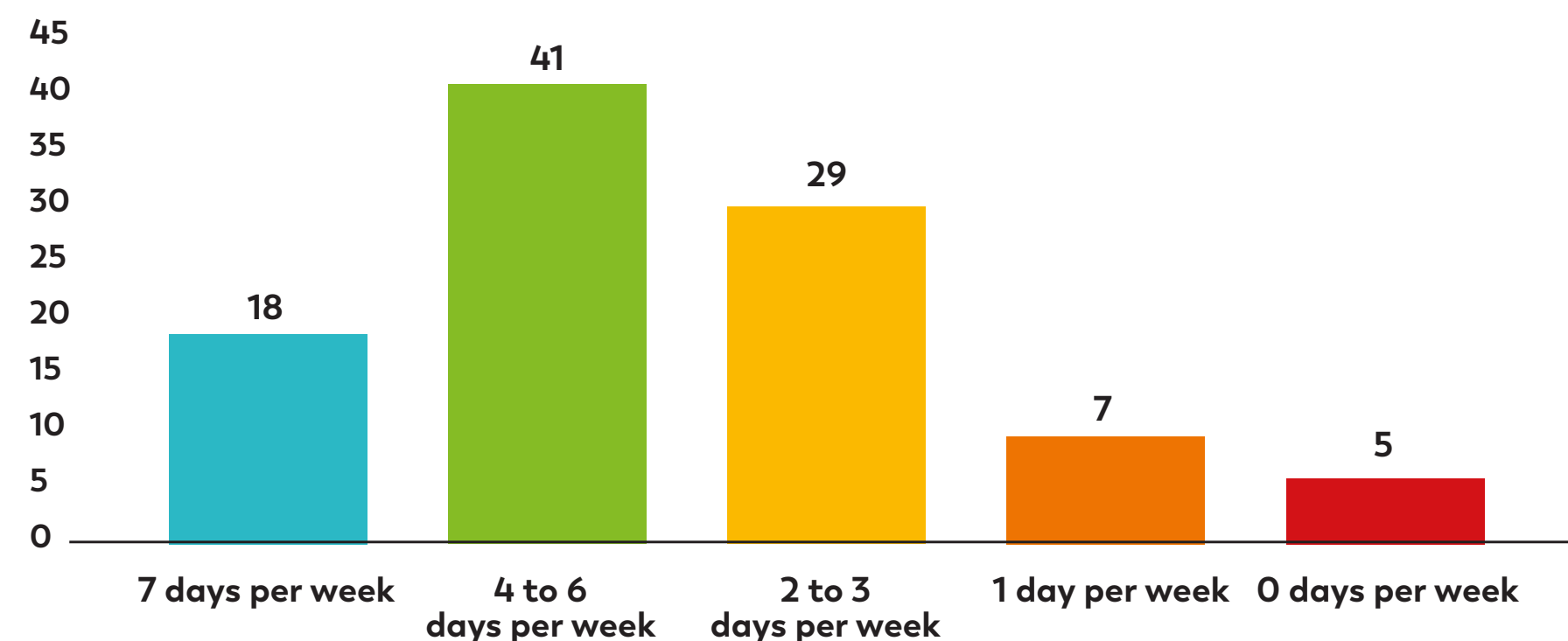
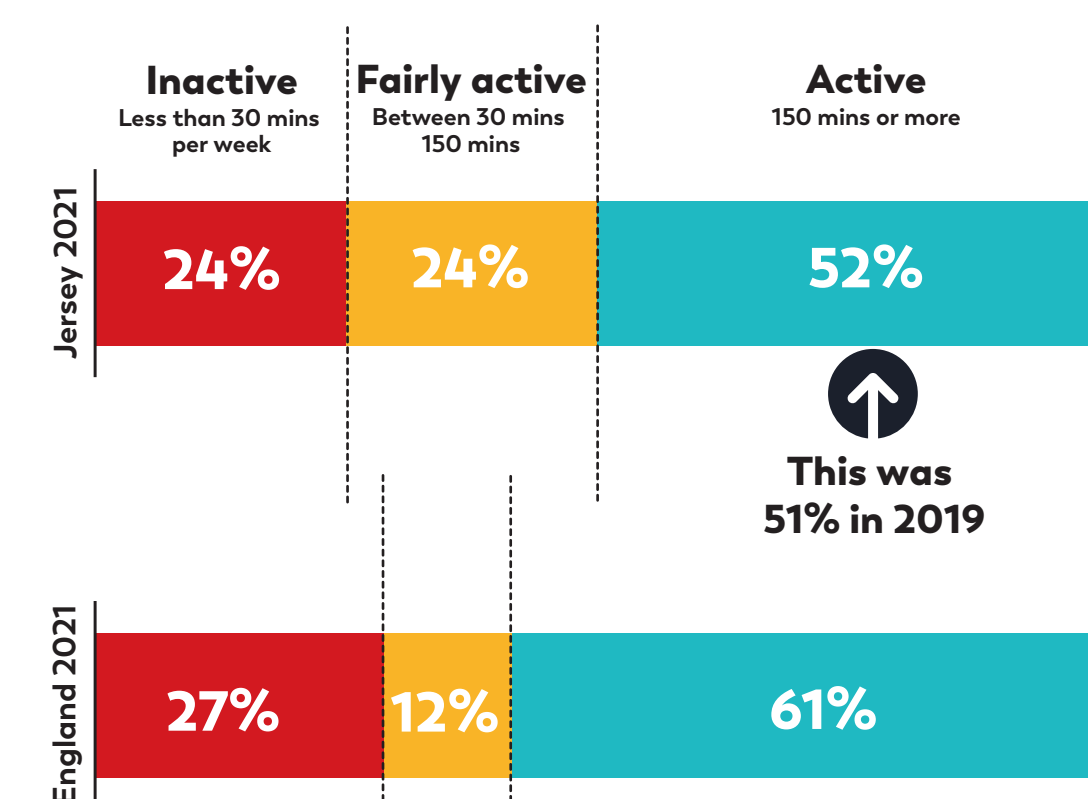


Figure 2: Physical activity levels of adults in Jersey and England, 2021



Sport and Physical Activity: The Wider Positive Impact

Sport and Physical Activity delivers **10% enhancement** in social capital



£1 investment in Sport and Physical Activity generates a **£4** return



Active Islanders enjoy better health outcomes:

- 42%** reduction in type 2 diabetes
- 30%** reduction in clinical depression
- 35%** reduction in coronary heart disease
- 30%** reduction in dementia
- 28%** improvement in general health



Active Islanders have better mental health and are:

LESS ANXIOUS
HAPPIER
MORE SATISFIED FEEL MORE WORTHWHILE



9% of adults volunteer regularly in Sport and Physical Activity. Volunteering has annual value to individuals of **£2,663**



Playing Sport and being active is calculated as having an annual worth to individuals of **£1,274**



Sport and Physical Activity Participation in Adults

Adults

Physical activity levels differ across demographic groups, highlighting several health and wellbeing inequalities. If you are female, of European ethnicity such as Portuguese or Polish or have a disability or long-term health condition you are less likely to participate in sport and physical activity. Similarly older adults (>75 years) find it harder to remain active.

Figures 3 to 6: Percentage of adults who are active (150 minutes or more per week of physical activity), broken down by key demographic groups.¹

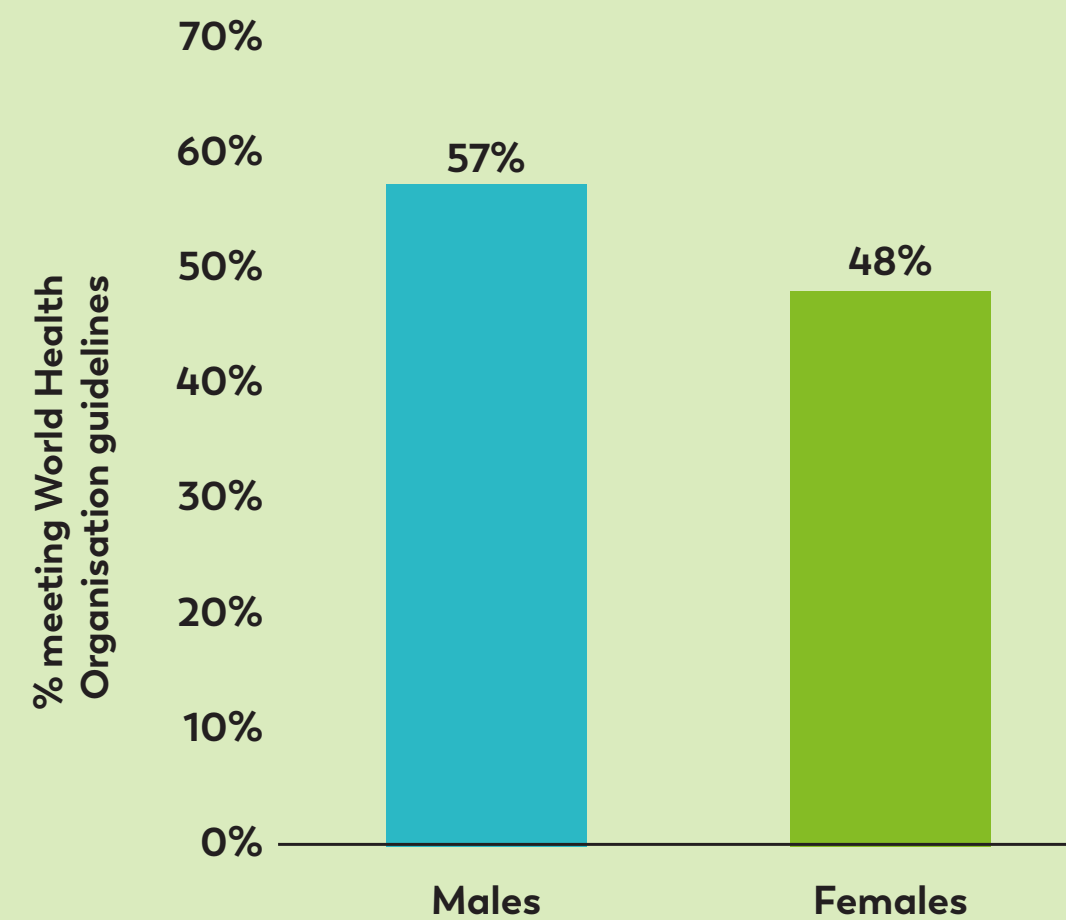


Figure 3: Gender

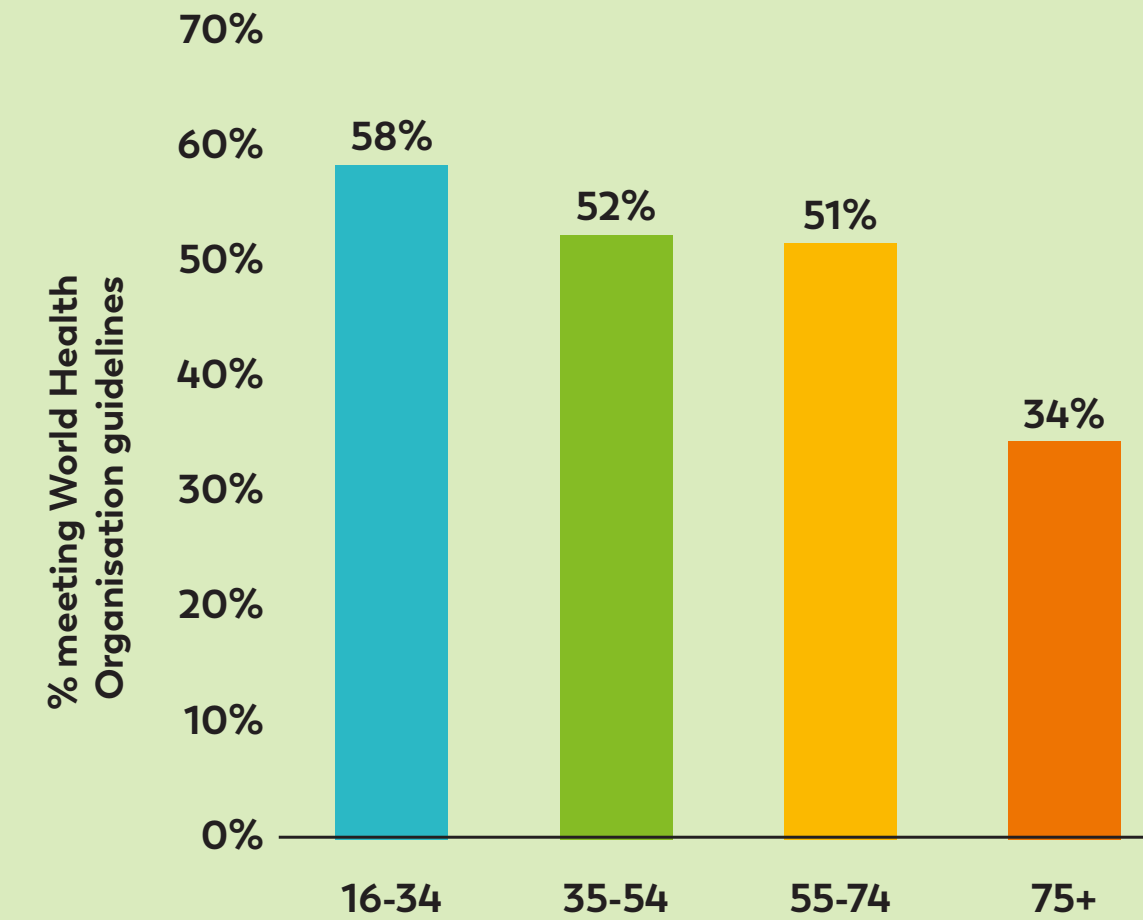


Figure 4: Age group

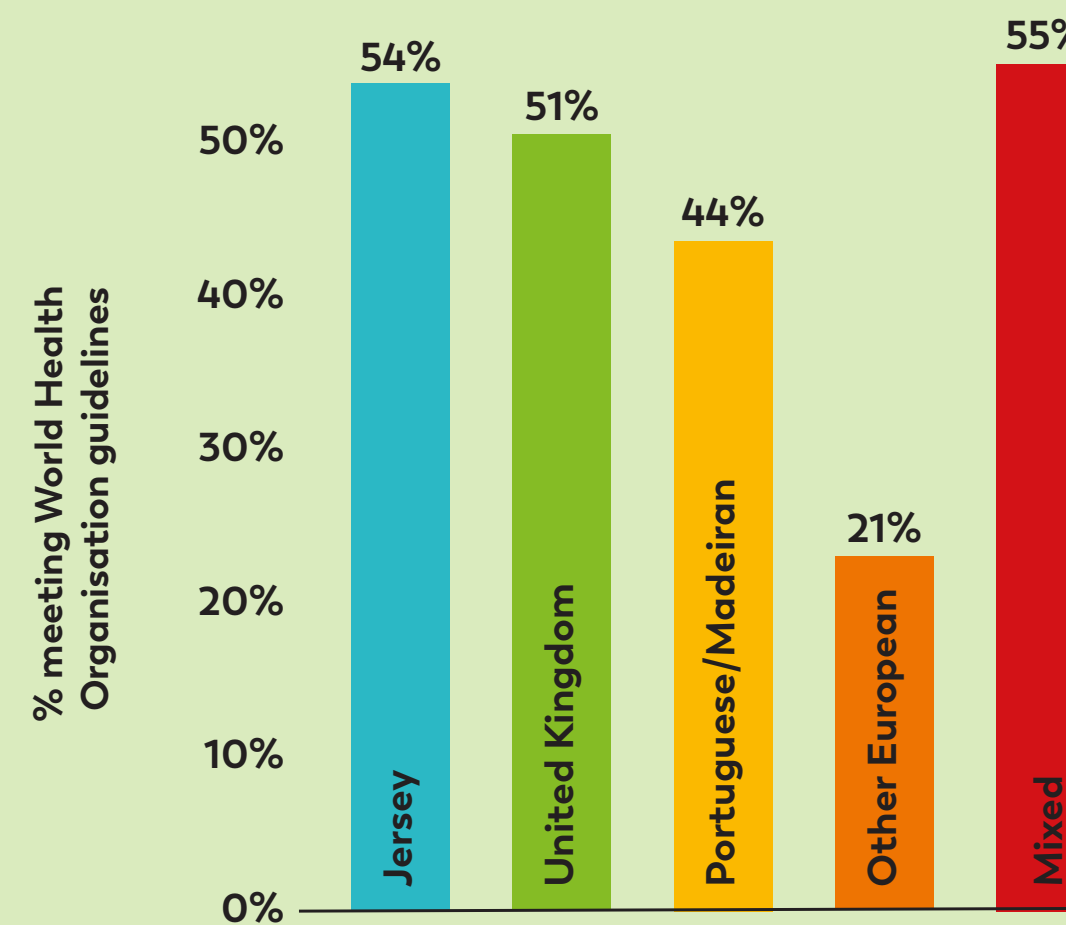


Figure 5: Ethnicity

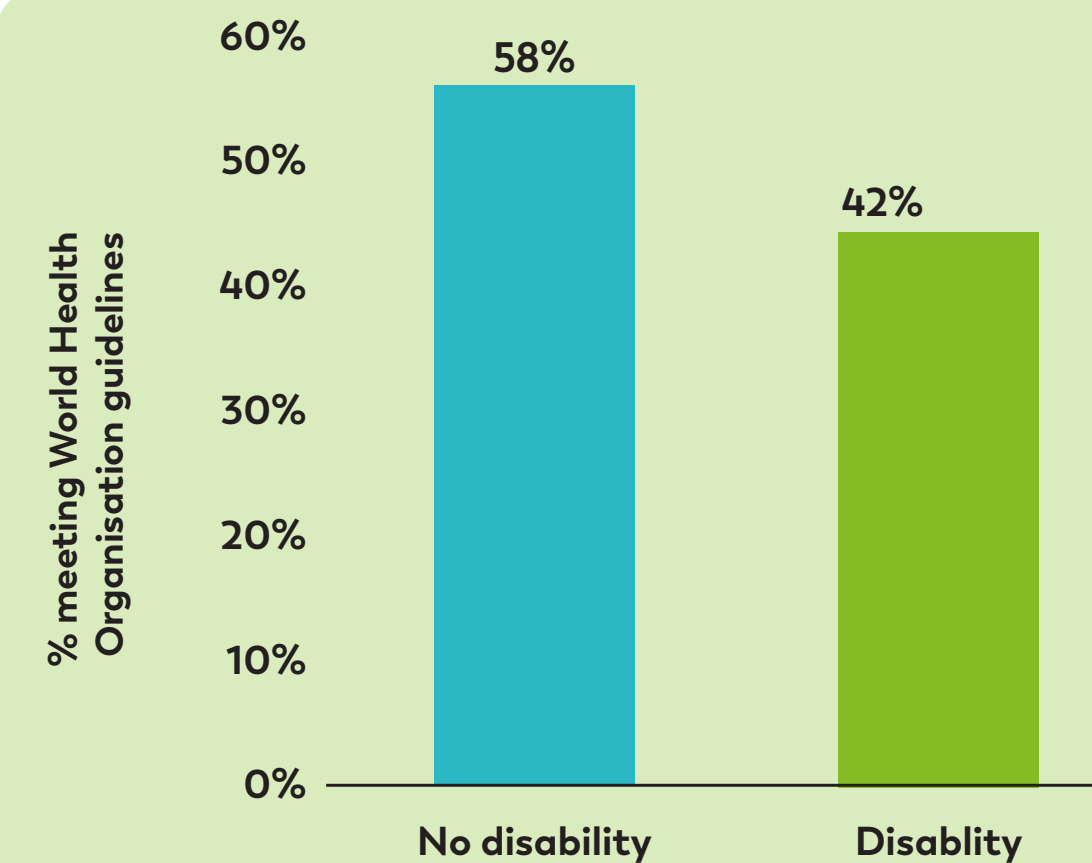


Figure 6: Disability and long-term health conditions

Sport and Physical Activity participation in Young People

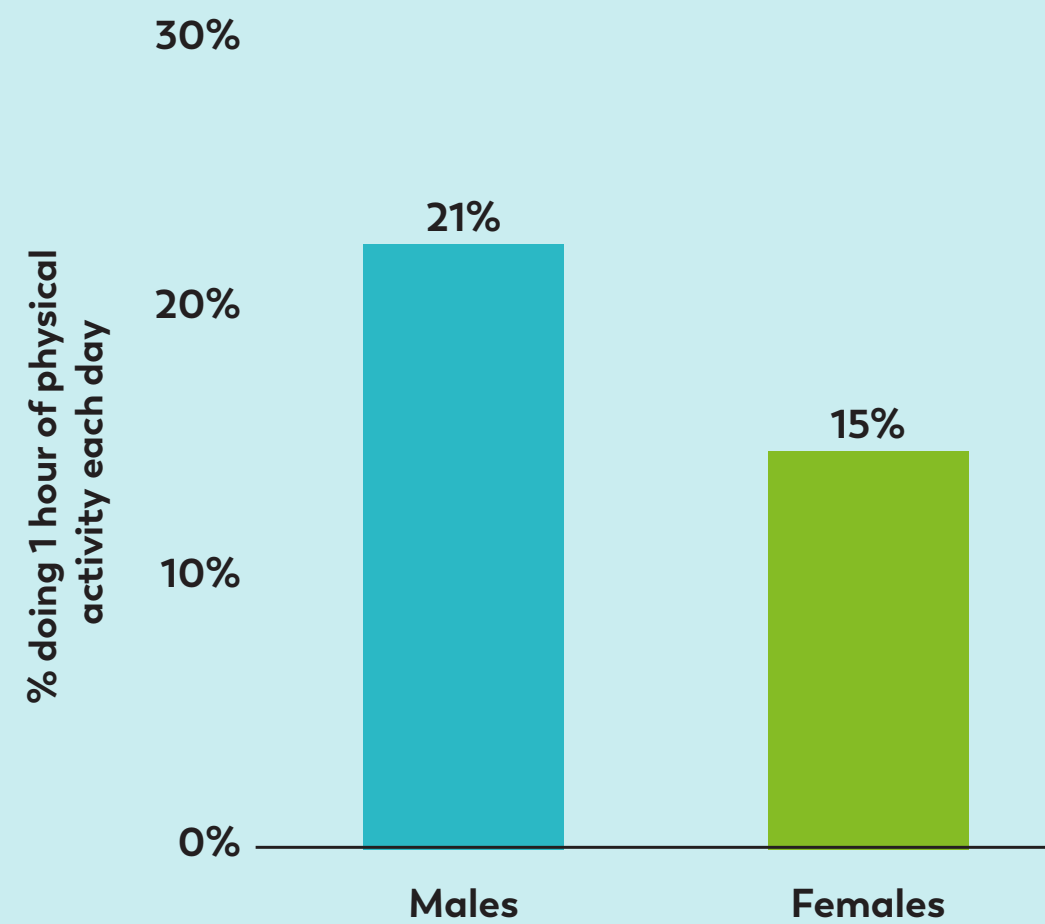


Figure 7: Gender

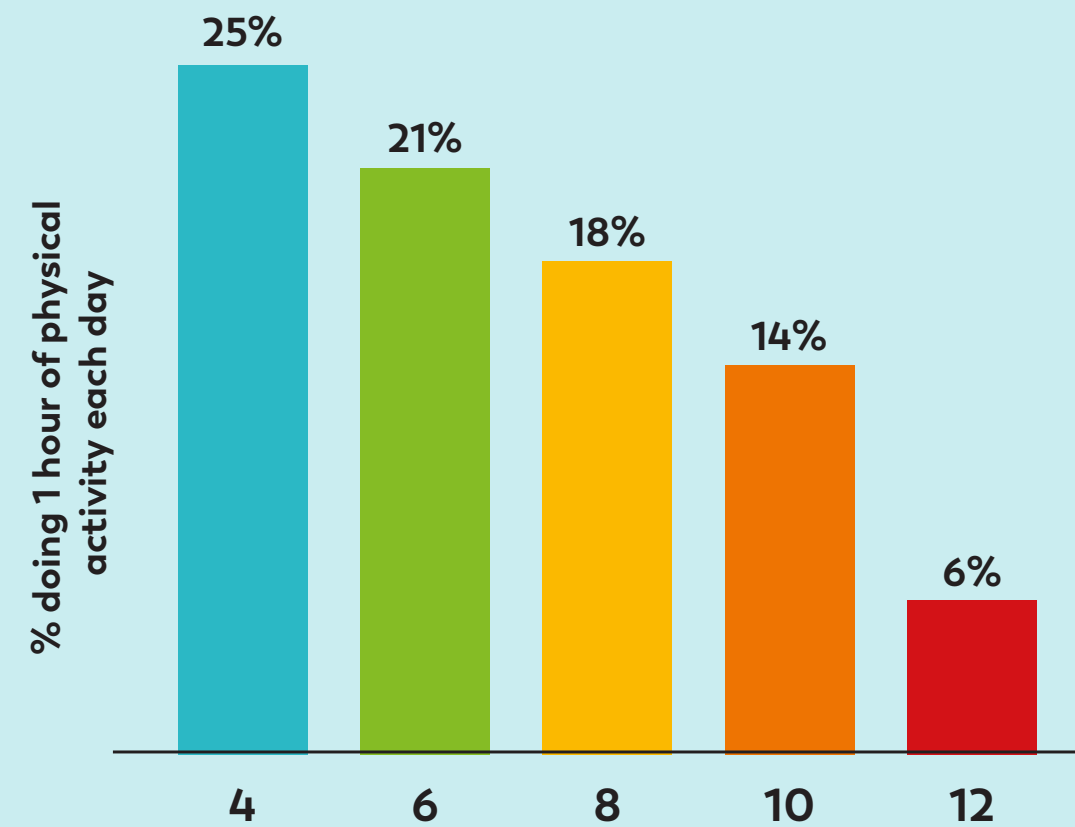


Figure 8: Year group

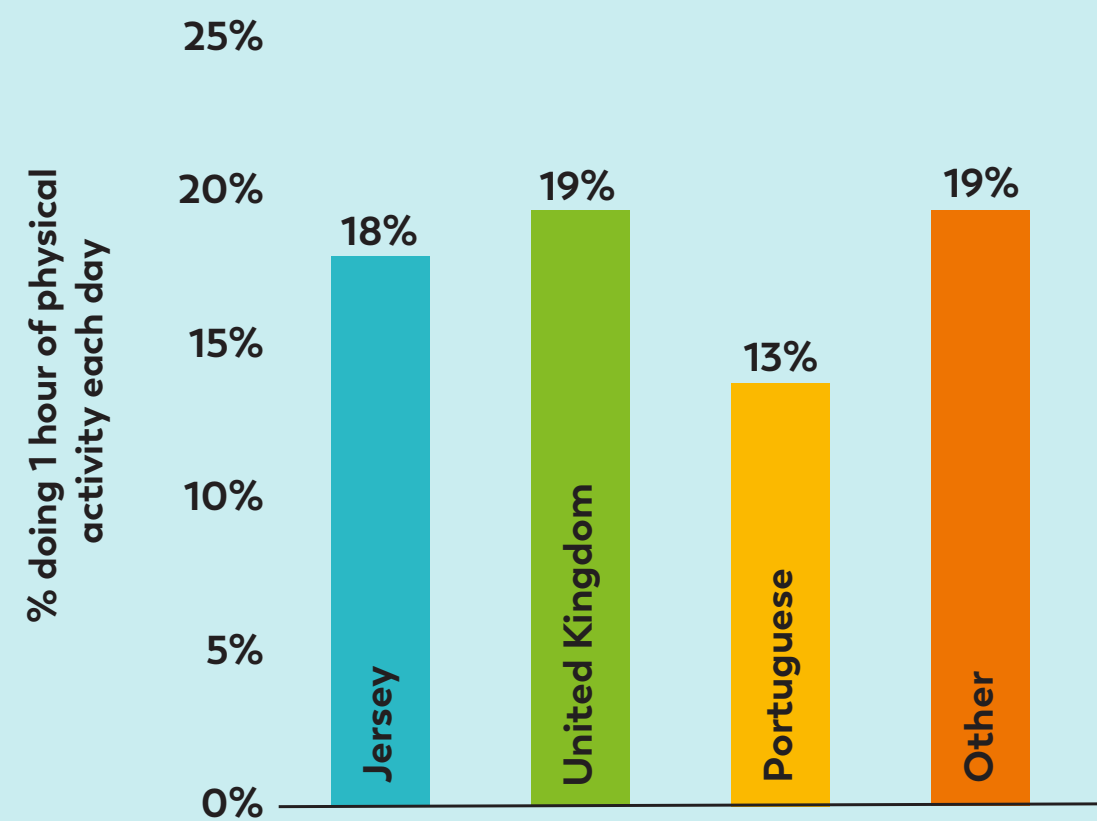


Figure 9: Ethnicity

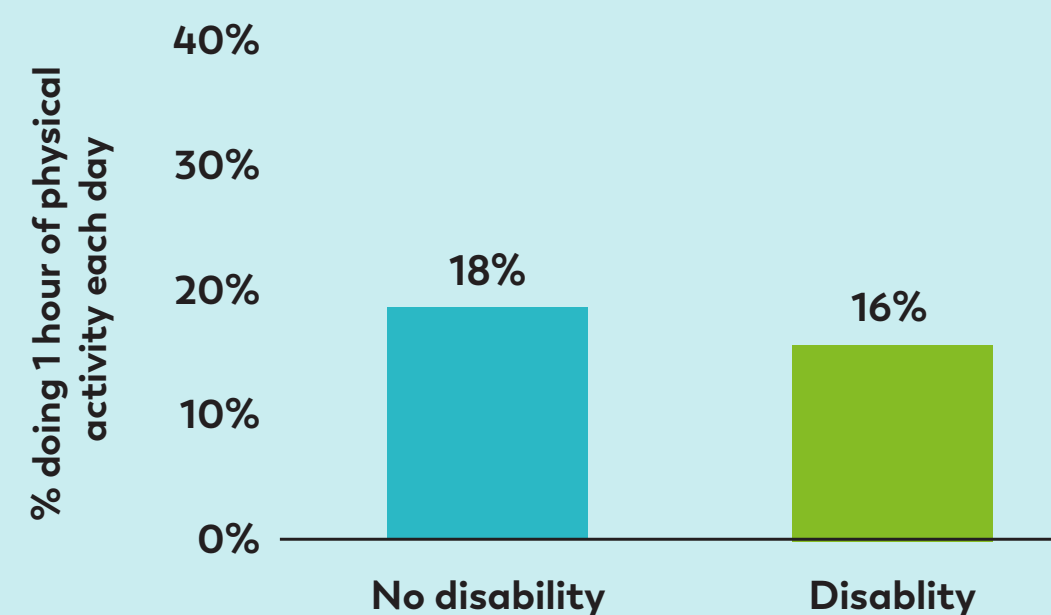


Figure 10: Disability and long-term health conditions

Young people

As with adults, physical activity rates of children and young people are significantly impacted by demographic factors. Those who are female, from Portuguese ethnicity or have one or more disability or life limiting illness are less likely to play sport and be physically active. There is also a worrying drop in physical activity rates as young people transition to secondary school. This trend is seen as self reported by young people.

Figures 7 to 10: Percentage of children and young people who are active (1 hour each day), broken down by key demographic groups.

Socio-economic Inequality

Activity levels are also affected by socio-economic status. Whilst housing type is not directly reflective of socio-economic status in all cases, it has been found to be a good proxy measure here in Jersey. Research shows that adults are significantly more likely to be active if they live in owner occupied or private rental accommodation. Also, physical activity rates are lower for people who are unemployed, retired or working part-time.

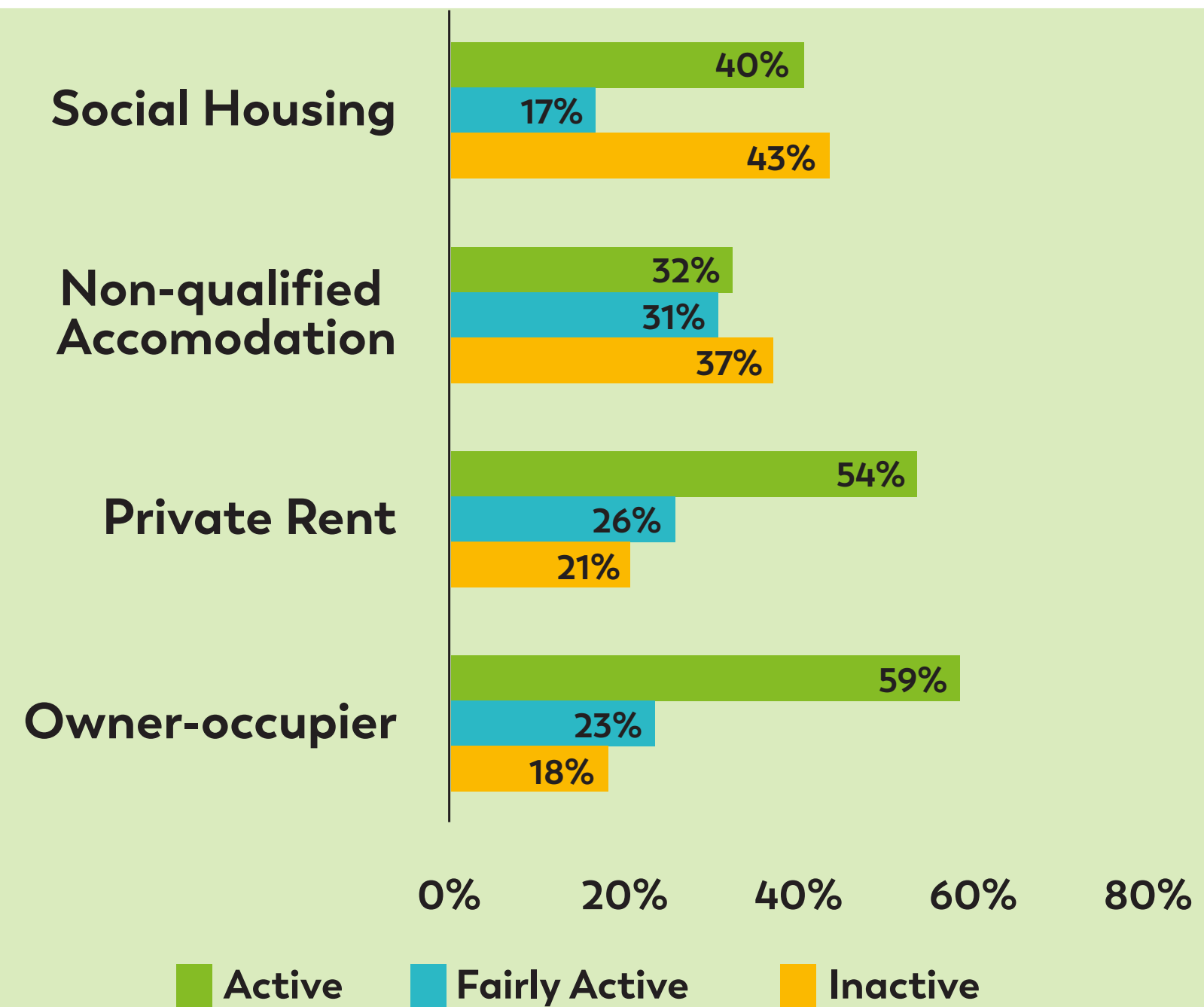


Figure 11: Adult activity levels broken down by indicators of socio-economic status.¹

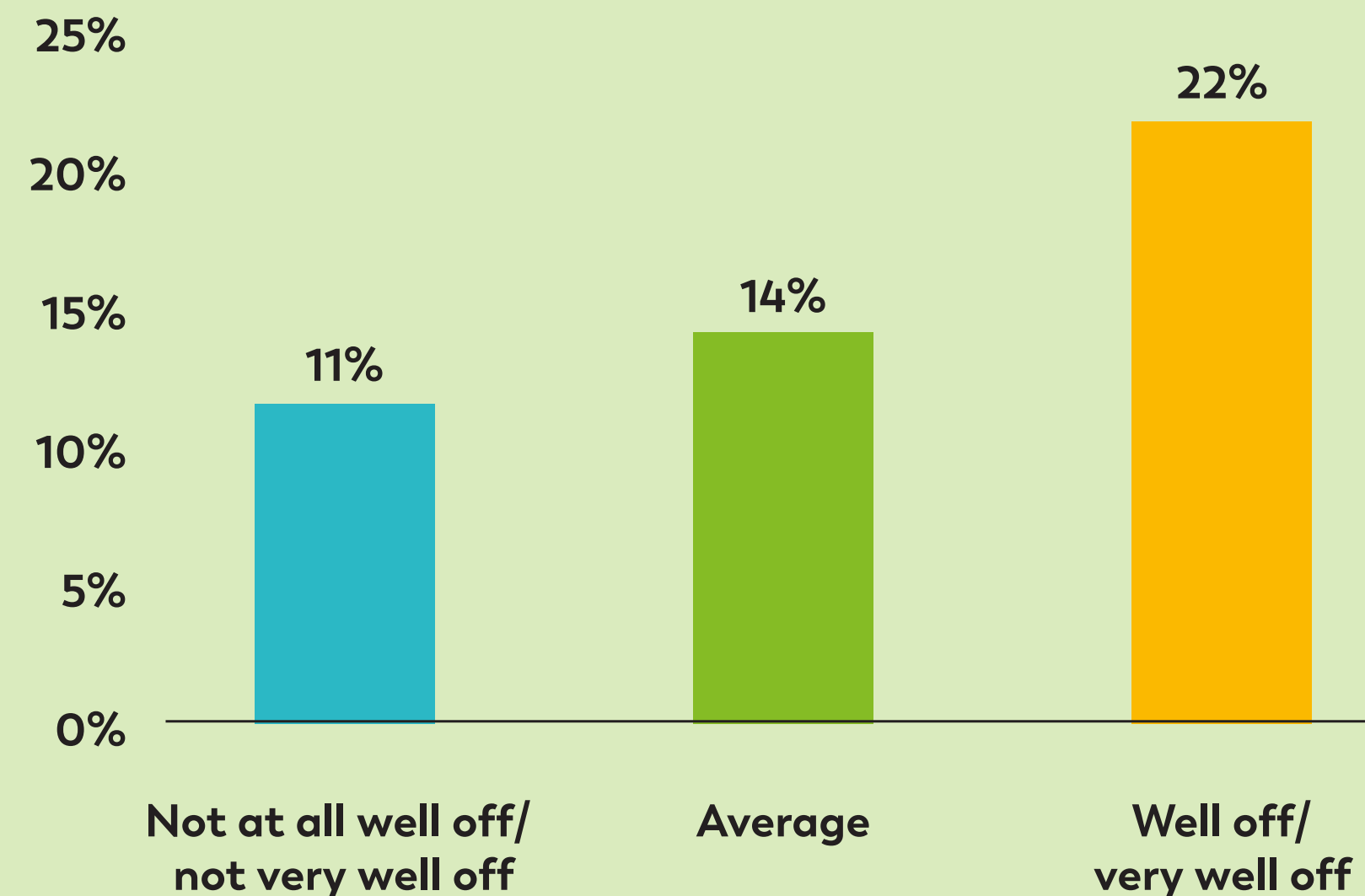


Figure 12: Percentage of children and young people who are active for 1 hour each day, broken down by a self-rating of socio-economic status.²



Adult Barriers to Exercise

SOMEONE TO EXERCISE WITH
MORE INFORMATION
MORE VARIETY BETTER FACILITIES
MORE FREE TIME
GOOD ACTIVE TRAVEL NETWORK
MORE DISPOSIBLE INCOME
ENCOURAGEMENT CONFIDENCE

Figure 18: What would encourage adults to do more sport and physical activity?

Two-thirds (67%) of adults say they would like to do more sport and physical activity than they do currently. Adults would be encouraged to do more sport and physical activity if they had more free time, more disposable income and someone to exercise with.¹

Young People Barriers to Exercise

Similarly, two-thirds (67%) of young people (secondary school age) would like to exercise more. The most commonly cited form of encouragement for young people is 'someone to exercise with'.²

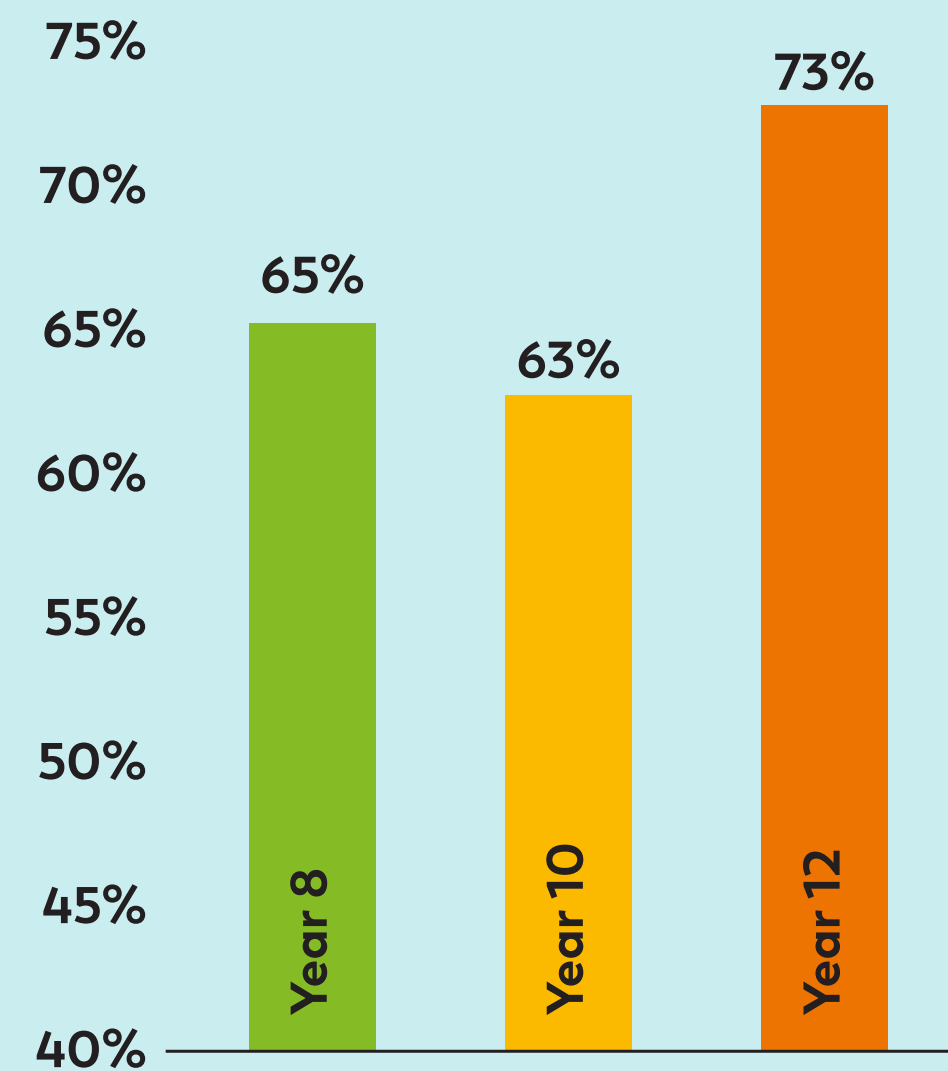


Figure 18: Percentage of young people (in year groups 8, 10 and 12) who would like to do more exercise than they do currently.²

ENCOURAGEMENT BETTER VARIETY
MORE INFORMATION **MORE FREE TIME**
SOMEONE TO EXERCISE WITH
MORE DISPOSIBLE INCOME
GOOD NETWORK BETTER FACILITIES
OF ROUTES **CONFIDENCE**

Figure 19: What would encourage young people to do more exercise?

It is an encouraging sign that children wish to be more active, however, they cite more free time as one of the main reasons they cannot be more active, yet 2/5 of year 10 and 12s spend more than 5 hours per day using screens. More needs to be done to help children convert one of those hours per day into sport and physical activity. In 2021, nearly half (46%) of pupils with low self-esteem had spent more than 5 hours in screen-based activity during the previous day.²



Organised Sport

Adults

In 2021, around a fifth (18%) of adults reported playing organised sports or doing physical activities with an affiliated sports club or organisation, at least once in the last 28 days.

A higher proportion of males (22%) participated than females (15%).

Similarly, adults were more than twice as likely to participate in organised sport if they lived in owner-occupier accommodation than social housing.¹

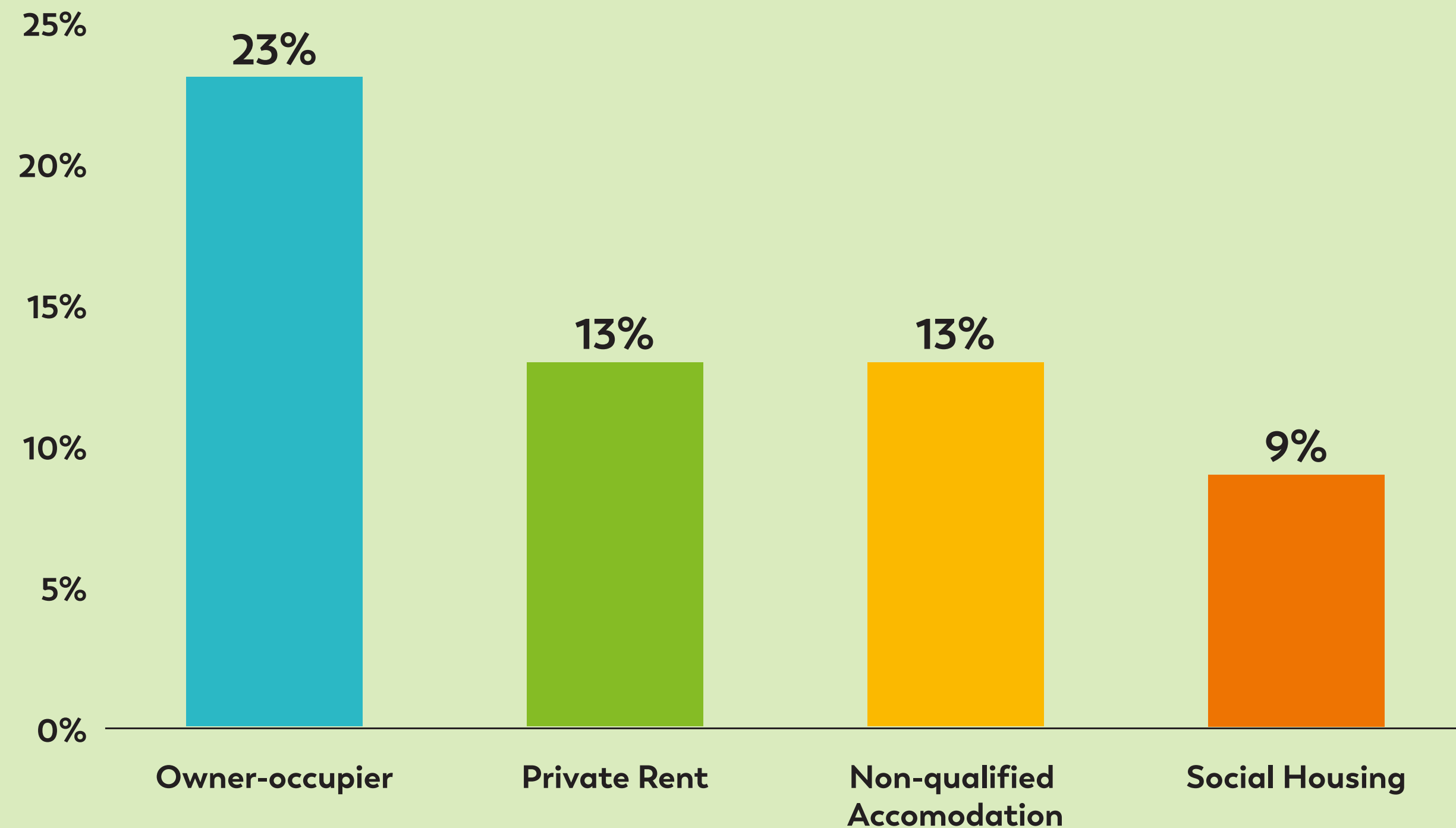


Figure 13: Percentage of adults who have participated in an organised sport or activity (with an affiliated sports club or organisation) at least once in the last 28 days, by tenure, 2021.¹

Organised Sport

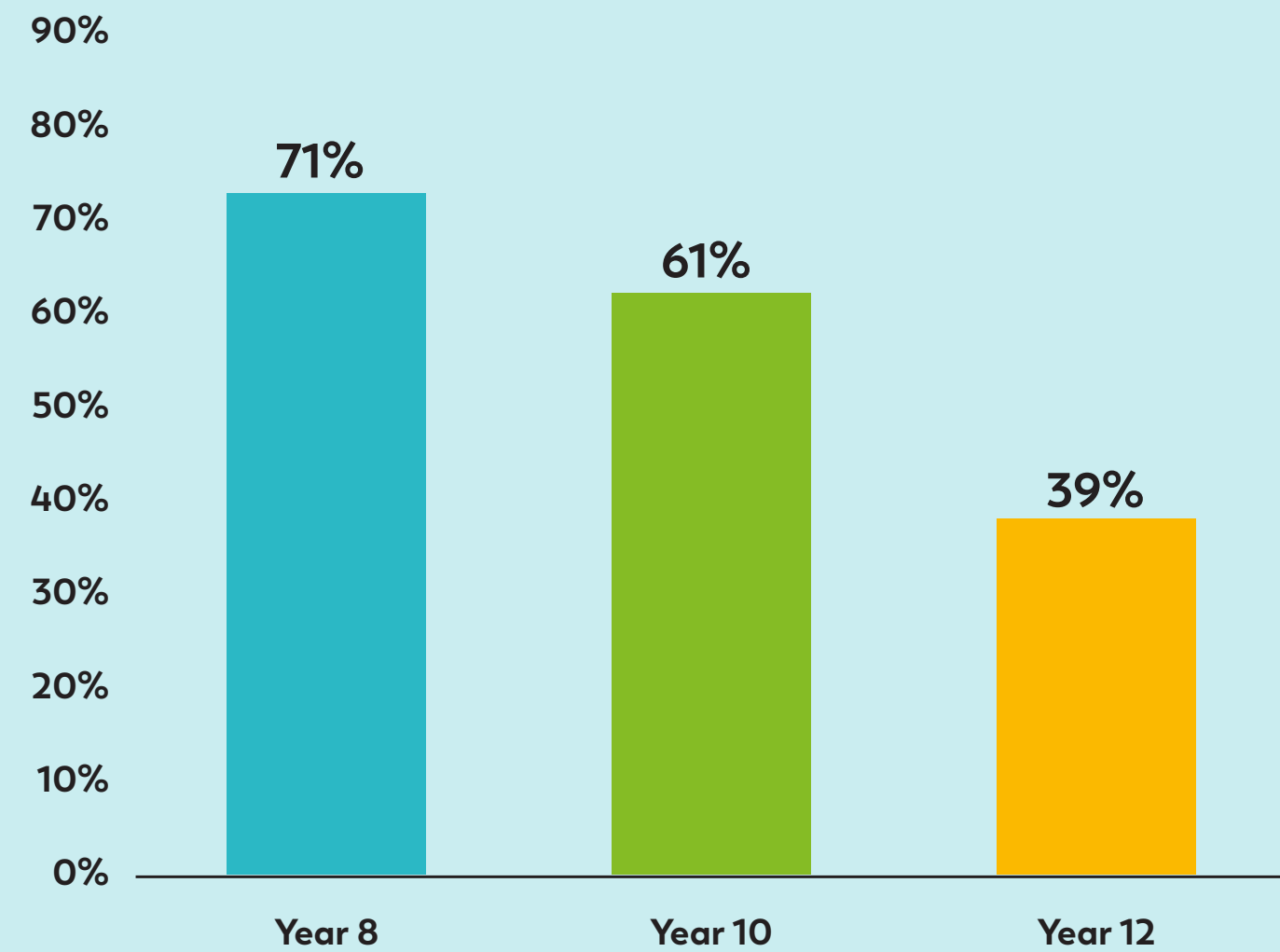


Figure 14: Percentage of young people who have participated in an organised sport or activity at least once in the last 4 weeks, by age group, 2021.²

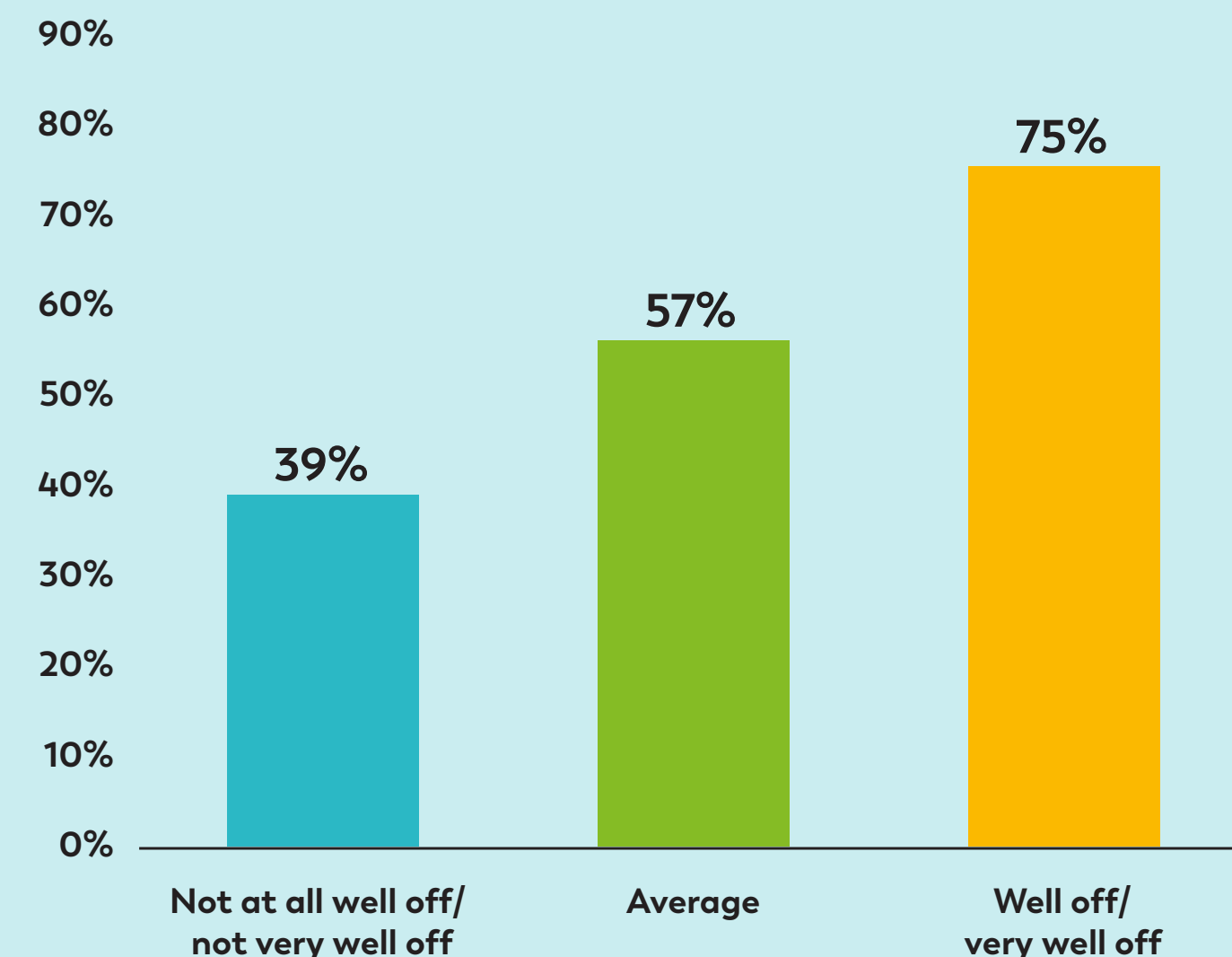


Figure 15: Percentage of young people who have participated in an organised sport or activity at least once in the last 4 weeks, by self-rated socio-economic status, 2021.²

Young people

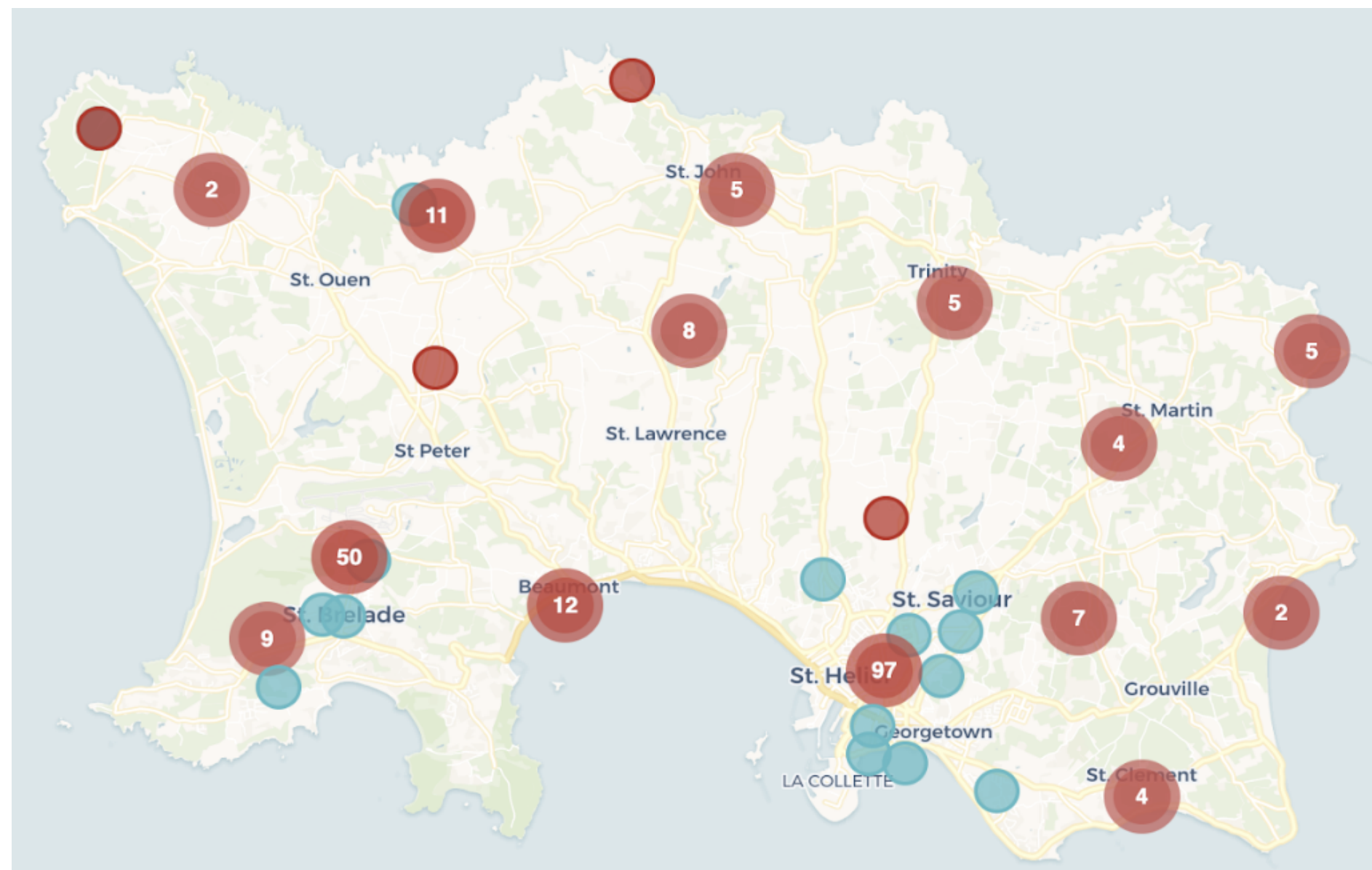
For children and young people, participation in organised sport also differs by gender, age group and socio-economic status. Almost two-thirds (65%) of males have visited a sports club or participated in an organised sports session outside of school at least once in the last 4 weeks, compared just over half (55%) of females.

Figures 14 and 15 demonstrate a clear divide, with a staggering 36% participation drop by children who do not consider themselves well off and a 18% drop by children who feel their household income is average.²

Organised Sport

There are a wide range of sports clubs available to islanders, the most common being football, shooting, swimming, boules and martial arts. Club facilities are not evenly distributed across the Island, with many of the opportunities centered in St Helier and the West of the Island. Many clubs also charge annual membership fees with few offering 'pay and play' options, causing barriers for population groups.

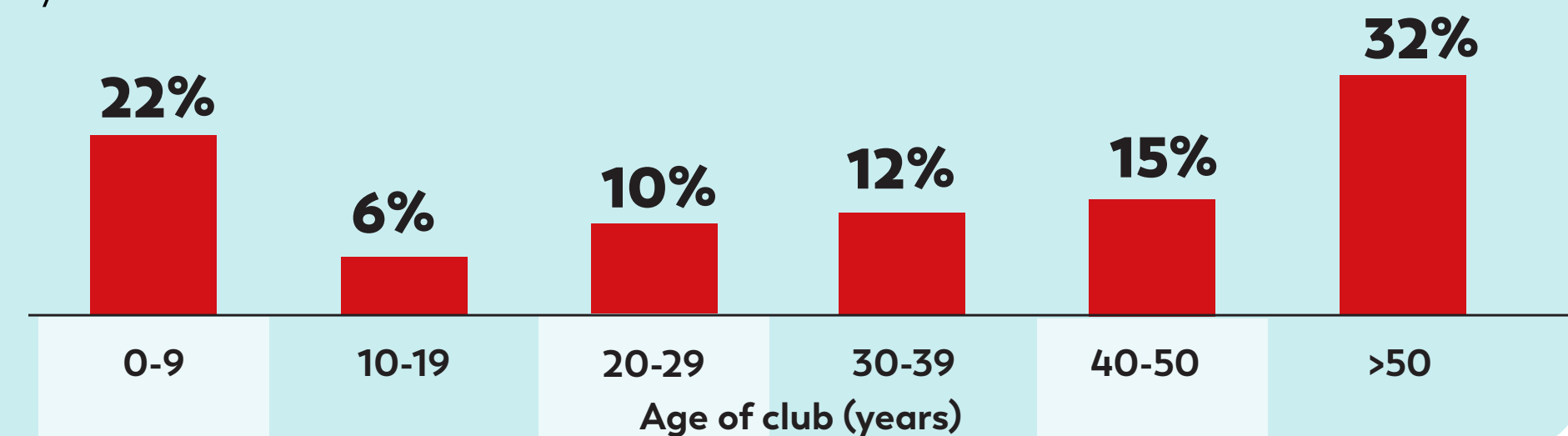
Figure 16: Distribution of surveyed clubs across the Island, 2022



It is estimated that there are over **47,000** members across all clubs, mostly made up of **<11 year old** and adults aged **18 to 59**.

Of the **2,100** sports teams estimated to exist in Jersey, **44%** are male only teams compared to **29%** female only and **27%** mixed gender teams.

Around a third of clubs in Jersey were established more than 50 years whilst 11% have been founded since the start of covid-19.



Sport, Disability and Inclusion



Whilst around **15% of Islanders** report having a disability or life limiting illness that affects day to day activities, **less than 2%** of sports club members have a known disability.

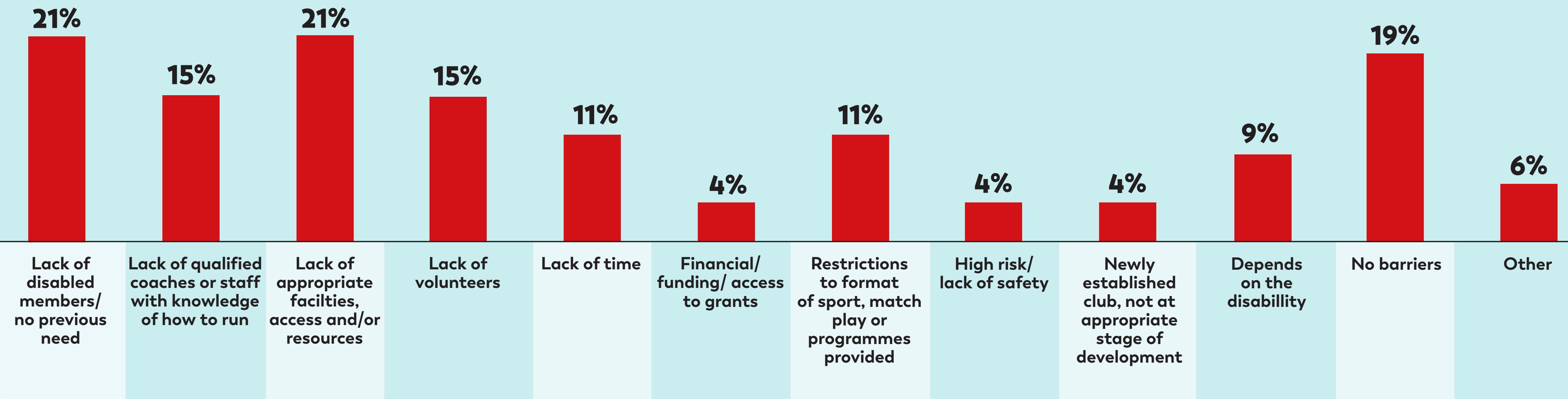
79% of organisations say that both disabled and non-disabled members take part in sport together

Around **37% of all clubs** are fully inclusive and offer activities or programs for disabled members. The more competitive the club, the less likely it is to provide activities for people living with disabilities.



Organisations who don't have a disability sport offering were asked what was stopping them from doing so. The most commonly cited reasons included having a lack of **disabled members (21%)** and a lack of appropriate, **accessible facilities (21%)**.

Reasons cited by clubs for not offering activities and programs to individuals living with a disability or life-limiting illness.



Workforce, Volunteers and Challenges

Around a third of clubs say they don't have enough staff to meet their organization's needs. This figure will rise to **66% in future** if further staff/volunteers are not found (35% reported they have enough staff currently but will not going forward).

Volunteers are the backbone of the sporting workforce and for many it provides a chance to give something back to their community, develop new skills and build on existing experience and knowledge. It is estimated that almost **9 in 10 (88%) clubs employ volunteers** to help with the running of their organisation. Volunteers most frequently hold administrative, governance and committee and coaching roles.

Almost three quarters (74%) of clubs employ qualified coaches however only **around half (55%) employ qualified umpires, referees or match officials.**

Sports clubs face a number of key challenges when it comes to developing their provision.

PROMOTION
MEMBERSHIP COACHES
FUNDING TRAVEL
VOLUNTEERS **STAFF**
EQUIPMENT
TIME **FACILITIES**

The key issues for clubs include finding funding or access to grants, improving access to and/or permeance of facilities, and securing additional volunteers and/or staff.

Programme Offering

Organisations were asked whether they run any activities or programmes for external groups.

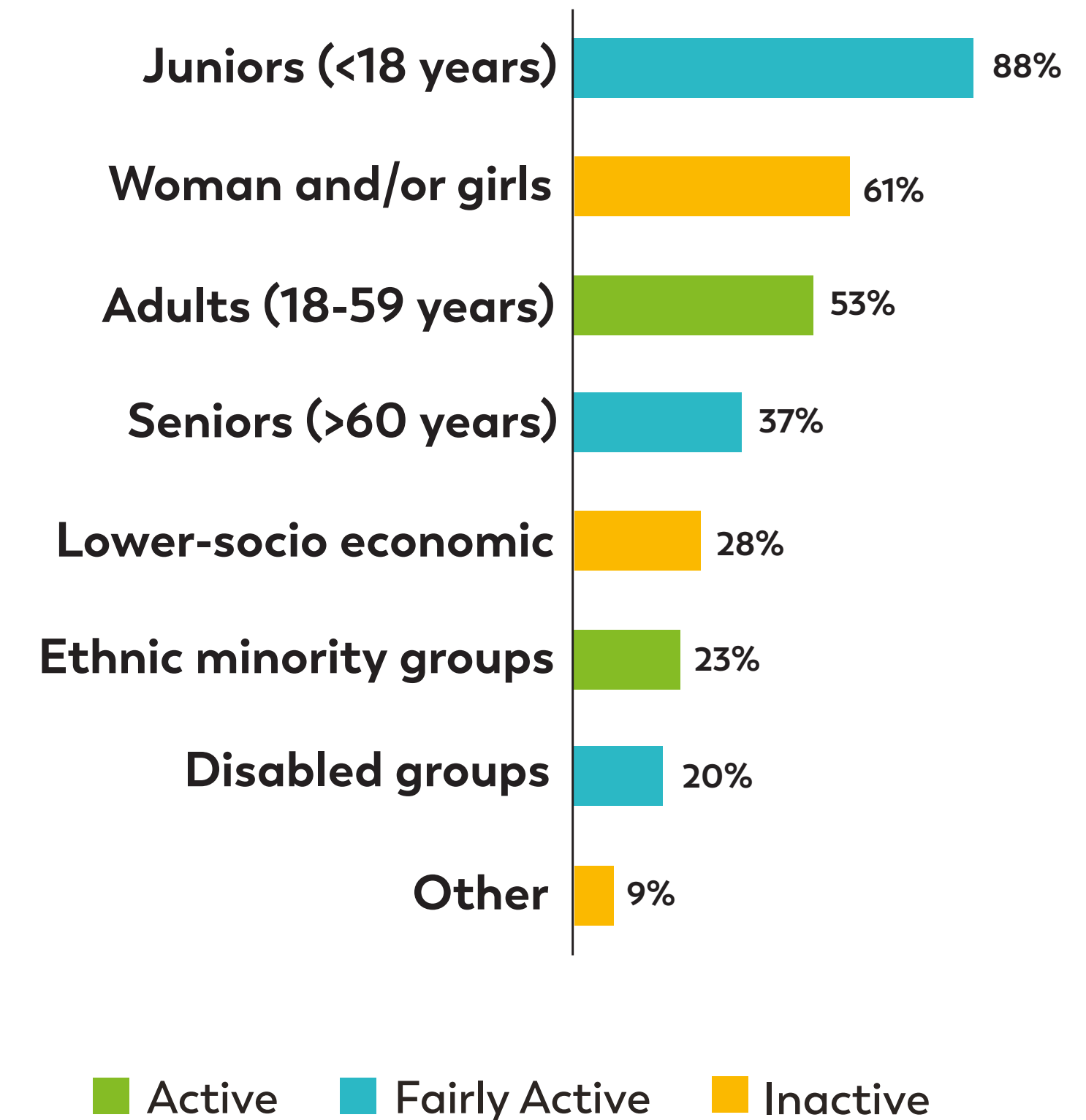
Out of the **91 respondents**, **35%** of organisations said they currently provide these activities, and a further **12%** said they do not currently but have previously provided some form of additional programmes.

Full details of the nature of activities offered are provided in the survey response dataset, however include, but are not limited to:

- **Ad-hoc coaching and/or training or taster sessions**
- **Social activities, leagues or events**
- **S&C sessions**
- **Free and casual use of facilities**
- **External workshops**
- **Corporate days and events**
- **Junior and/or school holiday camps or after-school programmes**
- **Community outreach programmes**
- **Other coaching or training programmes**

From the organisations which provided external activities, **88%** said they offer sessions targeted at junior groups, 61% catered specifically for women/girls.

In addition, over 20% provided activities for disabled, lower socio-economic and ethnic minority groups.



21%

21% of organisations said they offer 'other' informal or formal programmes and activities. Specific detail of which can be found in the full survey response dataset.

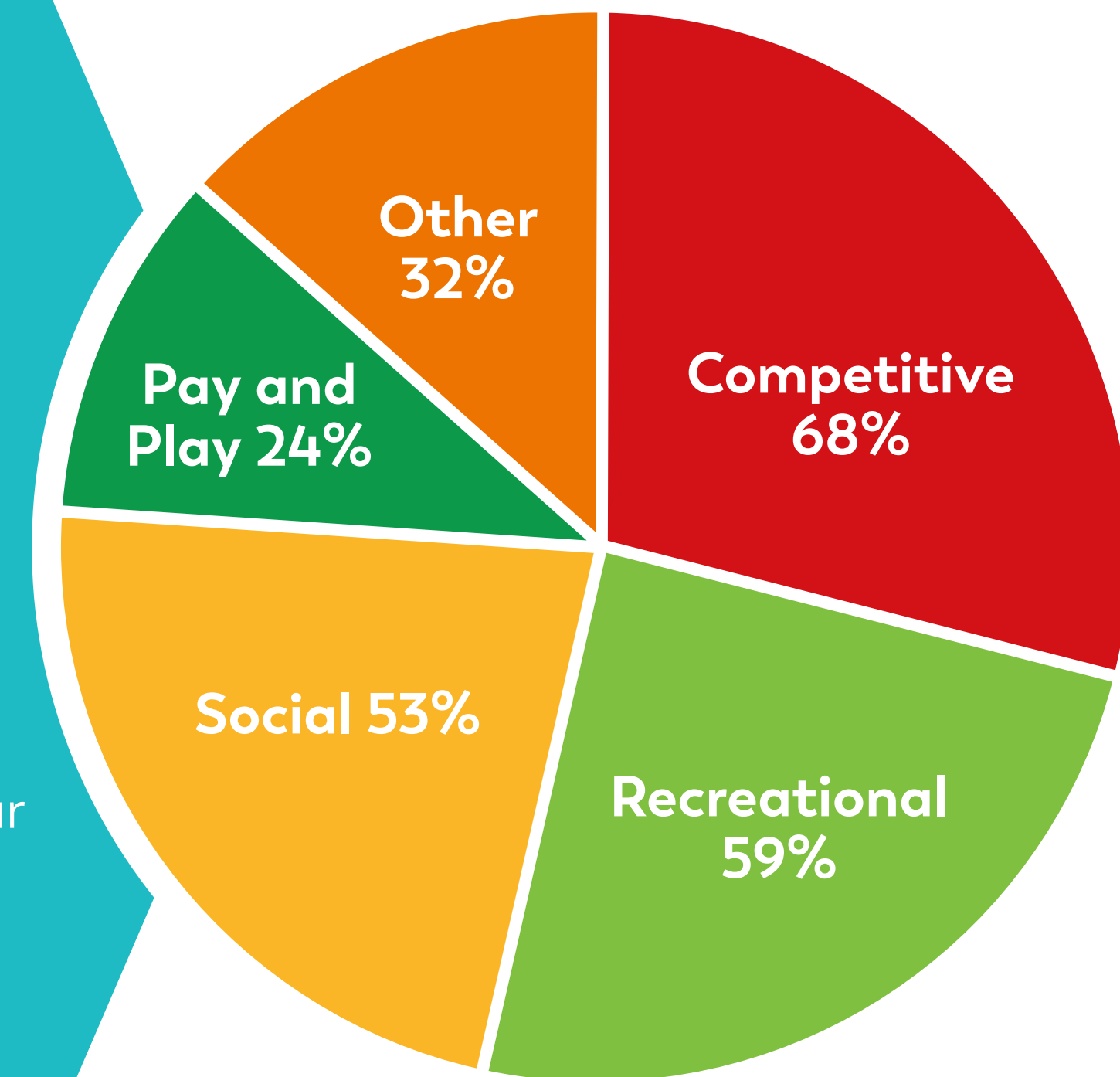
Type of Sport on Offer

The type of play an organisation offers can contribute significantly to the wider uptake and form a basis within its decision making process. Of the **94 responses**, **64 operate** a form of 'competitive' play highlighting this as the most popular organisation offer. In contrast only **23 offer a 'pay and play'** participation, the lowest representation.

For the purpose of this survey, definitions of the types of play were as follows:

- **Competitive** - players participate in formal or structured leagues on a regular basis, with regular training typically encouraged or required)
- **Recreational** - players participate in matches or leagues on a regular basis, but with less time commitment required
- **Social** - players of all ages and abilities can participate in un-structured or informal sport on a regular or occasional basis, or be part of the organisation as a non-player
- **Pay and play** - players can use facilities and services provided on an irregular or one-off basis, including where no membership is needed

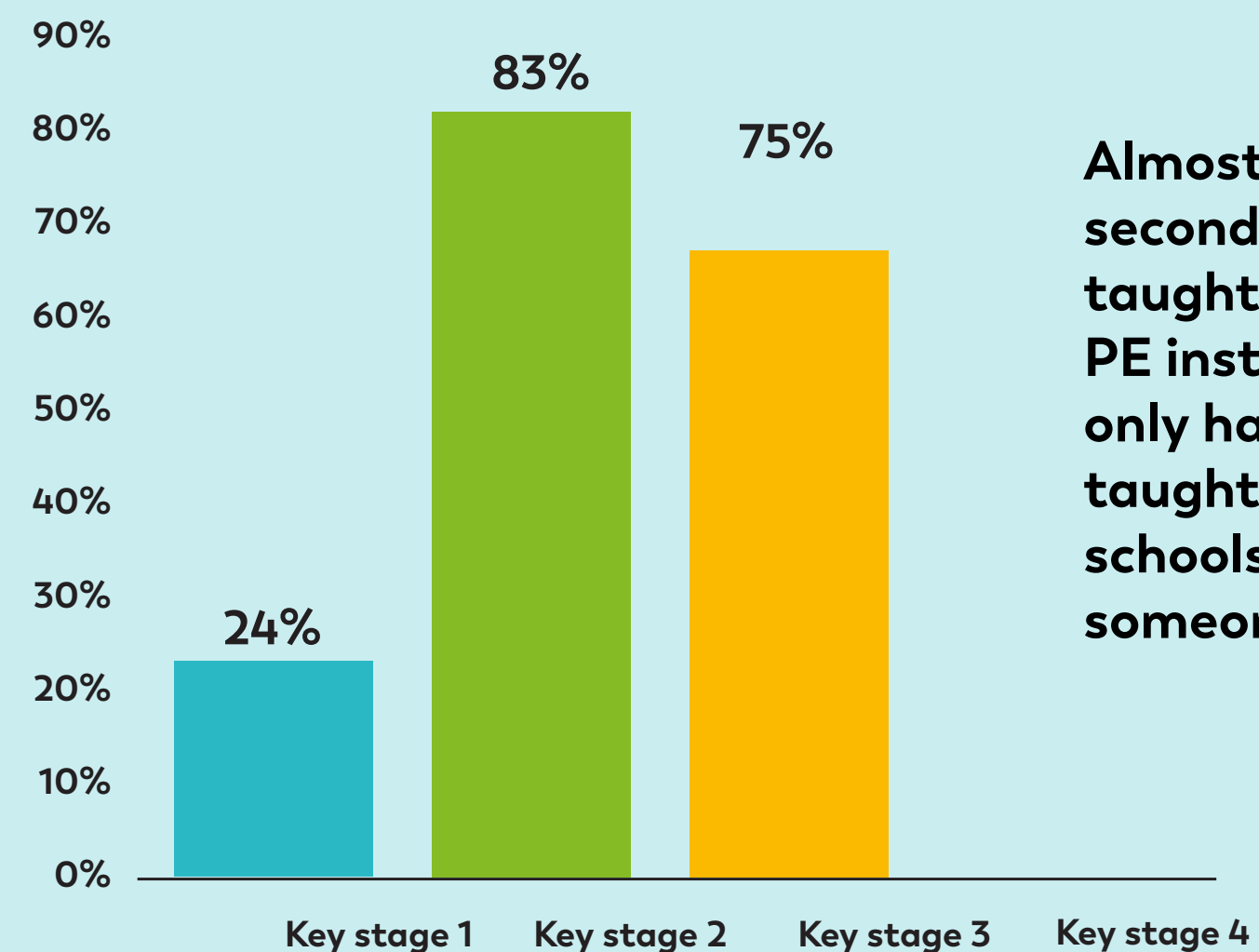
Where organisations said they offer an 'other' types of play (**32%**), this included a range of responses, such as events and tournaments or competitions; and one-off courses, training, or coaching. Further detail is provided in the raw survey dataset.



Sport, PE and Physical Activity in Schools

Whilst 'Inspiring an Active Jersey' sets out the Government's ambition to ensure all children receive 2 hours of quality PE provision each week, this is not the case across most schools. Whilst most children in key stages 2 and 3 are receiving 2 hours each week this is not the case in other key stages.

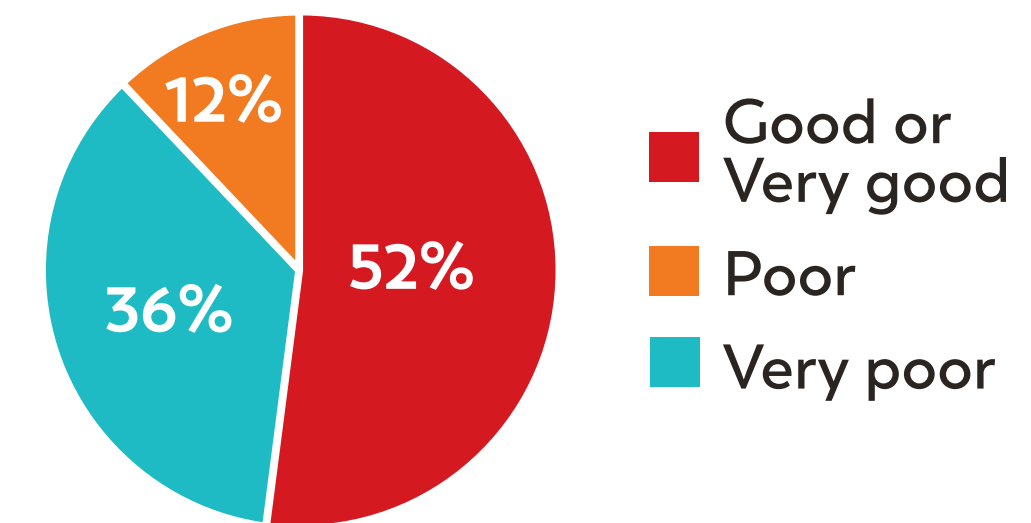
Percentage of children receiving 2 hours of curriculum time dedicated to PE, by key stage



Almost all of PE in secondary schools is taught by a specialist PE instructor however only half of what is taught in primary schools is delivered by someone qualified.

Around half of children across key stages 2 to 4 take part in extra-curricular sport or physical activity at school. This is similar for both males and females.

Ratings by schools of the quality of PE facilities available to them, 2022



Almost all schools have an outdoor playground, gymnasium or multipurpose space for physical activity. However, less than half have a sports field and only a third of primary schools say they have a sports field available for all year groups to use on a regular basis.

Whilst schools rate the equipment available to them highly, around half of schools say their overall facilities are poor or very poor.

Open Spaces

73% of children and young people visit a park, beach or other open space to be active at least once a week.

Two-thirds of children and young people (68%) living in urban parishes use open spaces to be active regularly compared to three-quarters (75%) of those living in suburban or rural parishes. It is vitally important that islanders have access to free open green space to be active outdoors.

Regular use of parks, beaches and other open spaces to be active is also found to differ by socio-economic status.²

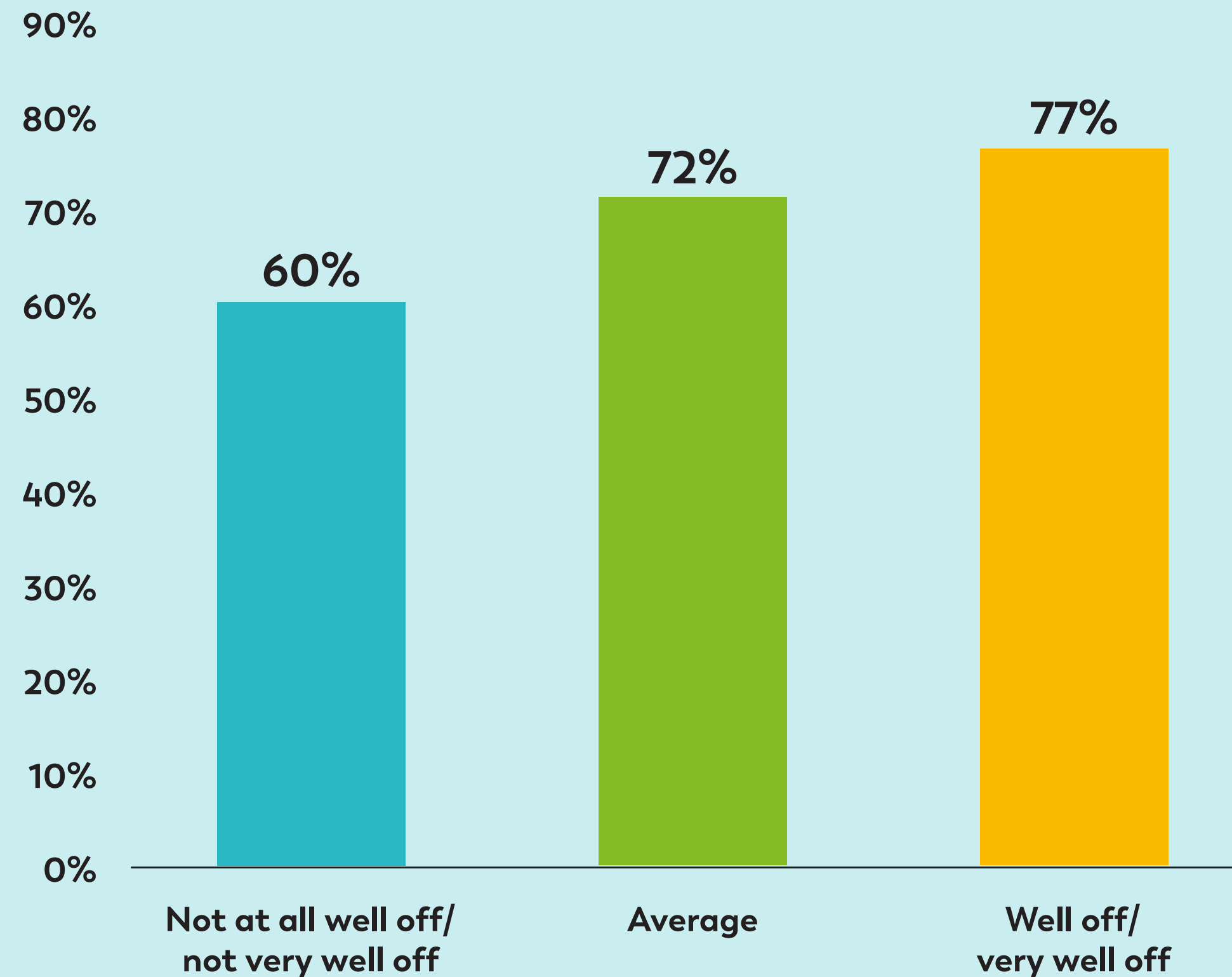


Figure 16: Percentage of children and young people who visit a park, beach or other open space to be active at least once a week, broken down by self-rated socio-economic status, 2021.²

Sport and Physical Activity Round Up

Physical activity rates are lower for both adults and children in Jersey than in England.

There are significant inequalities that exist in access to sport and physical activity in Jersey, particularly gender, income, ethnicity and disability.

The most commonly cited barriers to participation in sport and physical activity are free time, disposable income and someone to exercise with.



Less than a fifth of adult islanders play organised sport and participation is higher for males than females. Competitive sports teams are still predominately male only.

Many children are still not receiving two hours or more of high-quality PE in curriculum time and only half take part in extra-curricular sport and physical activity. Whilst most schools have access to high-quality sports equipment, many do not have basic facilities such as a sports field to support their sport and physical activity provision.

The structure of sport requires modernisation to meet the changing needs of islanders. The requirement to pay substantial membership fees and the lack of 'pay and play' options is causing unnecessary barriers for a population that is short on time and disposable income.

The majority of sports clubs still don't offer programs and activities for islanders living with a disability or long-standing illness.

Sports clubs and organisations rely heavily on volunteers however the volunteer sector has been impacted by Covid-19 and many clubs are concerned that they don't have enough staff to meet the needs of their members.



Sport and Physical Activity in Jersey

This summary report pulls together data from four key sources, providing a high level picture of participation in sport and physical activity in Jersey, and reported barriers or challenges to being physically active. The report also summarises key data about our sports infrastructure in Jersey, the type of sport on offer, how it is delivered, and some of the challenges and barriers to participation and growth.

Health Activity and Wellbeing Survey, 2021 – This survey was run by Jersey Sport and the Government of Jersey Public Health Directorate to collect information on a range of health and wellbeing topics affecting Islanders. The survey questions were largely focussed on sport and physical activity participation as well as the impact of Covid-19 on Islanders' health and wellbeing. The survey findings have been used to shape public health policies and prioritise initiatives during the Covid-19 recovery phase as well as informing how funding is invested into sports and exercise on the Island.

Jersey Sports Audit, 2022 – commissioned by Jersey Sport in May 2022, the main aim of the audit was to deliver a complete view of the formal and informal sport and recreation offering in Jersey. This included across 5 priority research areas: organisation structure, workforce, facilities, performance sport and disability sport. Alongside this information was sought on organisation's key aspirations over the next five years, priority challenges that need addressing and ways this can be achieved, as well as the role of associations, NGBs and Jersey Sport in providing support. The open survey captured responses from 94 of the 256 known sport organisation on island capturing data across 40 sports in island (37% response rate).

Jersey Children and Young People Survey, 2021 was run, analysed, and published by Statistics Jersey. Every Jersey child and young person in school Years 4, 6, 8, 10 and was given the opportunity to take part in the survey which was run in the autumn term of 2021. Enabling students to complete the questionnaire in school time ensured high response rates: 91% for Year 6; over 80% for Years 4, 8 and 10; and 72% for Year 12. A total of 4,361 children took part.

School PE, Sport and Physical Activity – Jersey Sport invited all schools (Government of Jersey schools and non-provided schools) to answer a set of survey questions regarding school PE provision and the offering/take up of extra-curricular sport and physical activity. The survey findings are being used to influence how Jersey Sport works with schools and allocates resources.

The data collected in these surveys provides a snap shot and as always is influenced by environmental and contextual factors at the time of survey completion. Jersey Sport intends to further this insight by repeating the data collection processes over several years. This will provide an understanding of the trends we are seeing over time, as well as the imminent and persistent challenges facing the sector.

This data has primarily been used to inform our strategy and allow us to target support and available resources to those who need it most.

