

North Yorkshire County Council
Citizens' Panel 32 – Summer 2017 Survey
Survey Report
26.09.2017

Analysis and report by
NWA Social Research

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1.0 SUMMARY OF MAIN FINDINGS

Community Safety

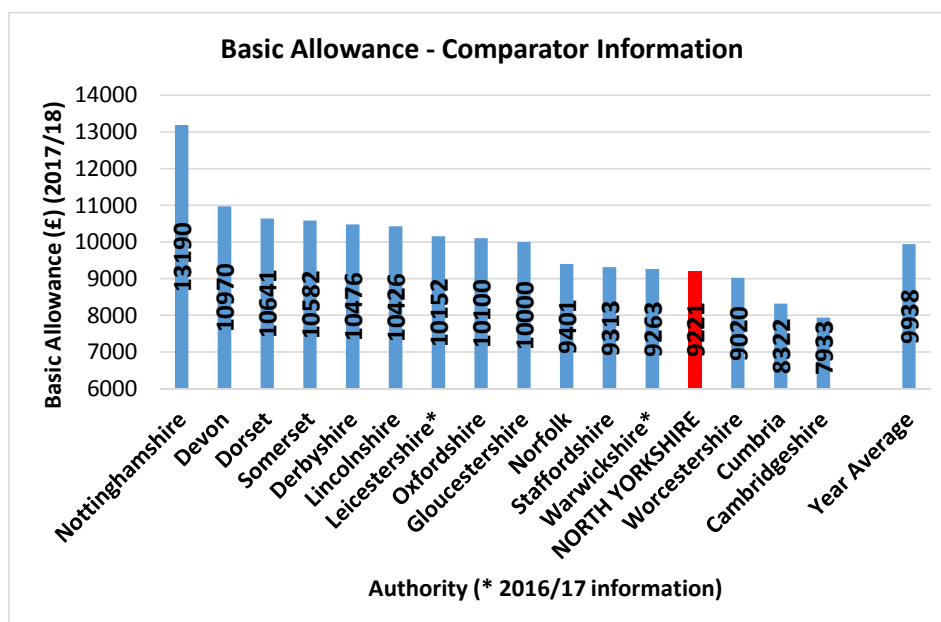
- 1.1 The large majority of all respondents (83%) said that they feel 'safe' when outside in their local area after dark, whilst 7% feel 'neither safe nor unsafe', and one-in-ten (10%) reported feeling 'unsafe'.
- 1.2 During the day, the great majority of all respondents (95%) feel 'safe' when outside in their local area, whilst 3% feel 'neither safe nor unsafe', and 2% feel 'unsafe'.
- 1.3 These findings are very similar to those recorded in 2015, both after dark (2015: 81% 'safe' / 8% 'unsafe'), and during the day (2015: 95% 'safe' / 2% 'unsafe').
- 1.4 Those respondents who feel unsafe when outside in their local area were asked in an open question to say why this is. There were two main categories of response: 'poor/ lack of street lighting', and the need for 'greater police presence/ visible policing'.
- 1.5 The major group of all respondents (43%) agreed that the police and other local public services seek people's views about anti-social behaviour and crime in their local area, whilst 26% disagreed, and a total of 32% 'neither agree nor disagree' (28%) or 'don't know' (4%). Overall results are similar to the 2015 findings of 46% 'agree' and 24% 'disagree'.
- 1.6 The major group of all respondents (45%) also agreed that the police and other local public services are successfully dealing with anti-social behaviour and crime in their local area, whilst 18% disagreed, and a total of 38% 'neither agree nor disagree' (30%) or 'don't know' (7%). These findings are not significantly different to those from 2015 (41% 'agree' / 17% 'disagree').

Councillors' Remuneration

- 1.7 When asked '*How much time on average do you believe Councillors spend on constituents and Council business each week?*' a total of 49% thought that Councillors spend 0-15 hours a week (13% '0-5 hours', 18% '5-10 hours', and 18% '10-15 hours'), whilst 19% believed that 15+ hours were spent each week (14% '15-20 hours' and 5% 'over 20 hours'), and a third (32%) did not know.
- 1.8 Given that 'the basic allowance for Councillors is currently £9,221 a year, and was increased last year after remaining the same for the previous seven years', almost half (48%) of all respondents said that they believe the current level of basic allowance is 'about right', whilst 23% believe it is 'too high', 3% that it is 'too low' and a quarter (26%) 'don't know'.

Respondents were informed as follows about allowances more generally across different council areas:

North Yorkshire County Council is one of 16 County Councils which share information on the level of the “basic allowance” paid to their Councillors. The chart below shows the average level of allowance across these Councils for 2017/8 was £9938.



- 1.9 When asked, compared to the basic allowances paid to Councillors in these other comparable authorities, whether Councillors in North Yorkshire should receive ‘below the average’ (of £9,938), ‘above the average’ or ‘about the same’, the majority of all respondents (59%) were of the view that they should receive ‘about the same’; whilst 18% felt Councillors should receive ‘below the average’, 8% ‘above the average’ and 15% did not know.

Sport and Intentional Physical Activity

- 1.10 Half of all respondents (52%) estimated that during the last four weeks they had taken part in sport and intentional physical activity on no more than two days a week: 18% had not taken part at all ‘none’, a further 18% had done this at a frequency of ‘up to one day a week (1-4 days in total)’, and 16% for ‘up to two days a week (5-8 days in total)’.
- 1.11 A quarter (25%) of respondents had taken part in such activity more often than twice a week, but no more than four times a week (i.e. on between 9 and 16 days in total); and 22% of respondents had participated more than four times a week (i.e. on between 17 and 28 days in total).

- 1.12 When asked which sports/ intentional physical activities they had taken part in during the last four weeks, respondents referred to a wide range of different activities. Nearly half of all respondents had taken part in either walking or hiking/ hill-walking activities during the last four weeks: 48% - 42% 'walking' and 6% 'hiking/ hill-walking'. The next most mentioned sports/ activities were 'cycling/ mountain biking' (14%), 'swimming' (13%), 'running/ jogging' (11%), 'gym/ weight-training' (11%), and 'aerobics/ keep-fit' and various other exercise, yoga or dance classes: total of 19% (9% 'aerobics', 7% 'yoga/ Pilates' and 3% 'dancing/ Zumba etc.'). (Note: multiple responses allowed so answers total over 100%.)
- 1.13 Presented with five statements and asked to choose the one that best reflects their current attitude to sport and intentional physical activity, the two most popular statements were 'it's important to me to take part in sport and physical activity' (40%), and 'I find sport and physical activity enjoyable and satisfying' (37%). Smaller numbers selected the statements 'I feel guilty when I don't take part in sport and physical activity' (16%), 'I feel that taking part in sport and physical activity is pointless' (6%), and 'I take part in sport and physical activity because I don't want to disappoint other people' (2%).
- 1.14 The majority of all respondents (61%) said that they normally take part in sport and intentional physical activity in 'the outdoors/ natural environment', whilst 22% take part 'at home', 16% at a 'private gym/ leisure club', 14% at a 'local authority leisure centre/ gym', and 9% at a 'sports club'. Nearly half of respondents take part in sport/ physical activity 'within five miles from home' (46%), whilst 28% take part 'five or more miles from home', and 12% said 'I do not take part anywhere'. (Multiple responses allowed, so answers total over 100%.)
- 1.15 When asked how they view the outdoors as a space to be physically active, the principal responses were 'I enjoy exploring the natural world where I can relax and unwind (this may involve another hobby such as bird watching or photography)' (40%), and 'I like to keep fit outdoors and enjoy the fresh air and freedom' (35%).
- 1.16 No more than seven percent of respondents felt that any of the other statements best reflected their opinion: 'I visit the outdoors to have fun, be close to nature, learn something and challenge myself' (7%), and 'I take part in outdoor activities and I enjoy the personal challenge of pushing myself to reach goals' (7%). Overall, 8% of respondents said that they 'do not use the outdoors as a space to be physically active'.
- 1.17 Respondents were then asked to indicate how much they agree or disagree with a series of 20 statements relating to possible barriers to taking part in sport and intentional physical activity or exercise. In order of the level of agreement, 59% of all respondents agreed that 'exercise tires me', two-fifths agreed that 'exercise is hard work for me'

(42%) and 'I am fatigued by exercise' (40%), a third agreed that 'exercise facilities do not have convenient schedules for me' (32%) and 'exercise sessions can be unfriendly environments' (31%), and a quarter agreed that 'it costs too much to exercise' (25%) and 'I feel self-conscious when I exercise' (22%).

- 1.18 One-in-seven or more respondents agreed with the statements that 'I am afraid of failing when I exercise' (18%), 'exercise sessions can be dominated by people with negative attitudes' (16%), 'exercise takes too much time from my family responsibilities' (16%), 'there are too few places for me to exercise' (16%), 'I fear the unknown' (15%), 'exercise takes too much time from family relationships' (14%), and 'exercising takes too much of my time' (14%).
- 1.19 Finally, respondents were asked an open question '*Are there any barriers preventing you from taking part in sport and physical activity as often as you would like?*' The most frequently mentioned responses related to problems with health, old age and disability; to work and family commitments, and general 'lack of time'; and to 'high costs' and 'lack of facilities or convenient times of activities'.

2.0 BACKGROUND, OBJECTIVES & METHODOLOGY

2.1 Background and Survey Objectives

2.1.1 North Yorkshire County Council Citizens' Panel was set up to assist the Council in planning its services to meet the needs and priorities of its residents. The Panel, which consists of approximately 2,000 residents of the council area, was originally recruited in early 2004. Since then its members have been consulted on a wide range of council services, such as highways, education, libraries, the council budget, adult social care and many others. Questions may also be included at the request of the County Council's partners in district councils, health, police or fire services.

2.1.2 More recently due to budget constraints the number of surveys has been limited to one or two a year, and, in order to reduce the costs of managing the Panel further, membership has been limited as far as possible to those who are willing to complete the surveys online, via a link sent in contact emails. The Panel currently consists of 2,229 members, with around 300 members being resident in each of the seven District areas, and all but around 200 members choosing to complete their surveys online, rather than fill in a paper survey.

2.1.3 The overall themes of the survey related to:

- Community safety
- Councillors' remuneration
- Sport and intentional physical activity.

2.1.4 A copy of the questionnaire, marked up with 'weighted' top-line results, is attached as **Appendix 1** to this report.

2.2 Methodology/ Achieved Sample

2.2.1 On 14th July 2017 all Panel members were sent an email alert informing them that the questionnaire was available online, (with the exception of those who have elected to complete by post – currently 215). Reminders were sent to those who had yet to complete their survey on 4th August 2017.

2.2.2 A total of 639 completed questionnaires were returned prior to analysis (including 100 by post) giving a response rate of 29%.

2.3 Analysis

2.3.1 The data was analysed using the statistical package SPSS (Statistical Package for the Social Sciences).

2.3.2 As the Panel was recruited so as to give roughly similar numbers of respondents in all areas of the County to facilitate comparisons between areas, the achieved sample was

not representative of the County in terms of geography. The achieved sample was also not representative of the County in terms of age, there being an under-representation of younger people (particularly males) responding to the survey, and an under-representation of older females (aged 75 years and over). 'Weightings' were therefore applied so as to make the achieved sample more representative of the County.

- 2.3.3 1) Weights were calculated to ensure that the County was representative of its population in terms of 'age x gender'.
- 2) Weights were calculated on a geographic ('District') basis, to ensure that the numbers of respondents from each of the seven Districts were proportionate to the adult populations therein.
- 2.3.4 Tables were produced from the 'weighted' data, showing 'weighted percentages' and 'unweighted counts' for the sample overall, and for the sub-groups: 'gender'; 'age group'; and 'District'. These Tables of Results are attached as **Appendix 3**.
- 2.3.5 As is usual with all self-completion questionnaires, some individuals did not complete all questions. This may be because they did not have an opinion on the question asked, but we cannot make this assumption in full confidence. Such 'missing data' is excluded from the Tables of Results and marked-up questionnaire (unless otherwise stated), but included in the Tables of Frequencies. Unweighted frequency counts, showing details of 'missing' responses, are attached as **Appendix 2**. Responses to 'open-ended' questions (verbatim) are attached as **Appendix 4**.
- 2.3.6 At the Council's request, reported Panel survey results are in 'whole percentages' and the tables produced show results where the figures have been rounded to the nearest whole. Because of this 'rounding' process, however, there may be some instances when two response categories are added (e.g. 'very satisfied' + 'fairly satisfied'), where the total may be 1% greater or smaller than the two individual responses, e.g. 'very satisfied' (3.4% - 3%) plus 'fairly satisfied' (10.4% - 10%) gives 'total satisfied' (13.8% - 14% : not 13%).
- 2.3.7 The table below shows the Confidence Intervals at the 95% Confidence Level relating to a selection of randomly selected sample sizes, i.e. with a randomly selected sample of 100, if 50% of respondents gave a 'yes' response, this means there is a 95% probability that between 40.2% and 59.8% (50% + 9.8%) of the population from which the sample were selected would have the 'yes' opinion. This table can be used as a guide to give an indication of the Confidence Interval at the 95% Confidence Level relating to the overall sample and/or sample sub-groups.

		Sample Size						
		100	200	300	400	500	600	639
		± %	± %	± %	± %	± %	+ %	± %
Response	50%	9.8	6.9	5.7	4.9	4.4	4.0	3.9
	40% or 60%	9.7	6.8	5.6	4.8	4.3	3.9	3.8
	30% or 70%	9.0	6.4	5.2	4.5	4.0	3.7	3.6
	20% or 80%	7.9	5.6	4.5	3.9	3.5	3.2	3.1
	10% or 90%	5.9	4.2	3.4	2.9	2.6	2.4	2.3

3.0 COMMUNITY SAFETY

Q.1 How safe or unsafe do you feel when outside in your local area a) after dark; and b) during the day?

Q.1c If you feel unsafe, what would make you feel safer?

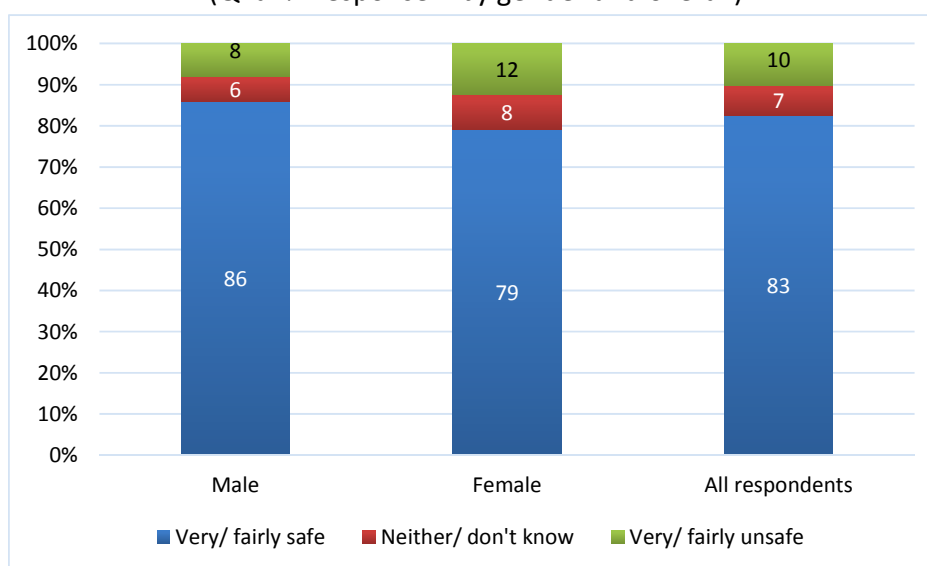
Q.2a How much would you agree or disagree that the police and other local public services seek people’s views about anti-social behaviour and crime in your local area?

Q.2b How much would you agree or disagree that the police and other local public services are successfully dealing with anti-social behaviour and crime in your local area?

Appendix 3 - Pages 1 to 5

3.1 The large majority of all respondents (83%) said that they feel safe when outside in their local area after dark (34% ‘very safe’ and 49% ‘fairly safe’), whilst one-in-ten (10%) reported feeling unsafe (4% ‘very unsafe’ and 6% ‘fairly unsafe’), and a total of 7% gave ‘neither safe nor unsafe’ (7%) or ‘don’t know’ (0%, four people) responses.

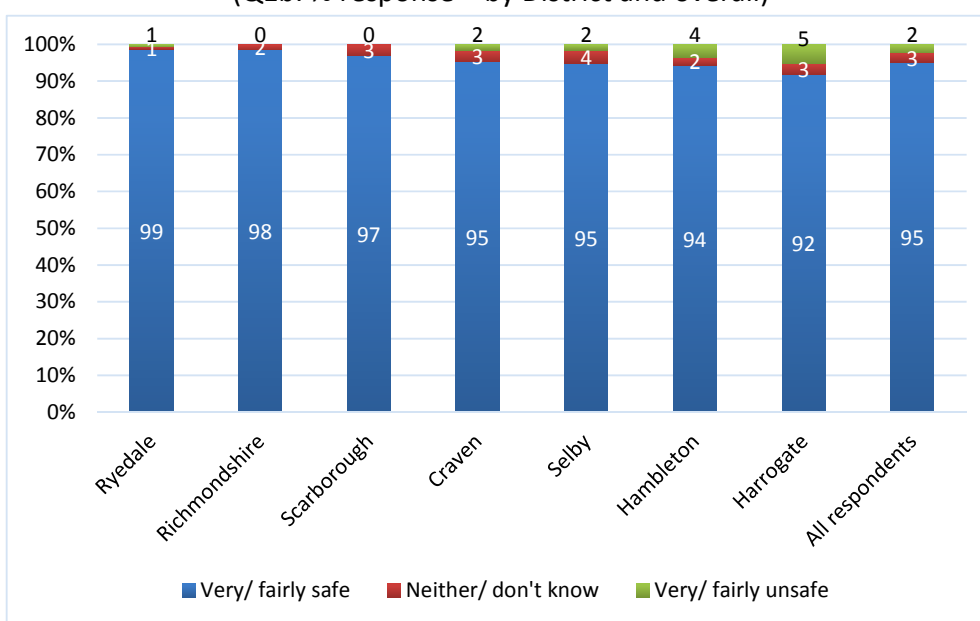
Perceptions of safety when outside in your local area after dark
(Q1a: % response – by gender and overall)



3.2 Men were more likely than women to feel safe in their local area after dark (86% ‘very/ fairly safe’ compared to 79%), and the percentage of those feeling unsafe reduced to 2% in ‘Ryedale’, but otherwise variations by District and age group were not statistically significant.

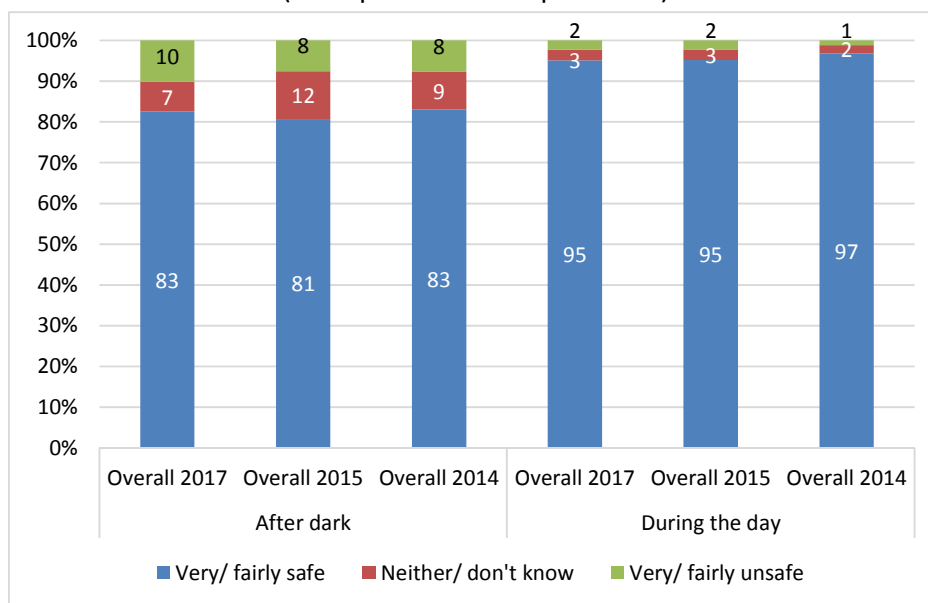
3.3 During the day, the great majority of all respondents (95%) feel safe when outside in their local area (77% 'very safe' and 18% 'fairly safe'), whilst 3% feel 'neither safe nor unsafe', 2% feel unsafe (1% 'very unsafe' and 1% 'fairly unsafe'), and 0% (one person) gave a 'don't know' response. Those respondents living in Harrogate (5% 'very/ fairly unsafe', compared to 2% overall) were a little more likely to feel 'unsafe'. (Differences by gender and age group were not significant.)

Perceptions of safety when outside in your local area during the day
(Q1b: % response – by District and overall)



3.4 Results from previous years' Panel Surveys are summarised in the chart below. In terms of perceptions of safety after dark, the findings are very similar this year to both those from 2014 (83% 'safe'/ 8% 'unsafe') and 2015 (81% 'safe'/ 8% 'unsafe'). During the day, whilst results are generally very similar, there has been a slight (statistically significant) fall in those who feel safe, from 97% in 2014 to 95% currently.

Perceptions of safety – by Year of Survey
(% response – all respondents)



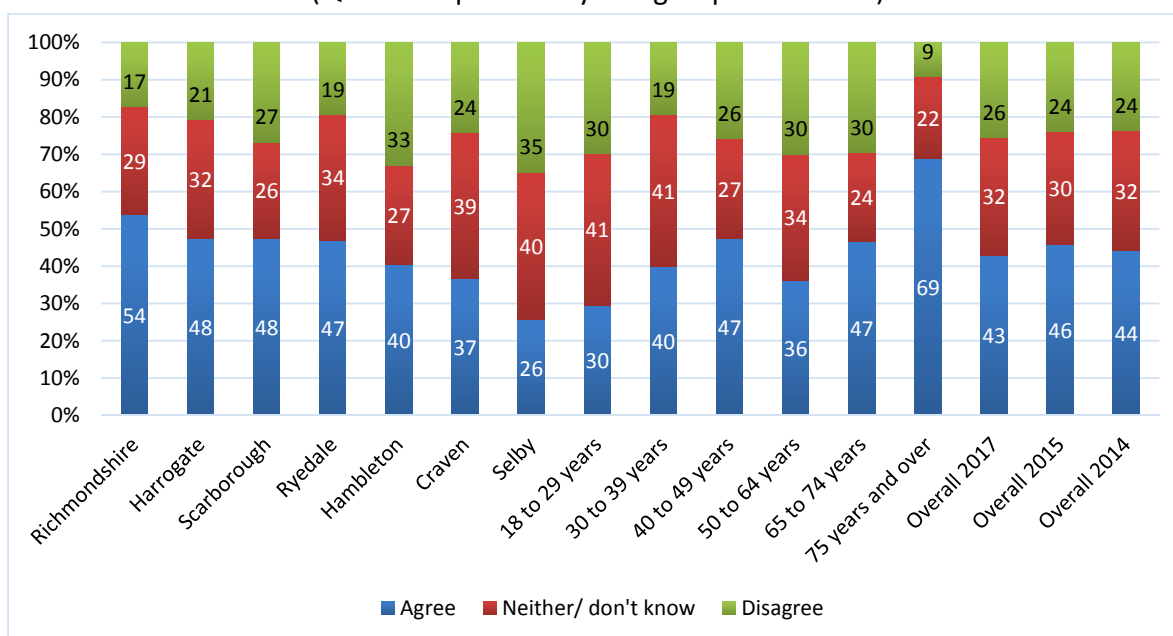
3.5 Those respondents who feel unsafe at all when outside in their local area were asked in an open question to say why this is. Comments have been themed as detailed below:

		Total	
		All respondents	
		Unweighted Count	Col %
Q1c) What would make you feel safer?	Greater police presence/ visible policing	44	7%
	Lighting	54	9%
	CCTV/ cameras	7	1%
	Road safety/ speeding	6	1%
	Pavements	4	1%
	Anti-social behaviour issues	13	2%
	Maintenance/ cutting back of verges/ hedges etc.	3	0%
	Don't go out when it's dark/ don't know	6	1%
	Other	11	1%
	(No comments)	517	81%
Total		639	100%

- 3.6 There were two main categories of response here: ‘poor/ lack of street lighting’ (9% of the total sample), and the need for ‘greater police presence/ visible policing’ (7%) – see Appendix 4 for full details.
- 3.7 Respondents were informed that ‘it is the responsibility of the police and other local public services to work in partnership to deal with anti-social behaviour and crime in your local area’, and then asked to say how much they would agree or disagree that the police and other local public services a) ‘seek people’s views about these issues’, and b) ‘are successfully dealing with these issues’ in their local area.

How much would you agree or disagree that the police and other local public services seek people’s views about these issues in your local area?

(Q2a: % response – by sub-group and overall)



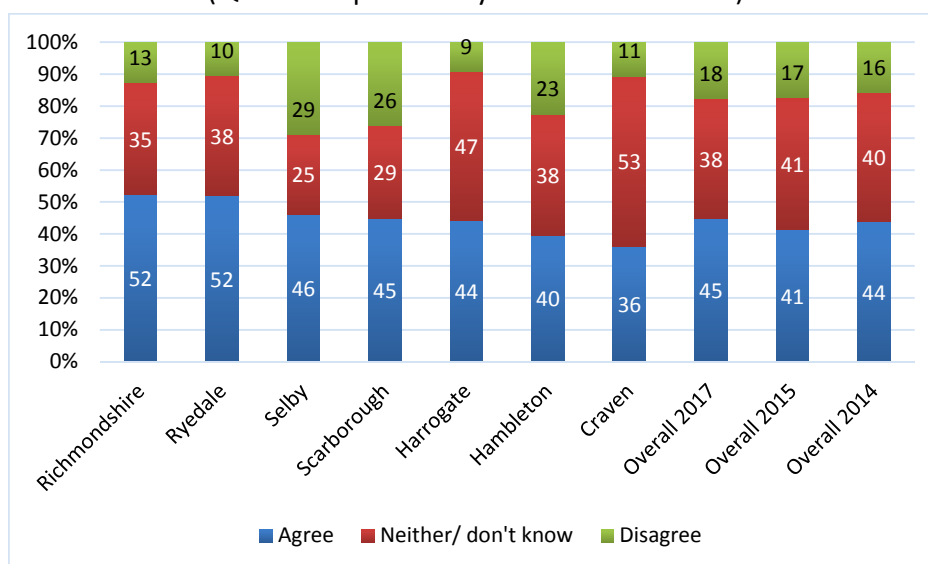
- 3.8 The major group of all respondents (43%) agreed that the police and other local public services seek people’s views about anti-social behaviour and crime in their local area (15% ‘strongly agree’ and 28% ‘tend to agree’), whilst 26% disagreed (8% ‘strongly disagree’ and 18% ‘tend to disagree’), and a total of 32% ‘neither agree nor disagree’ (28% or ‘don’t know’ (4%). Residents of ‘Richmondshire’ (54% ‘agree’/ 17% ‘disagree’) were more likely to agree (and less likely to disagree) that people’s views are sought about these issues, as were those respondents aged 75 years and over (69% ‘agree’/ 9% ‘disagree’); whereas residents of Selby (26% ‘agree’/ 35% ‘disagree’) were less likely to agree (and more likely to disagree), and agreements also reduced to 36% for those aged

50 to 64 years. Overall results are similar to those reported in 2015 (46% 'agree' / 24% 'disagree') and 2014 (44% 'agree' / 24% 'disagree').

3.9 The major group of all respondents (45%) also agreed that the police and other local public services are successfully dealing with anti-social behaviour and crime in their local area (8% 'strongly agree' and 37% 'tend to agree'), whilst 18% disagreed (4% 'strongly disagree' and 14% 'tend to disagree'), and a total of 38% 'neither agree nor disagree' (30%) or 'don't know' (7%). These findings are not significantly different to those from 2015 (41% 'agree' / 17% 'disagree') and 2014 (44% 'agree' / 16% 'disagree').

How much would you agree or disagree that the police and other local public services are successfully dealing with these issues in your local area?

(Q2b: % response – by District and overall)



3.10 Whilst the level of agreement did not vary significantly by District, the level of disagreement reduced to 9% in Harrogate and 10% in Ryedale, and rose to 29% in Selby and 26% in Scarborough.

4.0 COUNCILLORS' REMUNERATION

- Q.3** How much time on average do you believe Councillors spend on constituents and Council business each week?
- Q.4a** The basic allowance for Councillors is currently £9,221 a year, and was increased last year after remaining the same for the previous seven years. Do you believe the current level of basic allowance is...?
- Q.4b** Please explain your reasons for this answer (Q.4a):
- Q.5a** Compared with the basic allowances paid to Councillors in these other comparable authorities, should Councillors in North Yorkshire receive?
- Q.5b** Please explain your reasons for this answer (Q.5a):
- Q.6** Do you have any other comments about Councillors' allowances in general?

Appendix 3 - Pages 6 to 8

- 4.1 Respondents were given the following background information about Councillors' remuneration:

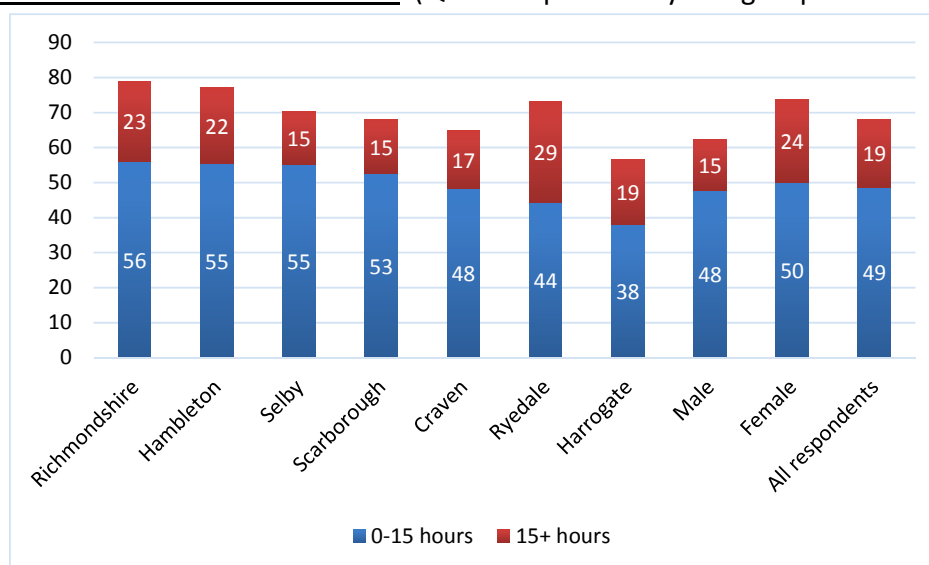
North Yorkshire is the largest County Council by area in England. Its 72 County Councillors receive a "basic allowance" to reflect their duties and responsibilities as representatives of their communities and membership of the County Council and their Area Committee. The current "basic allowance" is £9,221 a year. This was increased last year having not been increased for the previous seven years.

In addition to the basic allowance, Councillors also receive allowances for their individual travel and subsistence expenses and "special responsibility allowances" are also paid to Councillors who undertake additional duties. A copy of the full allowance scheme can be found at the following link if you are interested in this topic:

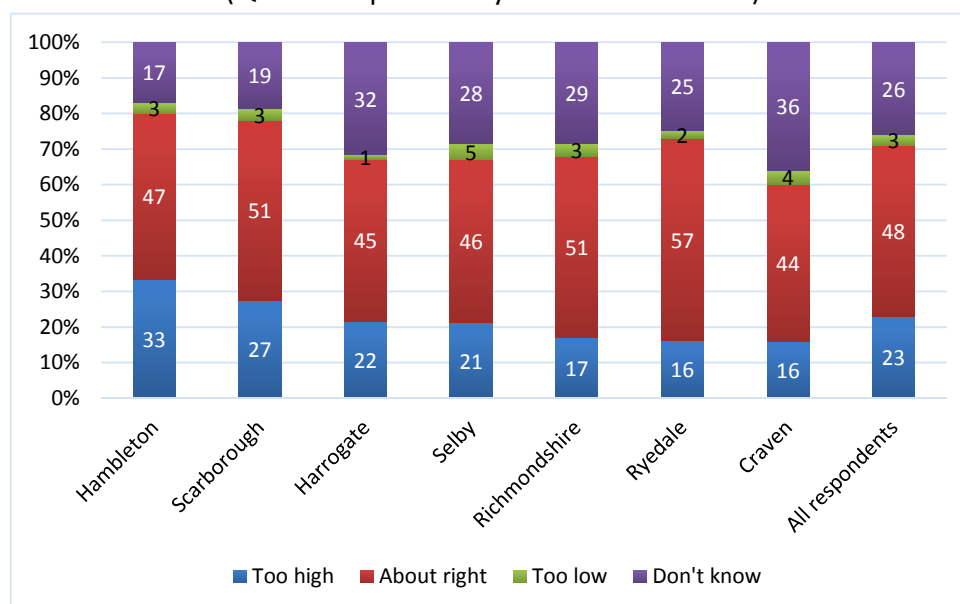
<http://www.northyorks.gov.uk/article/23654/Councillors---allowances>

- 4.2 When asked 'How much time on average do you believe Councillors spend on constituents and Council business each week?' a total of 49% thought that Councillors spend 0-15 hours a week (13% '0-5 hours', 18% '5-10 hours', and 18% '10-15 hours') (reducing to 38% in Harrogate), whilst 19% believed that 15+ hours were spent each week (14% '15-20 hours' and 5% 'over 20 hours') (rising to 29% in Ryedale), and a third (32%) did not know.
- 4.3 Women respondents (24% '15+ hours') and those aged 50 to 64 years (24%) were more likely to believe that Councillors spend 15+ hours each week on constituents and Council business, when compared to the overall sample response.

How much time on average do you believe Councillors spend on constituents and Council business each week? (Q3: % response – by sub-group and overall)



Do you believe that the current level of basic allowance is?
(Q4a: % response – by District and overall)

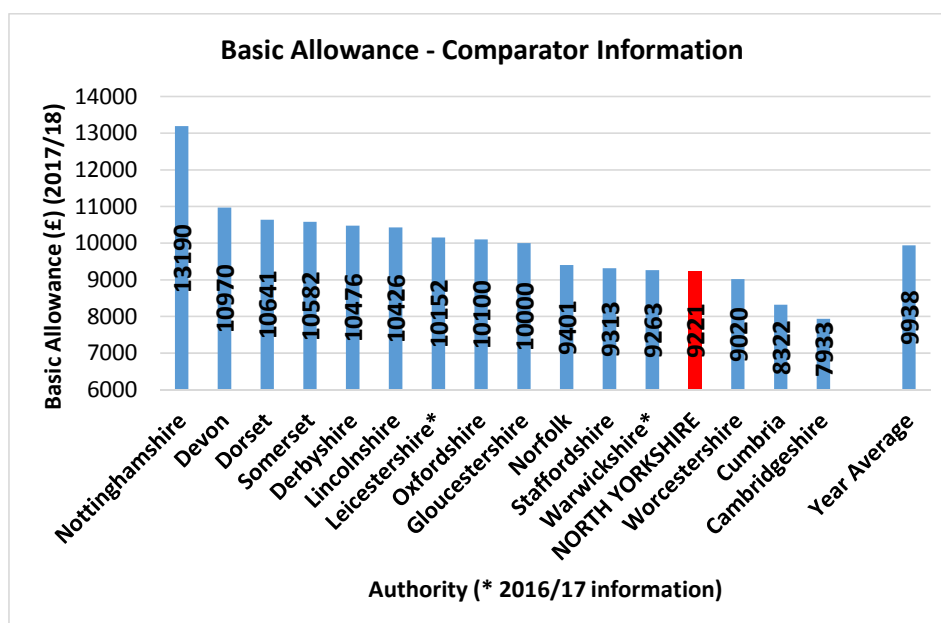


4.4 Given that ‘the basic allowance for Councillors is currently £9,221 a year, and was increased last year after remaining the same for the previous seven years’, almost half (48%; rising to 57% in Ryedale) of all respondents said that they believe the current level of basic allowance is ‘about right’, whilst 23% believe it is ‘too high’ (rising to 33% in Hambleton), 3% that it is ‘too low’ (rising to 5% for those aged 50 to 64 years) and a quarter (26%) ‘don’t know’. (Differences by gender were not significant.)

4.5 Respondents were then asked to explain their reasons for their answer at Q4a: verbatim responses are listed at Appendix 4, sorted by answers to Q4a. Those who felt that the basic allowance is ‘too high’ most frequently commented that being a Councillor should be a voluntary position, done for public service rather than for the allowance. Others said that there is a lack of information about how much time Councillors spend on their duties and what they demonstrably achieve, and there were some negative comments that Councillors simply don’t do enough to justify the allowance they receive. Those respondents who consider Councillors’ remuneration to be ‘about right’, typically said this was a fair amount of pay for a part-time role, some going on to point out that they have expenses covered on top of the allowance and that many Councillors also have other paid jobs which combine to give a reasonable income. Others said that the allowance should not be too high to ensure candidates are motivated principally by public service. Those who felt that the level of allowance is ‘too low’ most often suggested that having higher pay would encourage better quality candidates.

4.6 Respondents were further informed as follows about allowances more generally across different council areas:

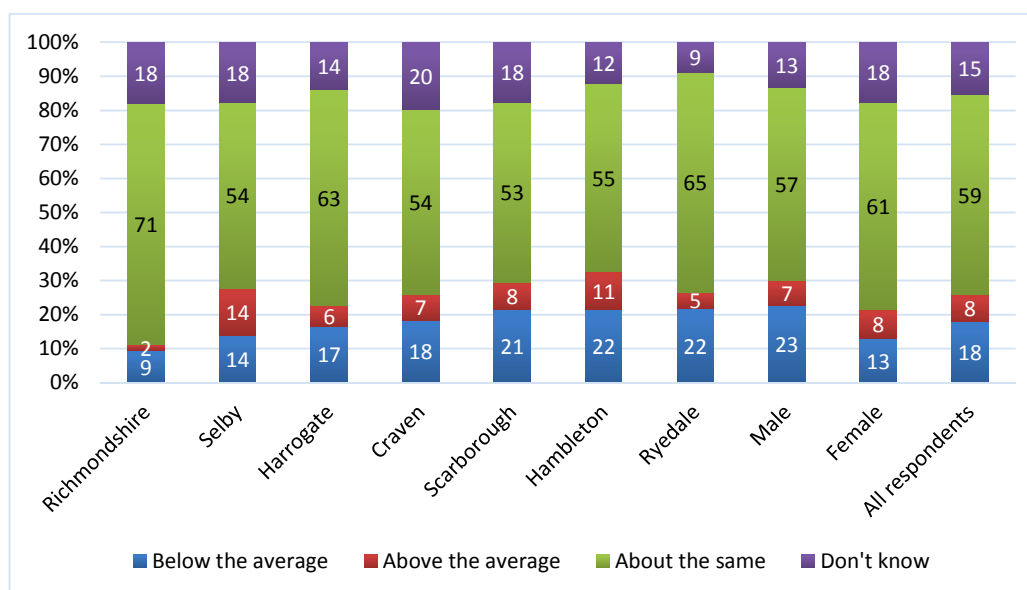
North Yorkshire County Council is one of 16 County Councils which share information on the level of the “basic allowance” paid to their Councillors. The chart below shows the average level of allowance across these Councils for 2017/8 was £9938.



4.7 When asked, compared to the basic allowances paid to Councillors in these other comparable authorities, whether Councillors in North Yorkshire should receive ‘below

the average' (of £9,938), 'above the average' or 'about the same', the majority of all respondents (59%) were of the view that they should receive 'about the same'; whilst 18% felt Councillors should receive 'below the average', 8% 'above the average' and 15% did not know.

Compared with the basic allowances paid to Councillors in these other comparable authorities, should Councillors in North Yorkshire receive....?
(Q5a: % response – by sub-group and overall)



4.8 Male respondents were more likely than females to believe that Councillors should receive 'below the average' allowance (23% compared to 13%), whilst residents of Richmondshire were more likely to believe that they should receive 'about the same' (71% compared to 59% overall) (and less likely to give 'below the average' or 'above the average' responses), and residents of Selby were more likely to say that Councillors should receive an 'above average' allowance (14% compared to 8% overall).

4.9 Respondents were then again asked to explain their reasons for their answer to the previous question (Q5a) – see Appendix 4 for verbatim details (sorted by responses to Q5a). Those who believe Councillors should receive 'below the average' allowance most often commented that Councillors 'should be voluntary', (similar to responses at Q4b), that they are not visible enough or don't do enough to warrant a higher allowance, and that in times of austerity allowances should be reduced if anything. Others didn't feel that the data from other councils shown in the chart was a fair comparison (due e.g.

differing population densities, and living costs between areas or the average being skewed by the high basic allowance in Nottinghamshire).

Those respondents who feel that the allowance received by Councillors in North Yorkshire should be 'about the average' gave comments such as the allowance in North Yorkshire is 'about average anyway', with many thinking that 'everyone who does the same job should get the same pay' or saying 'why would Councillors in North Yorkshire need to be paid any more or less than in other areas?' Others suggested that Councillors' basic allowance should be standardised (at least to a similar level) across the country.

Those who feel Councillors in North Yorkshire should receive an 'above average' allowance most often referred to the fact that it is the largest county, with correspondingly varied and complex issues to be addressed.

- 4.10 Around a third (35%) of the total weighted sample offered 'other comments about Councillors' allowances in general' – these were diverse (see Appendix 4 for details), but included calls for more information and/ or greater transparency about allowances (e.g. hours worked, expenses claimed) and the work done by Councillors, and further comments that Councillors' work should be largely (or completely voluntary), (typically excepting expenses being covered).

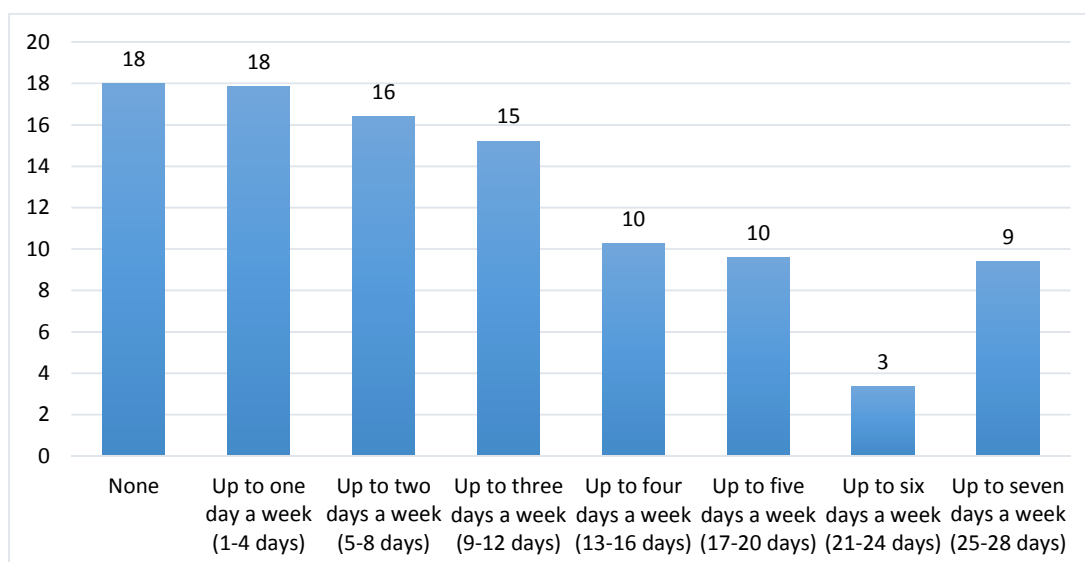
5.0 SPORT AND INTENTIONAL PHYSICAL ACTIVITY

- Q.7** During the past four weeks, on how many days did you take part in sport or intentional physical activity?
- Q.7a** Which sports/ intentional physical activities did you take part in during the last four weeks?
- Q.8** Which statement best reflects your current attitude to sport and intentional physical activity?
- Q.9** Where do you normally take part in sport and intentional physical activity?
- Q.10** How do you view the outdoors as a space to be physically active? Please choose the single statement that best reflects your opinion.
- Q.11** Do you have any other comments about how you use the outdoors as a space to be physically active?
- Q.12** Please indicate to what extent you agree or disagree with each of the following statements relating to sport and intentional physical activity/ exercise:
- Q.13** Are there any other barriers preventing you from taking part in sport and physical activity as often as you would like?

Appendix 3 - Pages 9 to 35

5.1 Respondents were asked ‘During the past four weeks, on how many days did you take part in sport or intentional physical activity?’ Coded responses are illustrated below:

During the past four weeks, on how many days did you take part in sport or intentional physical activity? (Q7: % response – all respondents)



- 5.2 In total, just over a half of all respondents (52%) estimated that during the last four weeks they had taken part in such activities on no more than two days a week: 18% had not taken part at all 'none' (rising to 34% of those aged 75 years and over, and 28% in Richmondshire), a further 18% had done this at a frequency of 'up to one day a week (1-4 days in total)', and 16% for 'up to two days a week (5-8 days)'. A quarter (25%) of respondents had taken part in sport and intentional physical activity more than twice a week, but no more than four times a week [15% 'up to three days a week (9-12 days in total), and 10% 'up to four days a week (13-16 days)']; and 22% of respondents had participated more than four times a week: 10% 'up to five days a week (17-20 days)', 3% 'up to six days a week (21-24 days)' and 9% 'up to seven days a week (25-28 days)'.
- 5.3 When asked which sports/ intentional physical activities they had taken part in during the last four weeks, respondents referred to a wide range of different activities.

		Unweighted Count	Weighted %
Q7a) Sports/ activities taken part in last 4 weeks (Coded responses) (% response – total sample)	Walking	285	42%
	Cycling/ Mountain Biking	92	14%
	Swimming	77	13%
	Running/ jogging	50	11%
	Gym/ Weight Training	62	11%
	Aerobics/ Keep Fit etc	55	9%
	Yoga/ Pilates etc	45	7%
	Hiking/ Hill Walking	46	6%
	Gardening	46	5%
	Golf	26	5%
	Dancing/ Zumba etc	27	3%
	Tennis/ badminton/ squash	17	3%
	Football	10	2%
	Cricket	6	2%
	Bowls	13	2%
	Kayaking/ canoeing/ rowing etc	6	1%
	Exercise through work/ job	5	1%
	Sailing	5	1%
	Martial Arts	4	1%
	(none/ not applicable)	65	9%
Other	38	6%	
(missing)	71	11%	
Total		639	

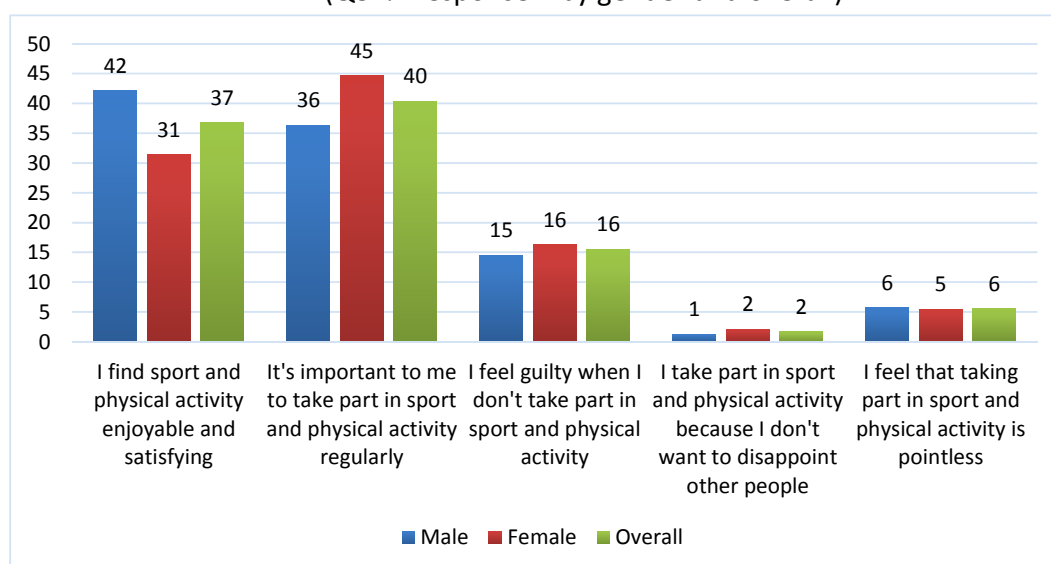
- 5.4 Nearly half of the overall sample had taken part in either walking or hiking/ hill-walking activities during the last four weeks: 48% - 42% 'walking' and 6% 'hiking/ hill-walking'.

The next most mentioned sports/ activities were ‘cycling/ mountain biking’ (14%), ‘swimming’ (13%), ‘running/ jogging’ (11%), ‘gym/ weight-training’ (11%), and ‘aerobics/ keep-fit’ and various other exercise, yoga or dance classes: total of 19% (9% ‘aerobics’, 7% ‘yoga/ Pilates’ and 3% ‘dancing/ Zumba etc.’). Other sports mentioned included ‘golf’ (5%), ‘tennis/ badminton’ (3%), ‘football’ (2%), ‘cricket’ (2%), and ‘bowls’ (2%). A total of 20% indicated that they had not taken part in any such sports/ activities or did not answer the question (9% ‘none/ not applicable’, 11% ‘missing’ data), and 5% referred to ‘gardening’ despite it not being included in the definition as a sport or physical activity stated on the survey questionnaire. (Note: multiple responses allowed so answers total over 100%.)

- 5.5 Presented with five statements and asked to choose the one that best reflects their current attitude to sport and intentional physical activity, around two-fifths each of all respondents chose the statements ‘I find sport and physical activity enjoyable and satisfying’ (37%), and ‘it’s important to me to take part in sport and physical activity’ (40%); with men being more likely than women to refer to sport and physical activity as ‘enjoyable and satisfying’ (42% compared to 31%), and correspondingly less likely to think of it as ‘important to take part in’ (36% compared to 45%).

Which statement best reflects your current attitude to sport and intentional physical activity?

(Q8: % response – by gender and overall)



- 5.6 Smaller numbers of respondents overall selected the statements ‘I feel guilty when I don’t take part in sport and physical activity’ (16%), ‘I feel that taking part in sport and

physical activity is pointless’ (6%), and ‘I take part in sport and physical activity because I don’t want to disappoint other people’ (2%).

5.7 Other statistically significant variations by District and age group were that:

The percentage of respondents selecting the statement ‘I find sport and physical activity enjoyable and satisfying’ rose to 50% for those living in Craven and those aged 30-39 years, but reduced to 21% for those living in Selby.

The numbers selecting the statement ‘it’s important to me to take part in sport and physical activity’ reduced to 23% in Craven, 25% in Scarborough, and 24% for those aged 40-49 years, but increased to 47% for those aged 65-74 years and 56% in Selby.

Around a quarter of those respondents living in Scarborough (24%) and those aged 40-49 years (27%) selected the statement ‘I feel guilty when I don’t take part in sport and physical activity’ as being the one that best reflects their current attitude, with this falling to 8% in Harrogate (compared to 16% overall).

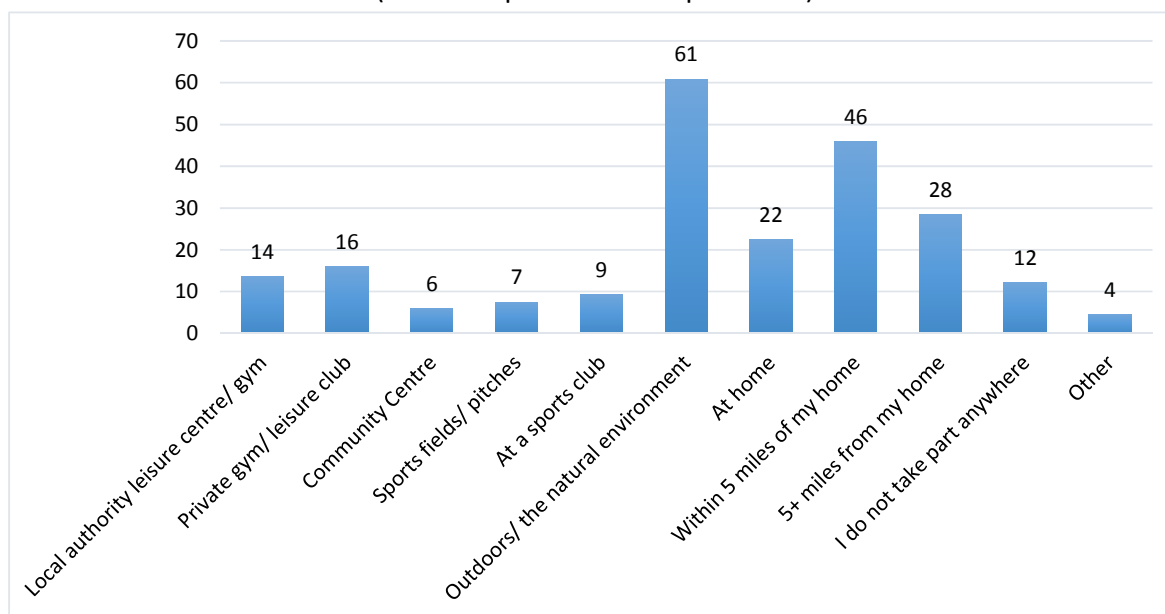
Q8) Which statement best reflects your current attitude to sport and intentional physical activity?		I find sport and physical activity enjoyable and satisfying	It's important to me to take part in sport and physical activity regularly	I feel guilty when I don't take part in sport and physical activity
District	Craven	50%	23%	22%
	Hambleton	38%	41%	12%
	Richmondshire	33%	41%	11%
	Ryedale	36%	42%	11%
	Scarborough	43%	25%	24%
	Selby	21%	56%	22%
	Harrogate	38%	48%	8%
Age Group	18 to 29 years	20%	56%	16%
	30 to 39 years	50%	38%	11%
	40 to 49 years	39%	24%	27%
	50 to 64 years	41%	39%	15%
	65 to 74 years	33%	47%	13%
	75 years and over	35%	53%	3%
Total	Overall	37%	40%	16

(Note: Table shows major responses only, significant differences from overall figures shaded blue)

5.8 The majority of all respondents (61%) said that they normally take part in sport and intentional physical activity in ‘the outdoors/ natural environment’, whilst 22% take part ‘at home’ (rising to 32% in Craven and 37% in Ryedale), 16% at a ‘private gym/ leisure club’ (rising to 27% in Harrogate), and 14% at a ‘local authority leisure centre/ gym’ (rising to 25% in Hambleton, 23% in Selby and 18% for women respondents). Smaller numbers usually take part at a ‘sports club’ (9%, rising to 14% of males and 17% of 30-39 year olds), on ‘sports fields or pitches’ (7%, rising to 13% of males, 15% in Selby, 17% of those aged 18 to 29 years, and 20% of those aged 30 to 39 years), and at a ‘Community Centre’ (6%).

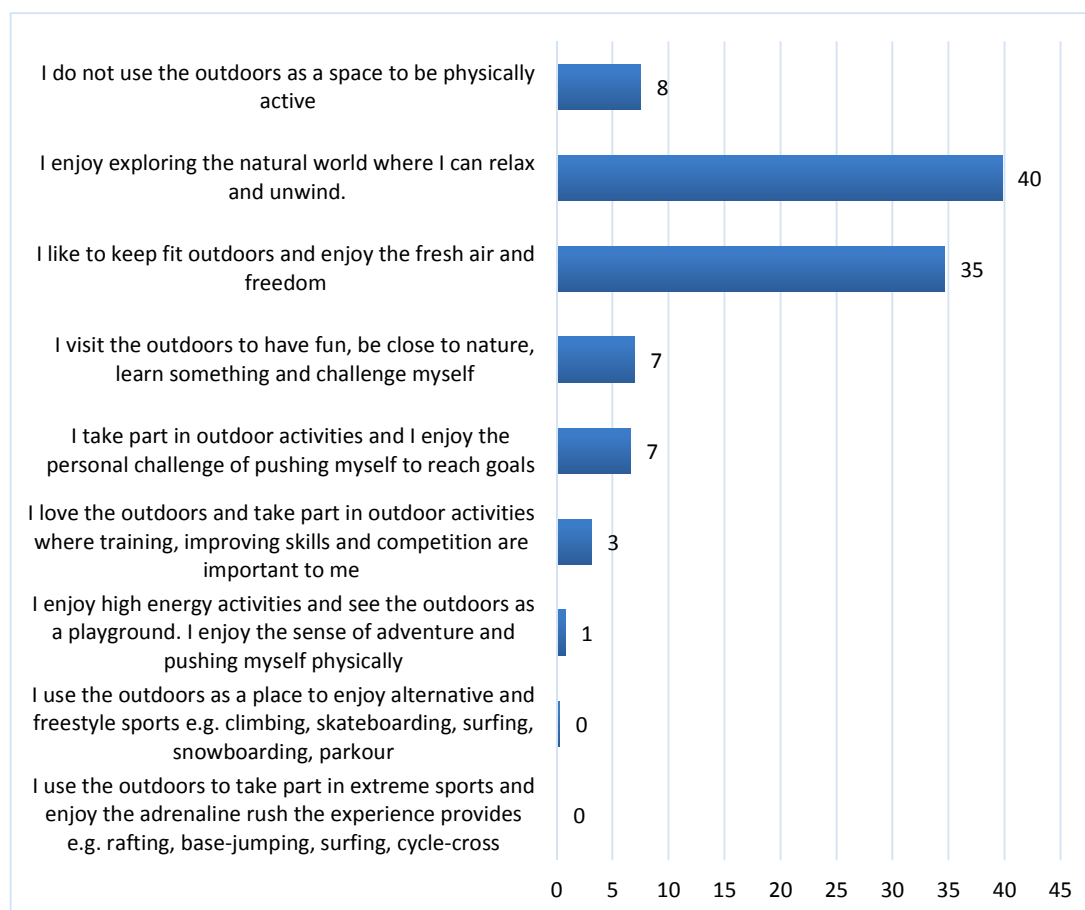
5.9 Nearly half of all respondents said that they take part ‘within five miles from home’ (46%), whilst 28% take part ‘five or more miles from home’ (rising to 37% in Craven and 42% in Selby), and 12% said ‘I do not take part anywhere’ (rising to 24% of those aged 75+ years). (Multiple responses allowed, so answers total over 100%.)

Where do you normally take part in sport and intentional physical activity?
(Q9: % response – all respondents)



5.10 When asked how they view the outdoors as a space to be physically active, the principal responses were ‘I enjoy exploring the natural world where I can relax and unwind (this may involve another hobby such as bird watching or photography)’ (40%), and ‘I like to keep fit outdoors and enjoy the fresh air and freedom’ (35%).

How do you view the outdoors as a space to be physically active?
(Q10: % response – all respondents)

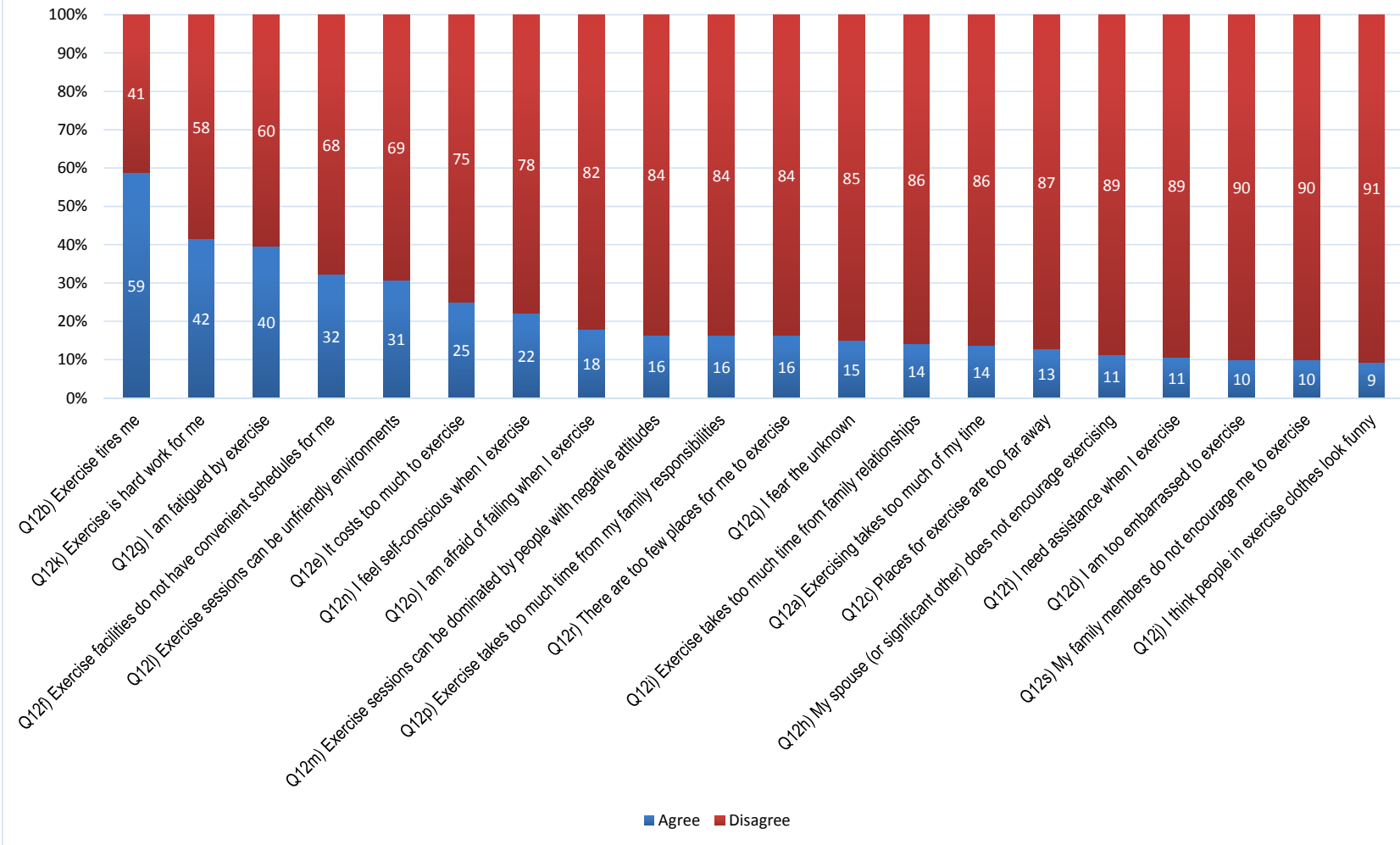


5.11 No more than seven percent of respondents felt that any of the other statements best reflected their opinion: ‘I visit the outdoors to have fun, be close to nature, learn something and challenge myself’ (7%), ‘I take part in outdoor activities and I enjoy the personal challenge of pushing myself to reach goals’ (7%), ‘I love the outdoors and take part in outdoor activities where training, improving skills and competition are important to me’ (3%), ‘I enjoy high energy activities and see the outdoors as a playground. I enjoy the sense of adventure and pushing myself physically’ (1%), ‘I use the outdoors as a place to enjoy alternative and freestyle sports e.g. climbing, skateboarding, surfing, snowboarding, parkour’ (0%; two people), and ‘I use the outdoors to take part in

extreme sports and enjoy the adrenaline rush the experience provides e.g. rafting, base jumping surfing, cycle-cross' (0%; one person). (Sub-group variations in responses were generally not significant.)

- 5.12 Overall, 8% of respondents said that they 'do not use the outdoors as a space to be physically active', with this figure increasing to 12% of 65-74 year olds, and 22% of those aged 75+ years, and to 14% in each of the Districts of Hambleton and Ryedale.
- 5.13 A quarter (25%) of the total weighted sample offered comments when asked if they had anything else to say about how they 'use the outdoors as a space to be physically active': these were diverse and are listed verbatim at Appendix 4, sorted by District of residence.
- 5.14 Respondents were then asked to indicate how much they agree or disagree with a series of 20 statements relating to possible barriers to taking part in sport and intentional physical activity or exercise. In order of the level of agreement, three-fifths of all respondents agreed ('strongly agree' and 'agree' responses combined) that 'exercise tires me' (59%), two-fifths agreed that 'exercise is hard work for me' (42%) and 'I am fatigued by exercise' (40%), a third agreed that 'exercise facilities do not have convenient schedules for me' (32%) and 'exercise sessions can be unfriendly environments' (31%), and a quarter agreed that 'it costs too much to exercise' (25%; rising to 35% in Hambleton, and to 29% for women respondents) and 'I feel self-conscious when I exercise' (22%). (See chart overleaf.)
- 5.15 Smaller minorities of respondents agreed with the statements that 'I am afraid of failing when I exercise' (18%), 'exercise sessions can be dominated by people with negative attitudes' (16%), 'exercise takes too much time from my family responsibilities' (16%), 'there are too few places for me to exercise' (16%), 'I fear the unknown' (15%), 'exercise takes too much time from family relationships' (14%), 'exercising takes too much of my time' (14%), 'places for exercise are too far away' (13%; rising to 21% in Richmondshire, but falling to 4% in Harrogate), 'my spouse or significant other does not encourage exercising' (11%), 'I need assistance when I exercise' (11%), 'I am too embarrassed to exercise' (10%), 'my family members do not encourage me to exercise' (10%), and 'I think people in exercise clothes look funny' (9%).

Q12: Agree/ disagree statements - possible barriers to taking part in sport and physical exercise
 (% response - all respondents)



5.16 Finally, respondents were asked an open question ‘Are there any barriers preventing you from taking part in sport and physical activity as often as you would like?’ The most frequently mentioned responses related to problems with health (9% of the overall sample), ‘old age’ (6%) and ‘disability’ (3%); to ‘work’ (7%) and ‘family’ (3%) commitments, and general ‘lack of time’ (3%); whilst 5% each made comments relating to ‘high costs’ and ‘lack of facilities or convenient times of activities’. (Verbatim comments are listed at Appendix 4.)

		Total	
		All respondents	
		Unweighted Count	Weighted %
Q13) Other barriers to participation in sport/ activity? (Coded responses)	Old age	32	6%
	Health problems	61	9%
	Disability	20	3%
	Caring responsibilities	9	1%
	Family responsibilities	21	3%
	Lack of interest	28	4%
	Cost	26	5%
	Lack of facilities/ convenient times	33	5%
	Work commitments	41	7%
	Lack of time	25	3%
	Transport/ distance	7	1%
	Weather	4	0%
	(No/ nothing)	97	14%
	Other	30	6%
	(no comments)	261	41%
Total		639	100%