

PARTICIPATION AND PHYSICAL ACTIVITY LEVELS

The following summarises the data available which establishes the position of Wales relative to England on two distinct measures:

- ***Participation in sport / physical recreation*** – the % of the population who have engaged in at least one sport / physical recreation activity during the past 4 weeks (prior to interview)
- ***Recommended physical activity levels*** – the % of the population who meet the required guideline of achieving 5 X 30 minutes of at least moderate intensity exercise. Moderate intensity exercise can involve a variety of sports but also activities such as brisk walking, heavy housework or heavy gardening

1) Participation

In terms of establishing an accurate comparison between England and Wales for participation in sport and physical recreation, the General Household Survey (GHS) of 1996 is the best source. Within this one survey, separate participation rates (calculated on a consistent basis) for England and Wales are recorded. These are as follows:
