PRESSRED

# Mid Wales:

## An insight into physical activity behaviours of our disabled population

April 2025

THE NATIONAL LOTTERY®

CHWARAEON ANABLEDD CYMRU DISABILITY SPORT WALES

# Adults

This section focusses on:

- Adults with a limiting illness or disability
- Physical inactivity

# What do we mean by adults with a limiting illness or disability?

By **adults**, we mean:

Those aged 16-64

For the purposes of this pack, we have chosen to look at the data for adults aged 16-64. People aged over the age of 65 are considerably more likely to be living with a limiting illness or disability. We have decided to focus on adults, still of working age.

By **limiting illness or disability**, we mean:

Longstanding illnesses or health conditions

Respondents* reporting physical or mental health conditions or illnesses lasting or expected to last 12 months or more. This is based on their own understanding of their condition and not on a medical diagnosis.

# What do we mean by inactivity?

By **inactive**, we mean:

People that are doing less than 30 minutes of physical activity a week

*National Survey for Wales

# What do we know about our **adult population**?

Total 16-64 year old population

**118,000**

**21,000**

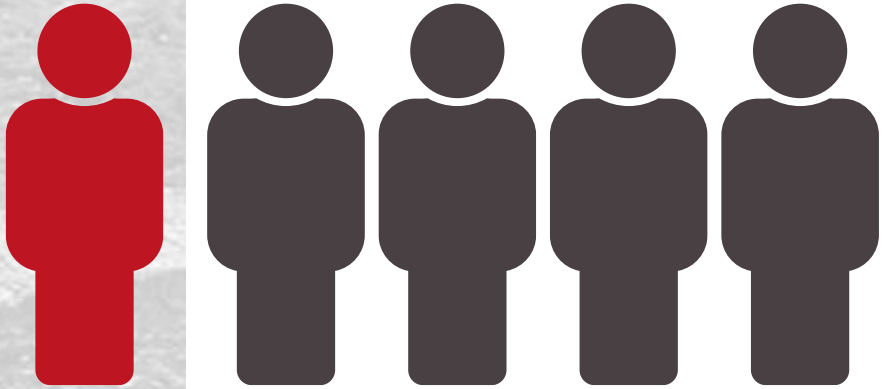
of those have a limiting illness or disability (18%)

**6,300**

of those with a limiting illness or disability are inactive (30%)

Data is for: Mid Wales

Source: National Survey for Wales 2022-23, age 16-64 and ONS Census 2021



Almost

# 1 in 5

working age adults have a limiting illness or disability
(aged 16-64)

## That's 21,000 people

Data is for: Mid Wales

Source: ONS Census 2021, aged 16-64 years

# 75% of working age people with a limiting illness or disability consider themselves to be in 'good' or 'fair' health

(Compared to those without a limiting illness or disability, 99.7%)

**7 in 10** are in good/fair health

Data is for: Mid Wales

Source: ONS Census 2021, aged 16-64 years

# Disabled workers are

# 1.5 times as likely to

# be in unskilled jobs (NS SeC 6-8)

41%

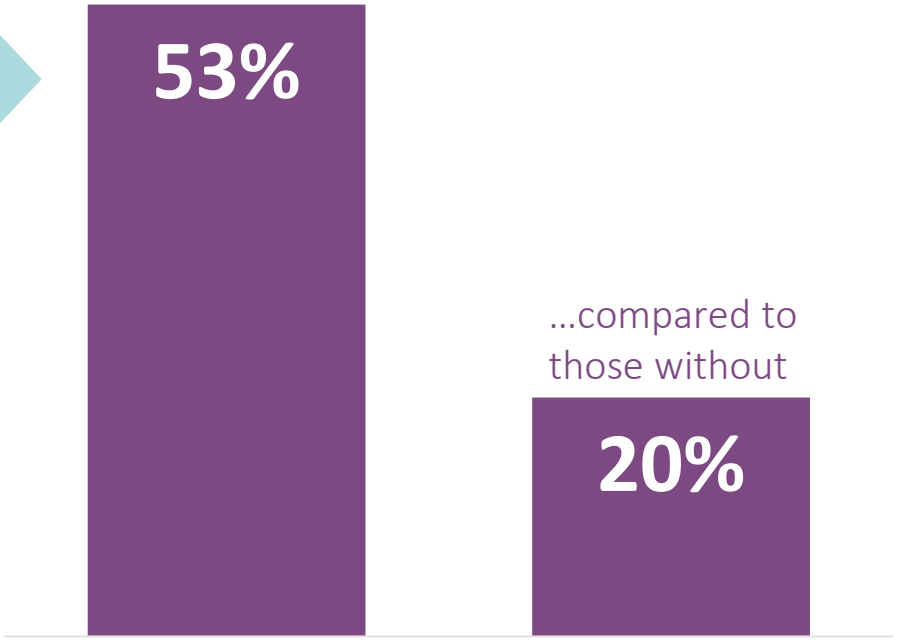
Compared to those without a limiting illness or disability

25%

Data is for: Mid Wales

Source: ONS Census 2021, aged 16-64 years

People with a limiting illness or disability are almost **3 times more likely** to be economically inactive…




Data is for: Mid Wales

Source: ONS Census 2021, aged 16-64 years

# National Survey for Wales data

## Inactive levels for adults (16-64 year olds) with and without a disability

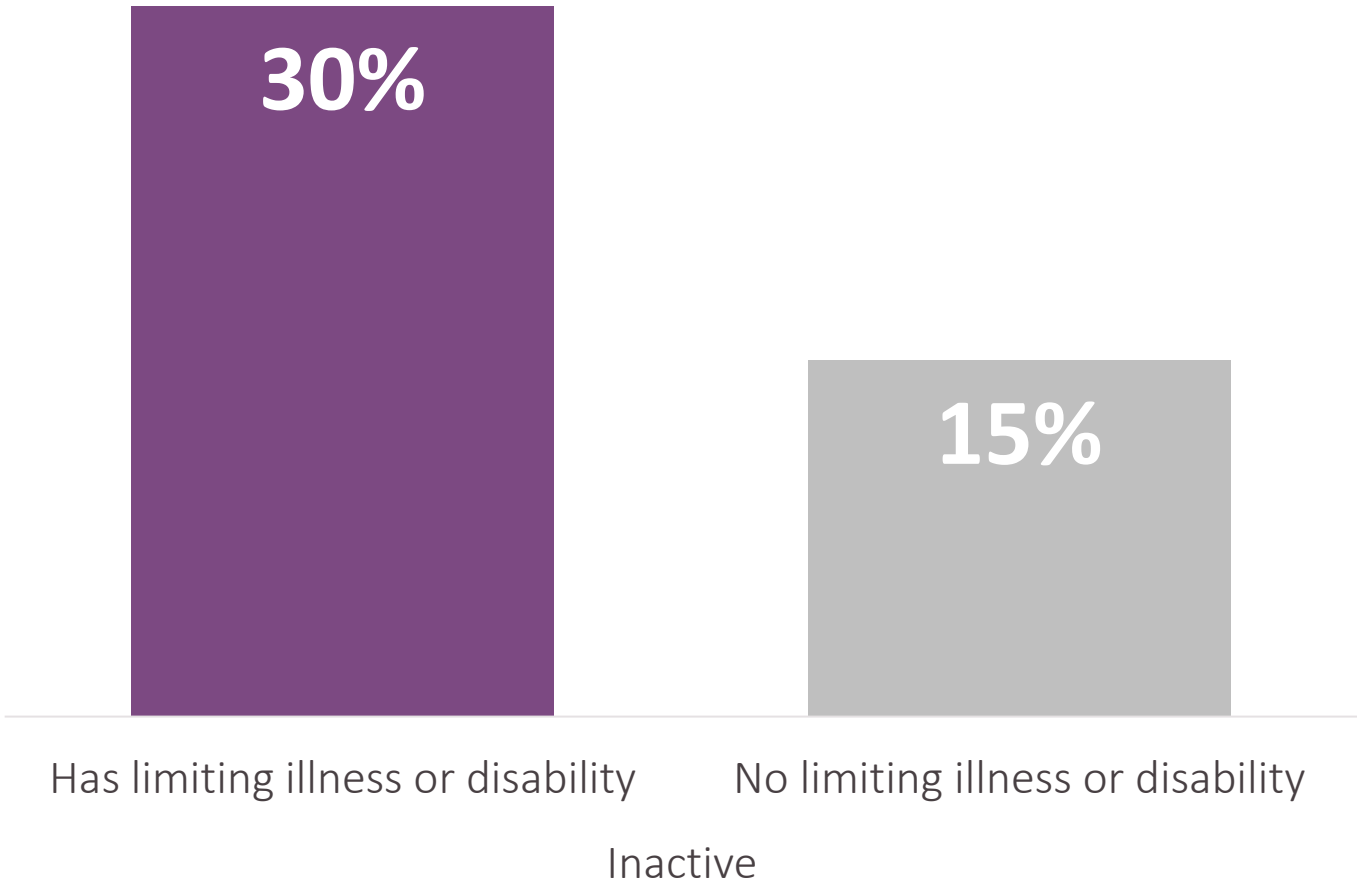
Latest 3 years of data have been combined to boost sample sizes (2020-23) throughout this section, unless stated otherwise

# Key messages

- Our adults are twice as likely to be inactive if they have a disability
- Disabled women's inactivity levels are higher than disabled men
- Inactivity peaks for disabled people between the ages of 35 and 54
- Disabled adults outside of the workforce are twice as likely to be physically inactive than those in employment
- There is no difference between levels of inactivity for disabled people in rural and urban settings

- Disabled adults living in private rented accommodation are far more likely to be physically inactive than owner-occupied homes
- Physical inactivity is higher among disabled adults from non-White British ethnicities (Wales)
- Inactivity rates are higher for disabled people without a car (Wales)
- Almost half disabled adults living in the most deprived areas are physically inactive, compared to a third of those living in more affluent areas (Wales)

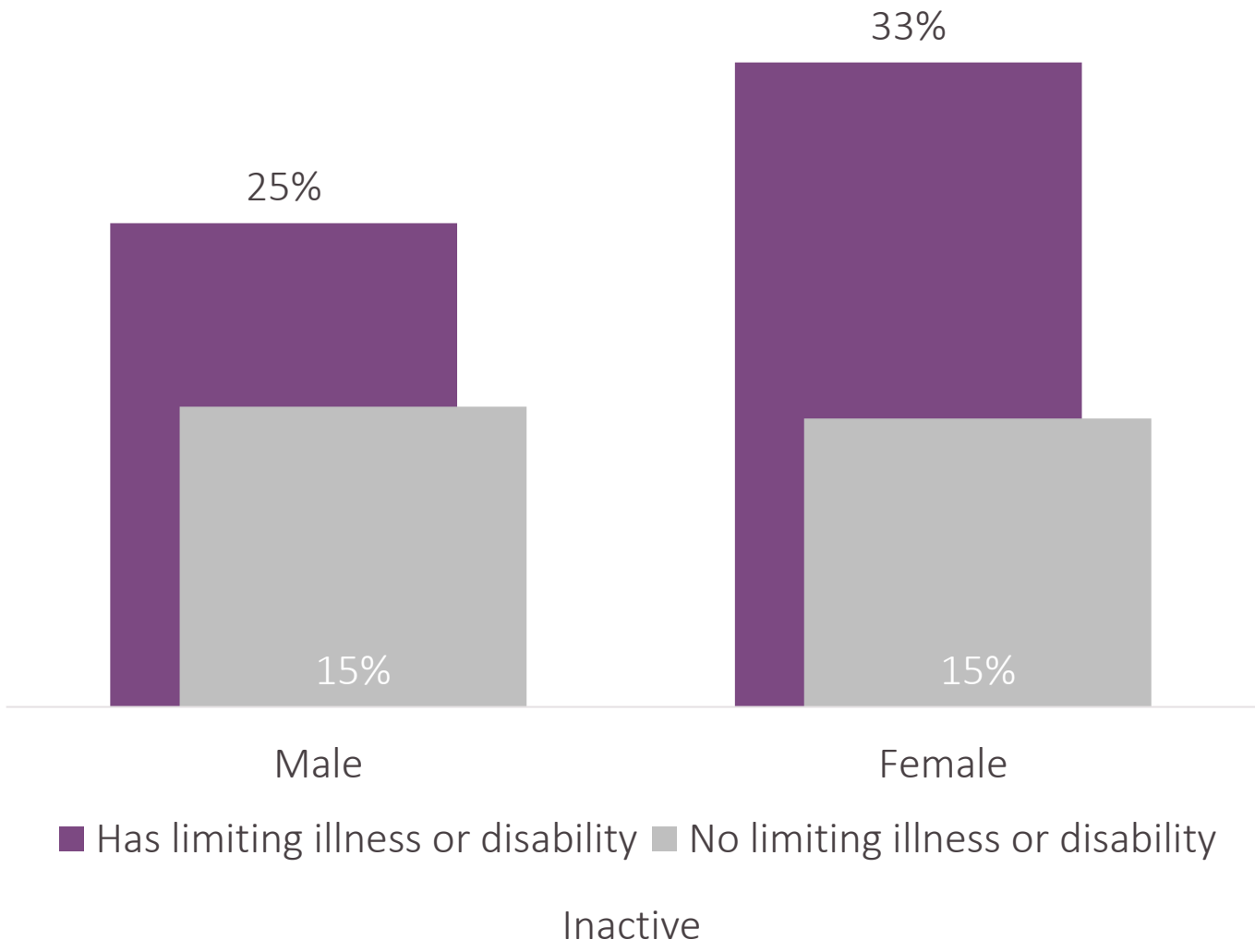
# Disabled adults are **twice as likely to be inactive**




Data is for: Mid Wales

Source: National Survey for Wales, 2020-23 combined, age 16-64

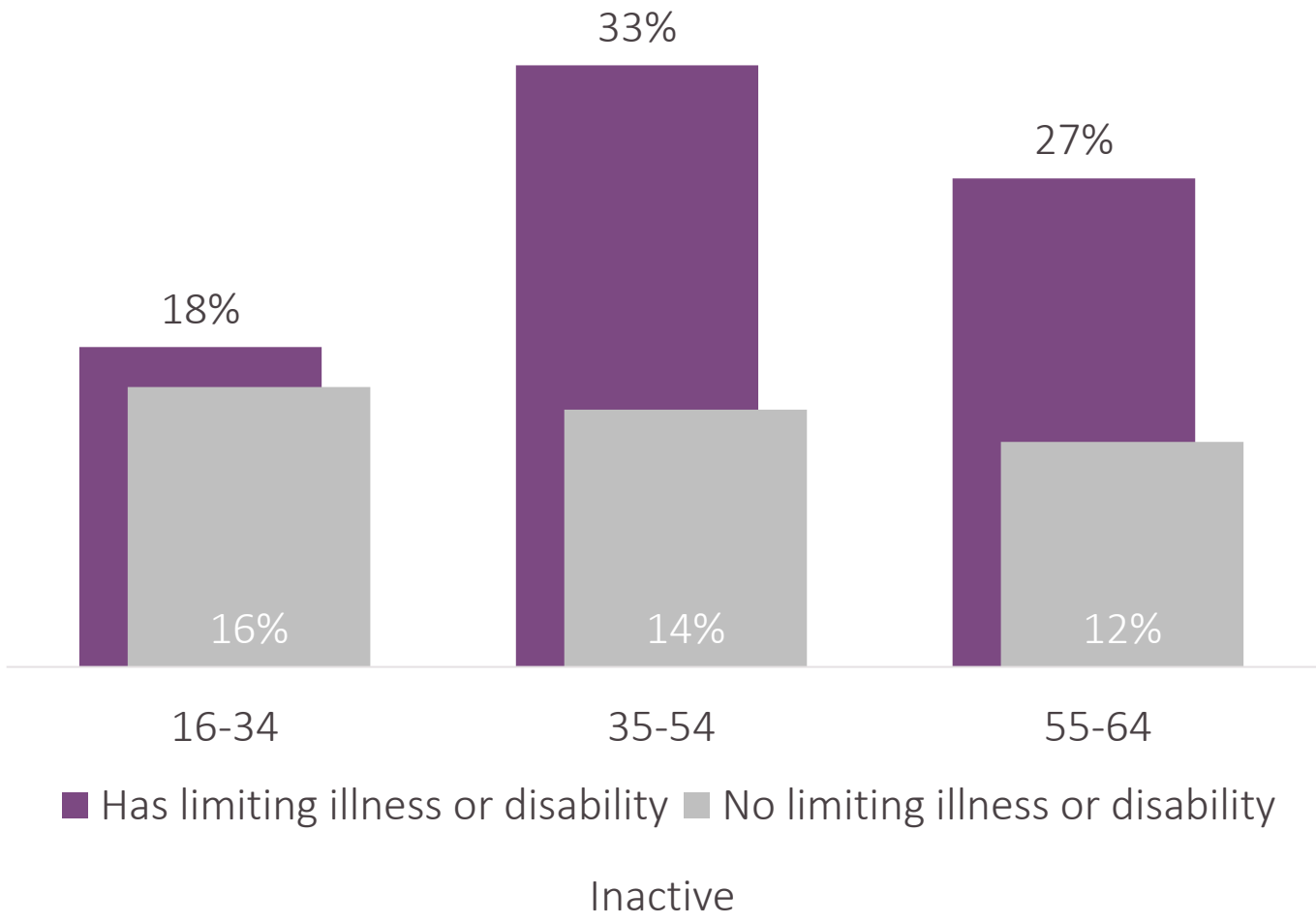
# **Disabled women's inactivity levels are higher** than disabled men




Data is for: Mid Wales

Source: National Survey for Wales, 2020-23 combined, age 16-64

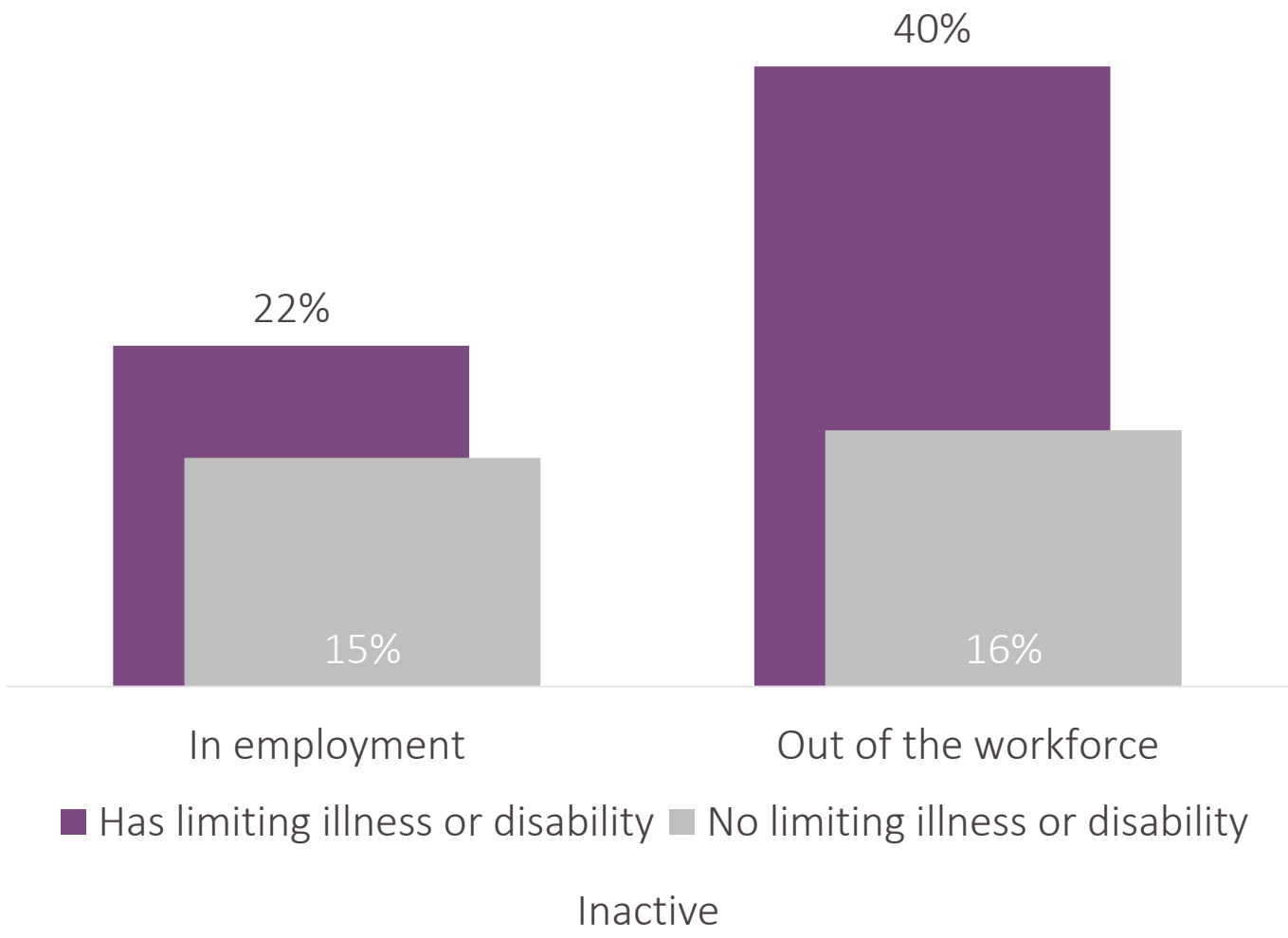
# Inactivity peaks for **disabled people between the ages of 35 and 54**




Data is for: Mid Wales

Source: National Survey for Wales, 2020-23 combined, age 16-64

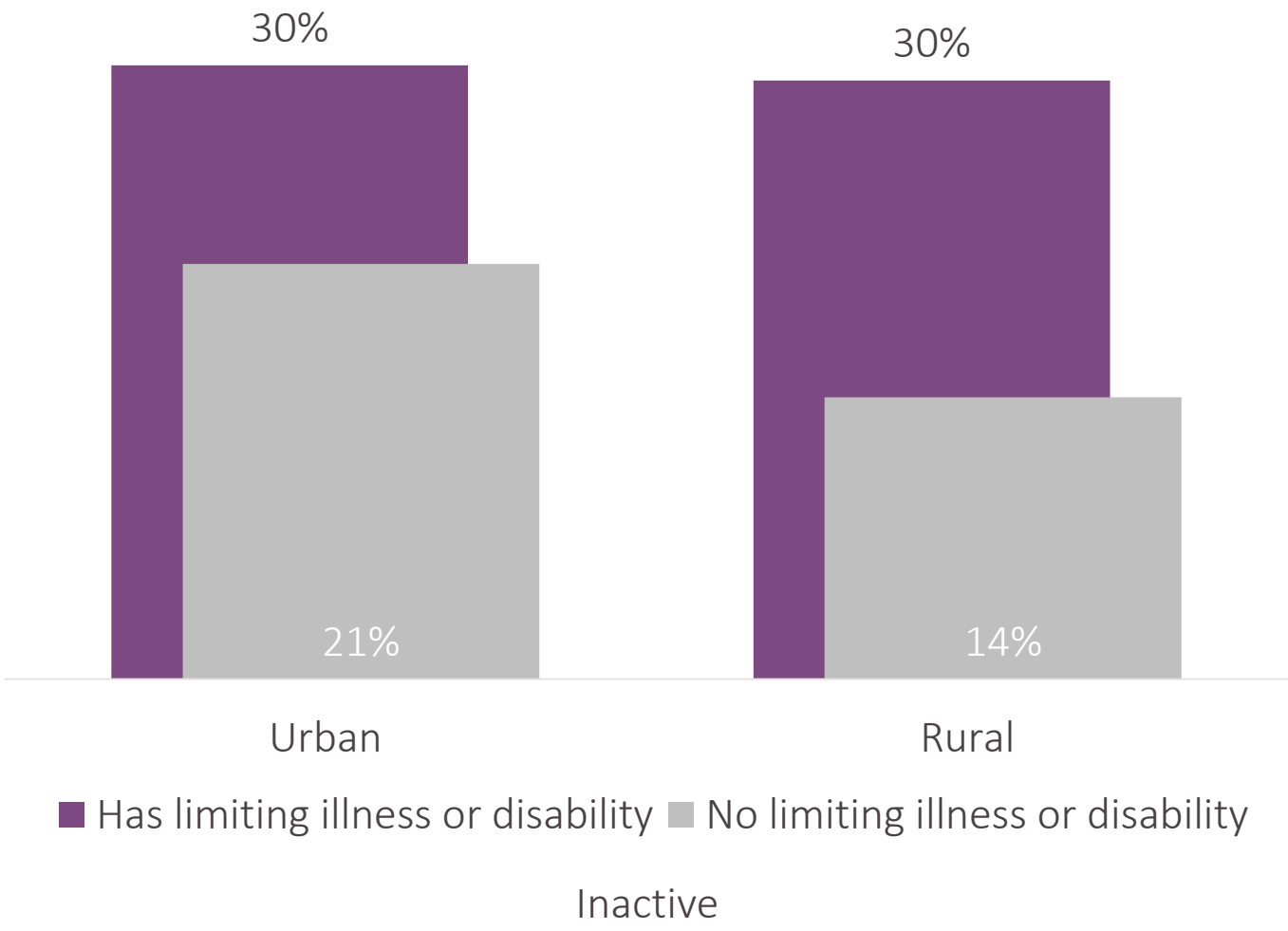
**Disabled adults outside of the workforce** are twice as likely to be physically inactive than those in employment




Data is for: Mid Wales

Source: National Survey for Wales, 2020-23 combined, age 16-64

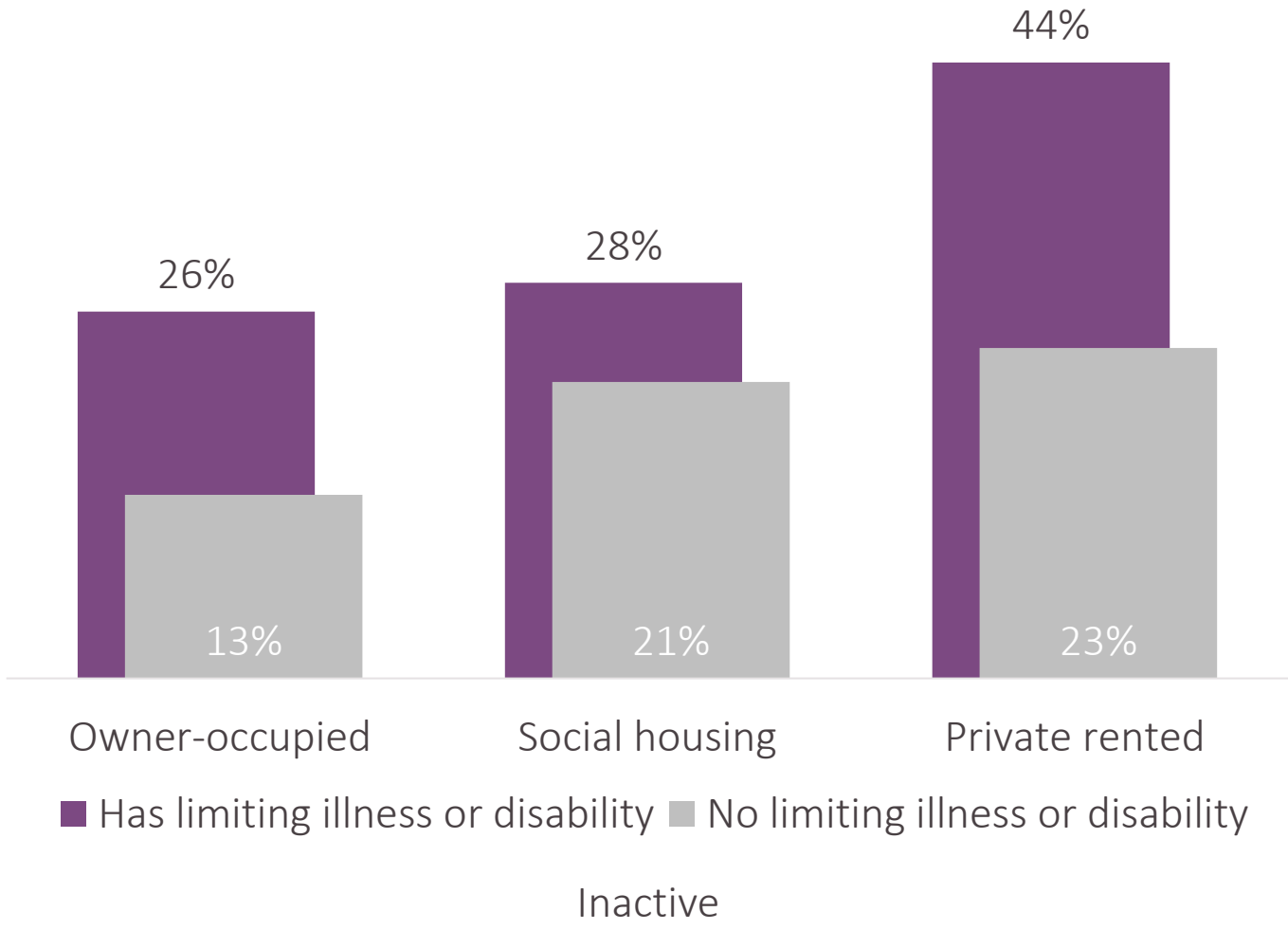
There is no difference between levels of inactivity for **disabled people in rural and urban settings**




Data is for: Mid Wales

Source: National Survey for Wales, 2020-23 combined, age 16-64

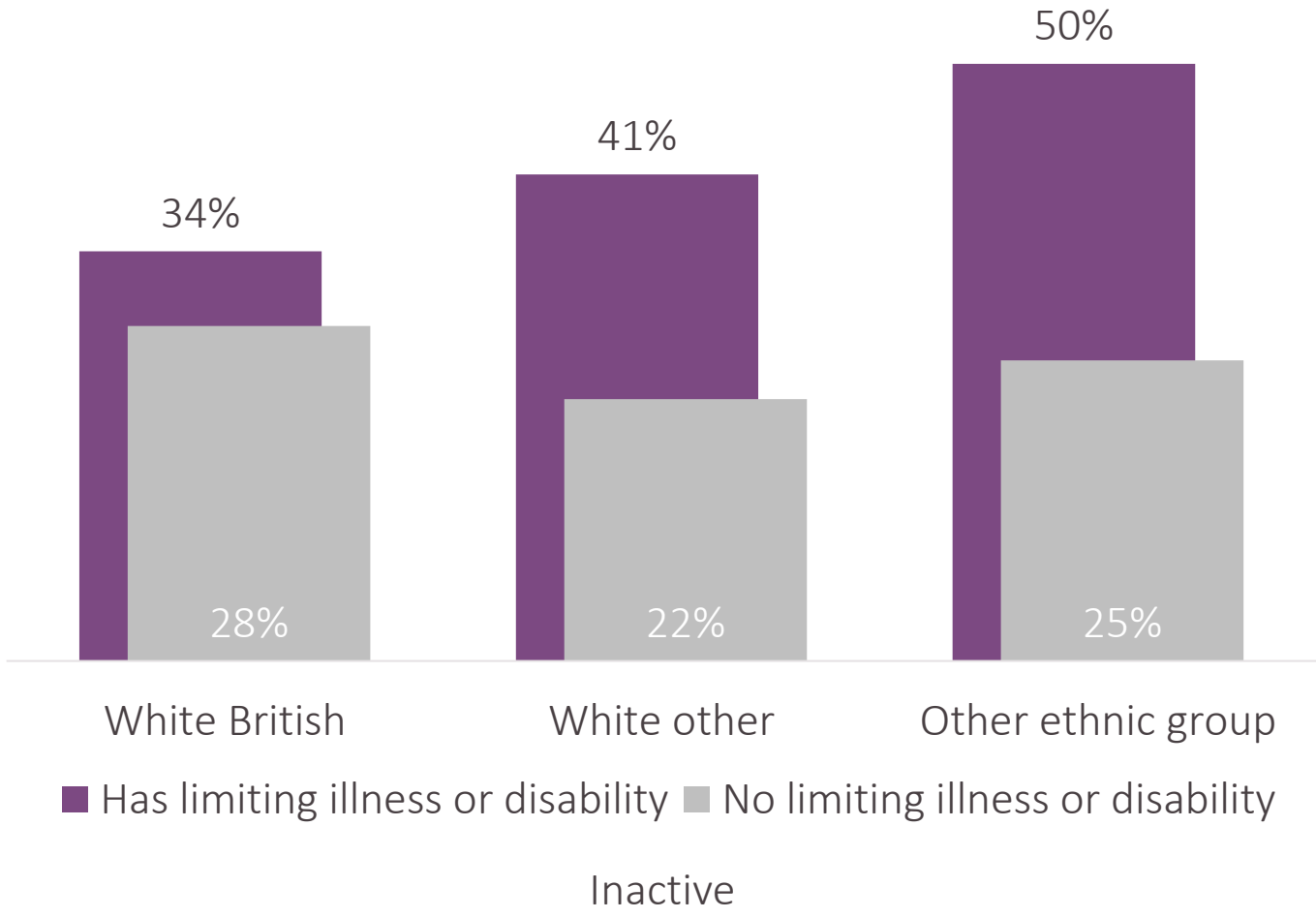
**Disabled adults living in private rented accommodation** are far more likely to be physically inactive than owner-occupied homes




Data is for: Mid Wales

Source: National Survey for Wales, 2020-23 combined, age 16-64

Physical inactivity is higher among **disabled adults from non-White British ethnicities** (Wales)

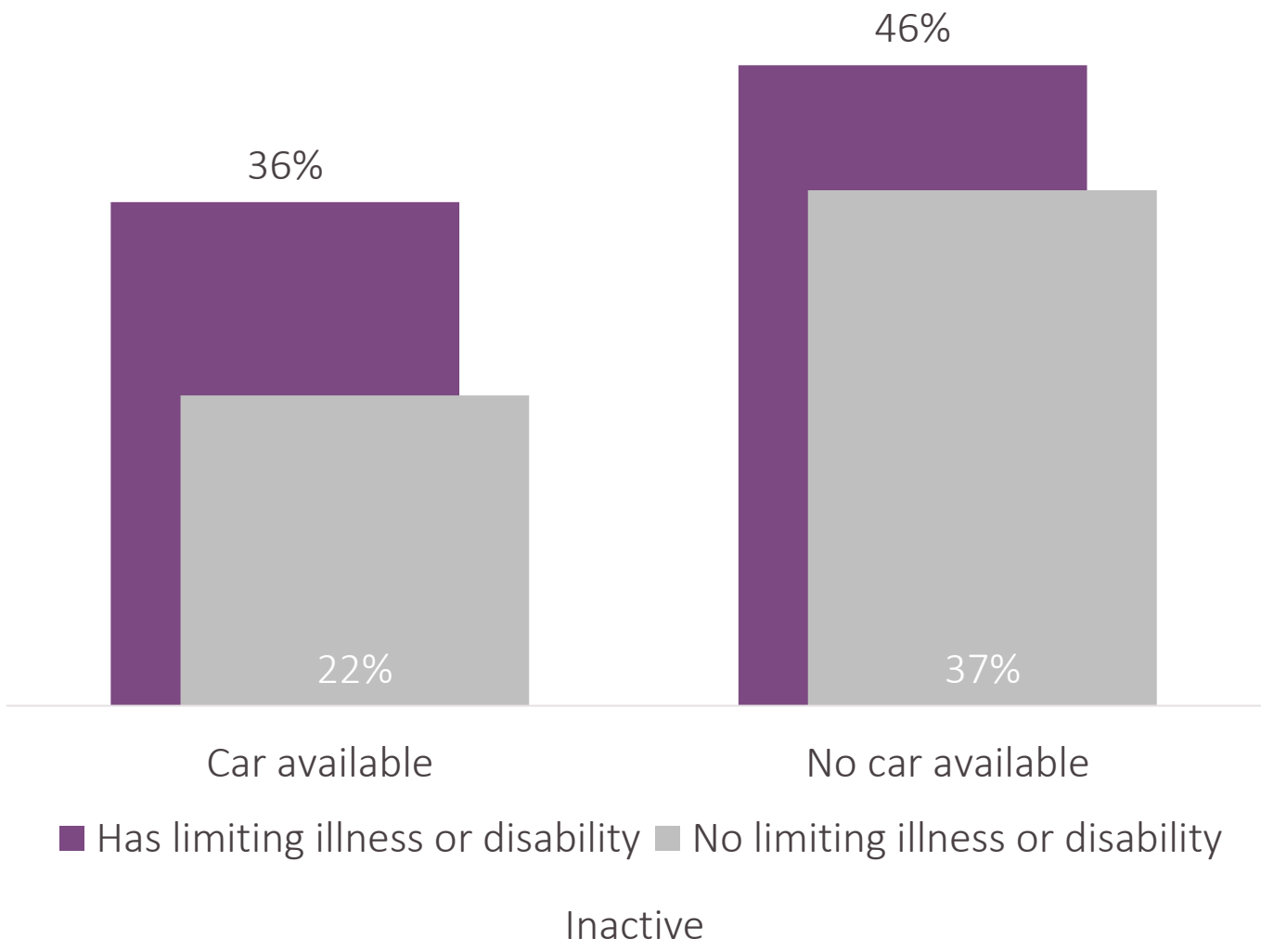



Wales

Data is for: Wales

Source: National Survey for Wales, 2020-23 combined

# Inactivity rates are higher for disabled people without a car (Wales)




Wales

Data is for: Wales

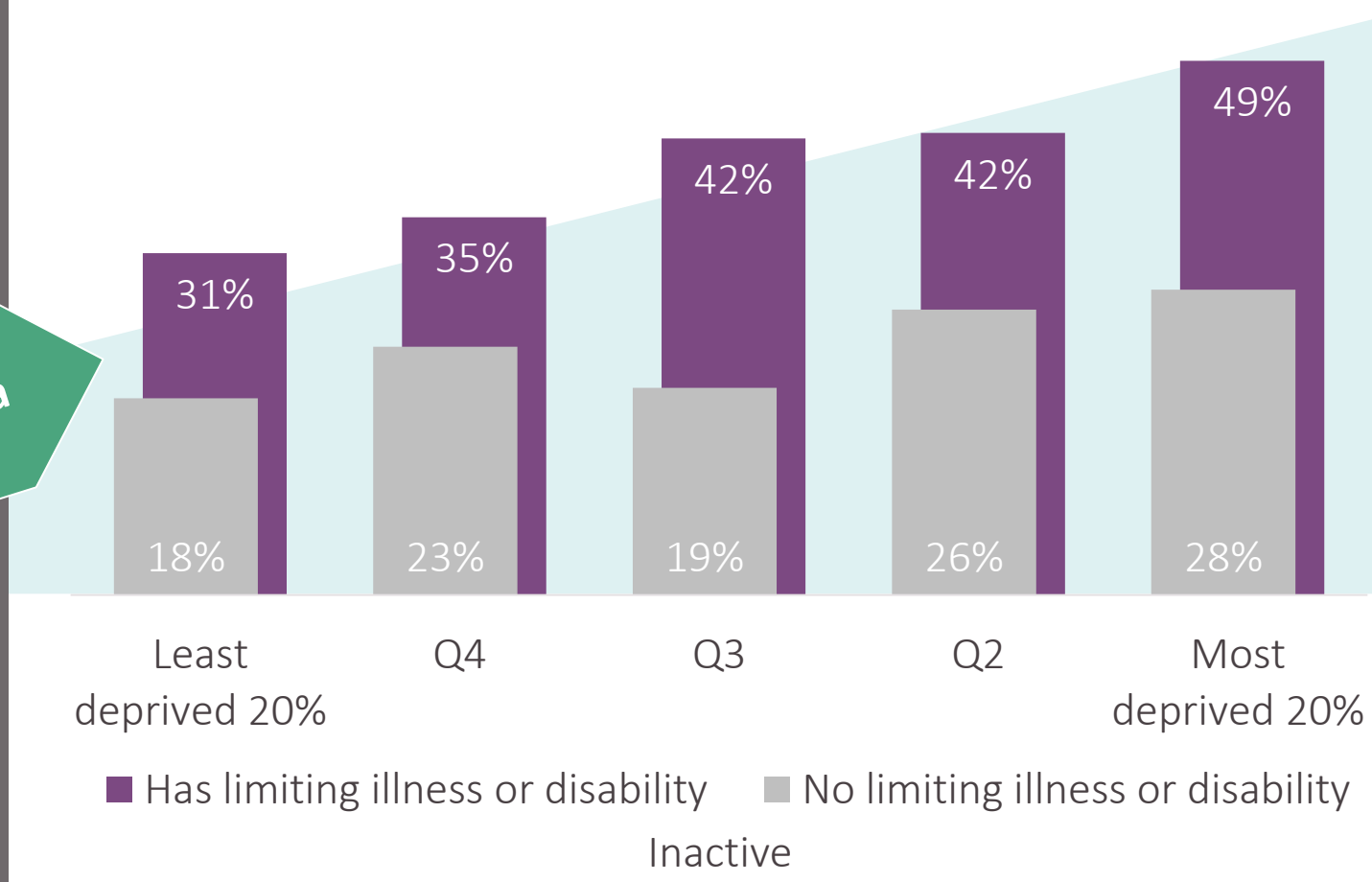
Source: National Survey for Wales, 2020-23 combined

# Almost half disabled adults living in the most deprived areas are physically inactive

compared to a third of those living in more affluent areas

Look at the difference in **inactivity rates for those with a limiting illness or disability**

## Inactivity rates by WIMD (Wales)




Wales

Data is for: Wales

Source: National Survey for Wales, 2020-23 combined

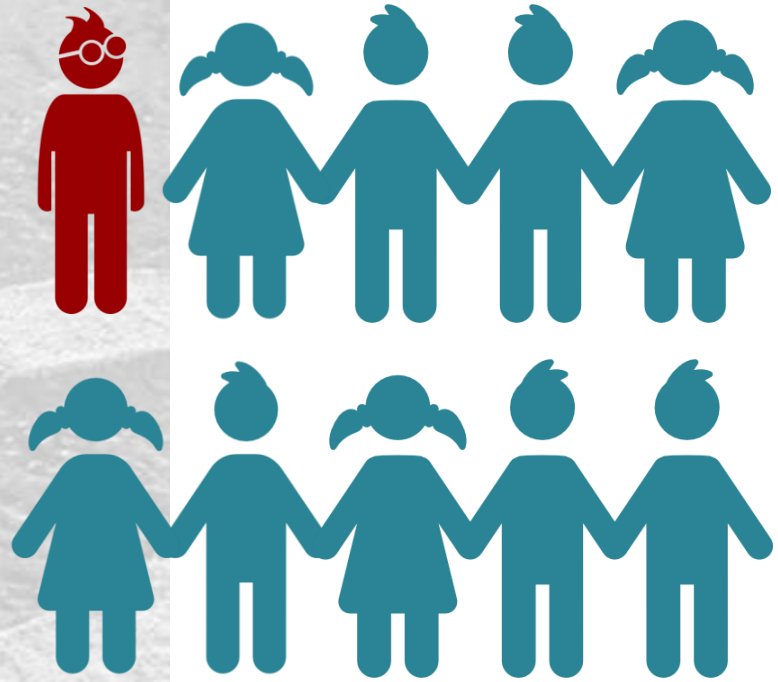
# Children and young people

# Key messages

- Over 1 in 10 children and young people have a limiting illness or disability.  That's 2,000 children
- Children and young people with a disability are less likely to be active than children without a disability
- There is an inequality in activity levels between the least and most deprived disabled children
- Disabled children's activity levels don't appear to differ between primary and secondary schools. However, disabled children in years 10-11 are less likely to be active, compared to year 7-9
- Physical activity levels are lower for White disabled children
- Disabled children who have access to a car are more likely to be active
- Disabled children living in low affluence households are less likely to be active than their wealthier peers
- Disabled children living in rural communities are more likely to be active than those living in urban neighbourhoods
- Disabled children reporting higher life satisfaction are more active than those with lower satisfaction.
- However, children with a disability have a lower average WEMWBS score compared to children without disabilities

Data is for:  Mid Wales

Sources: ONS Census 2021, aged 5-15 years
School Sports Survey 2023 and SHRN Survey 2021 and 2023



Almost

# 1 in 10

children and young people have a limiting illness or disability (9%)

## That's 2,000 children

Data is for: Mid Wales

Source: ONS Census 2021, aged 5-15 years

# 93% of children and young people with a limiting illness or disability consider themselves to be in ‘good’ or ‘fair’ health

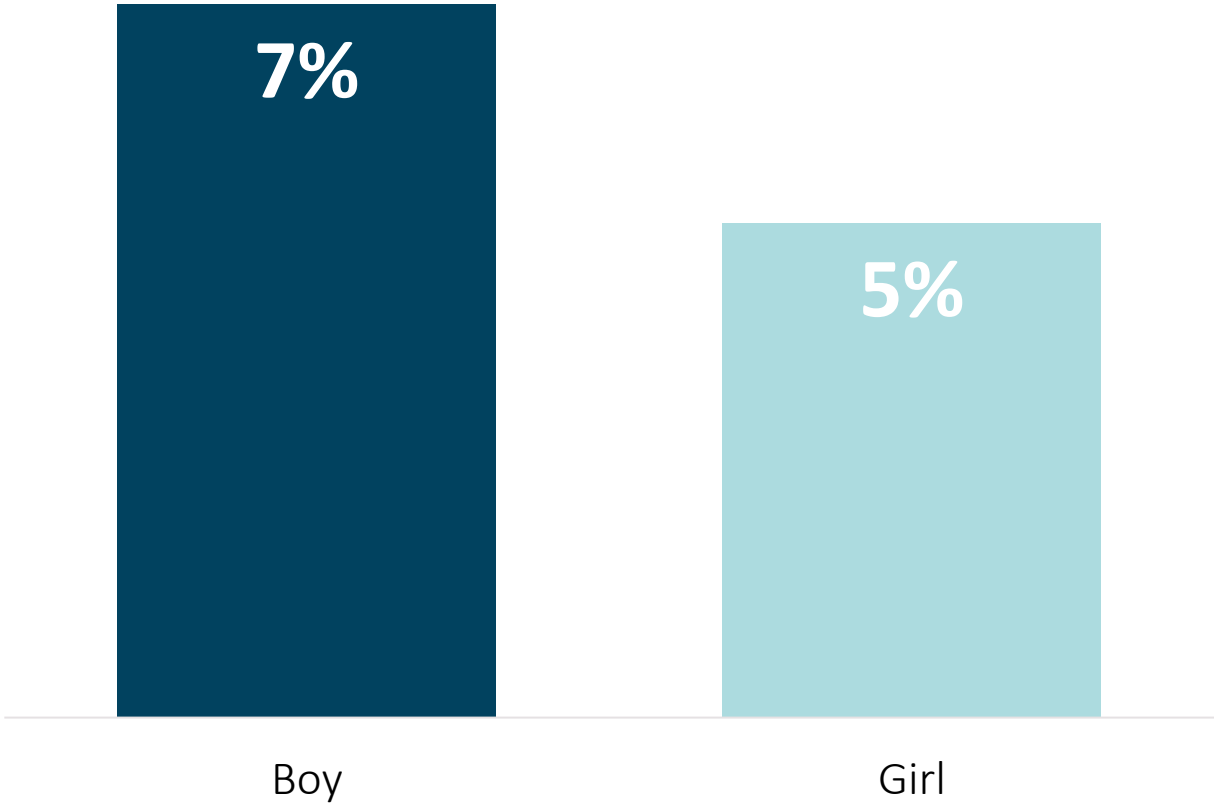
(Compared to those without a limiting illness or disability, 100%)

**9 in 10** are in good/fair health

Data is for: Mid Wales

Source: ONS Census 2021, aged 5-15 years

# **Boys** are more likely to have a limiting illness or disability than girls



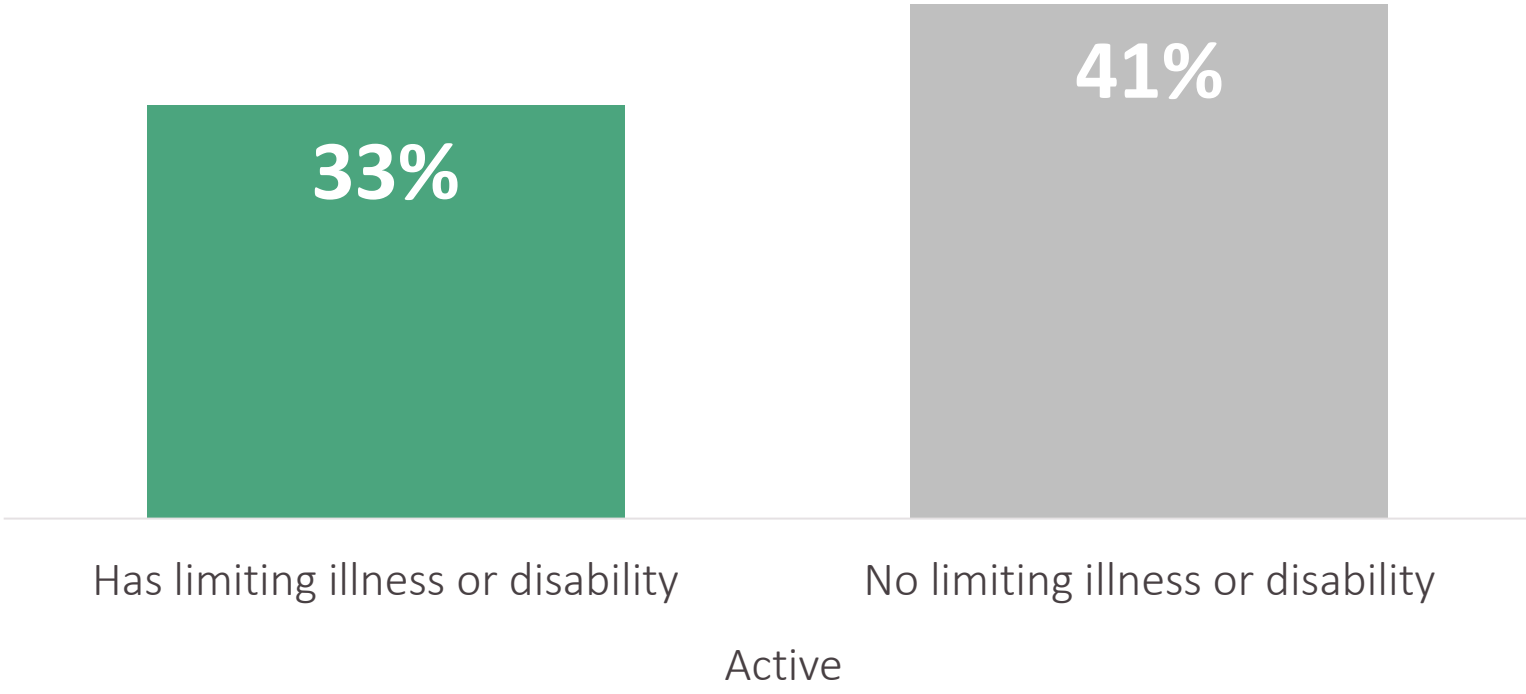

Data is for: Mid Wales

Source: ONS Census 2021, aged 0-15 years

# School sports survey

Young people who are ‘hooked on sport’. In the following slides, these will be referred to as ‘active’.

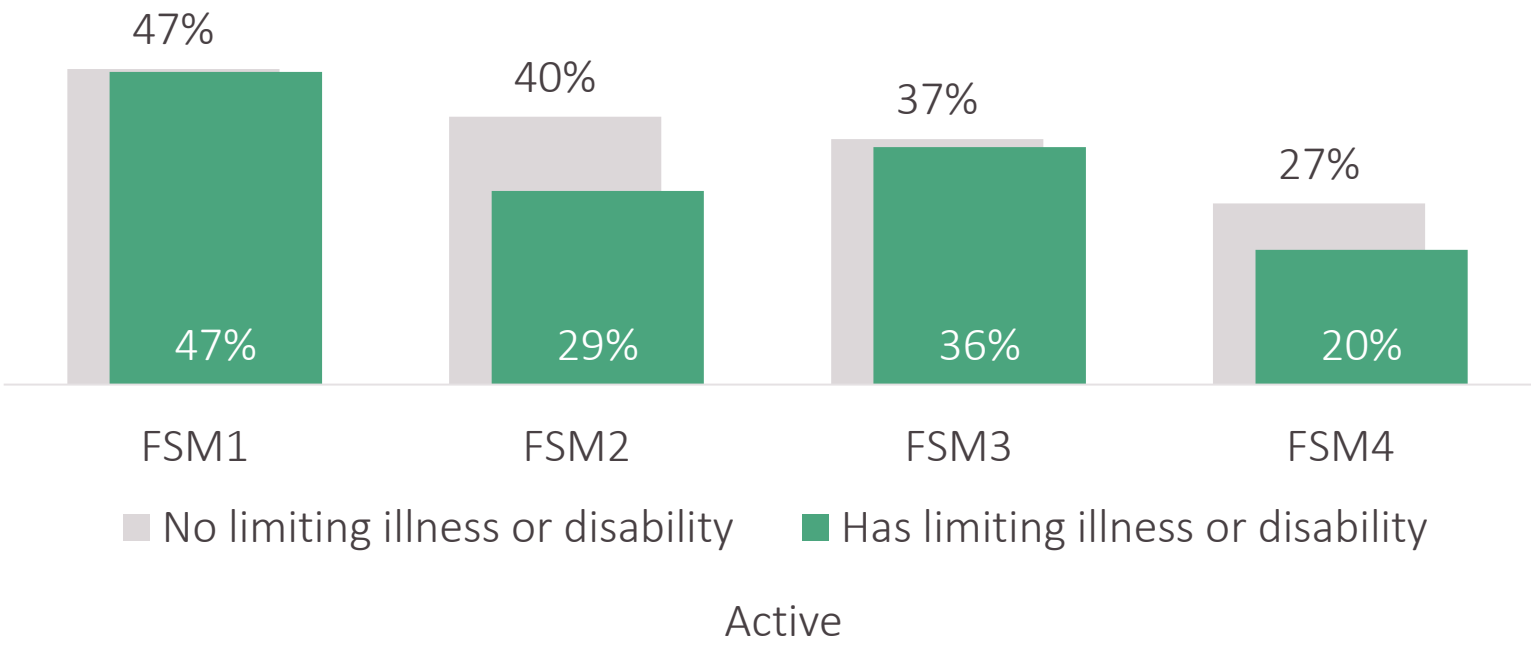
**Disabled children and young people are less likely to be active** compared to those without a disability




Data is for: Mid Wales

Source: School Sport Survey 2023
Measure: Young people who are 'hooked on sport'

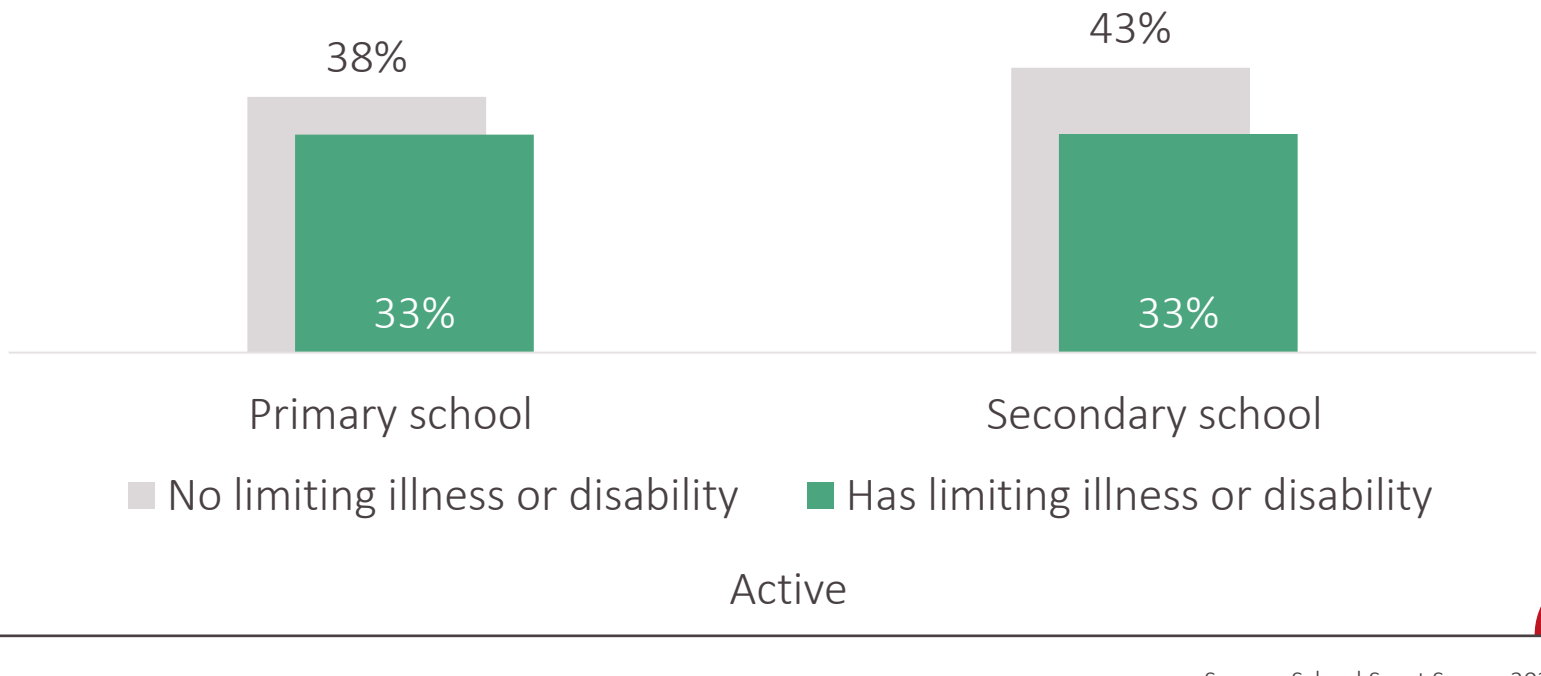
# There is an inequality in activity levels between the least and most deprived disabled children




Data is for: Mid Wales

Source: School Sport Survey 2023
Measure: Young people who are 'hooked on sport'

# Disabled children's activity levels don't appear to differ between **primary and secondary schools**



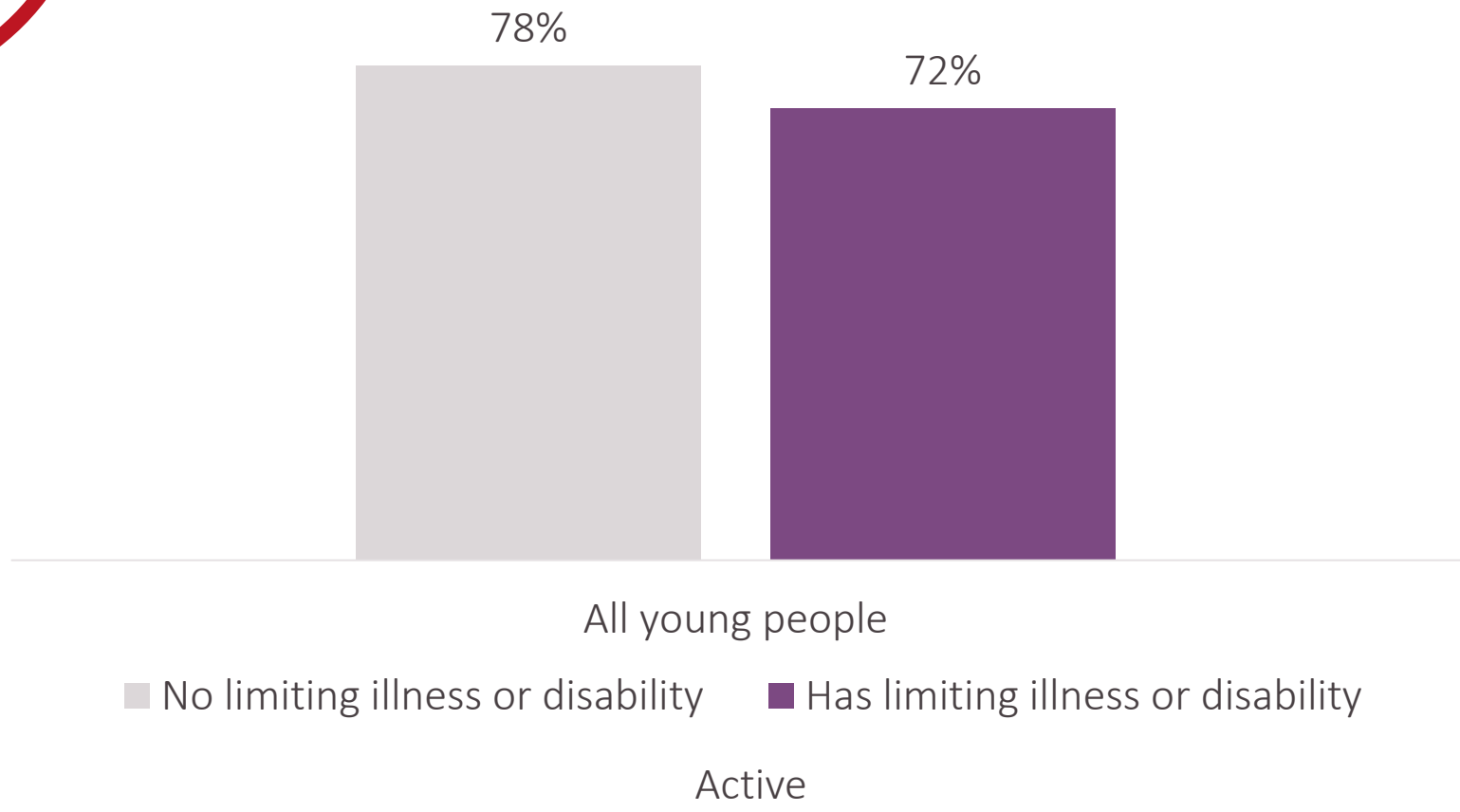

Data is for: Mid Wales

Source: School Sport Survey 2023
Measure: Young people who are 'hooked on sport'

# SHRN data

Young people who are active 3+ days a week

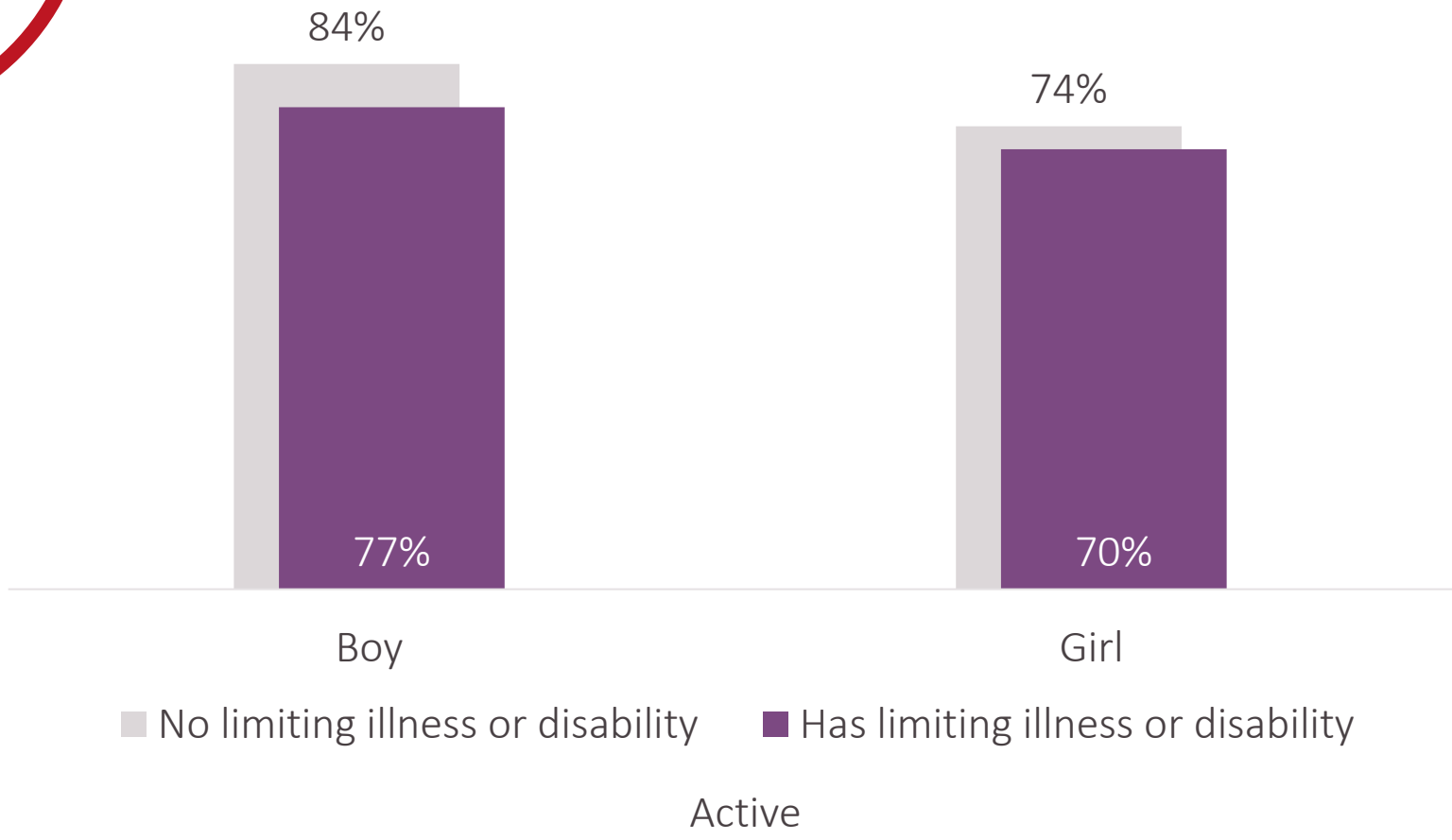
**Disabled children and young people are less likely to be active** than non-disabled children




Data is for: Mid Wales

Source: School Health Research Network 2021 and 2023
Measure: Young people who are active 3+ days a week

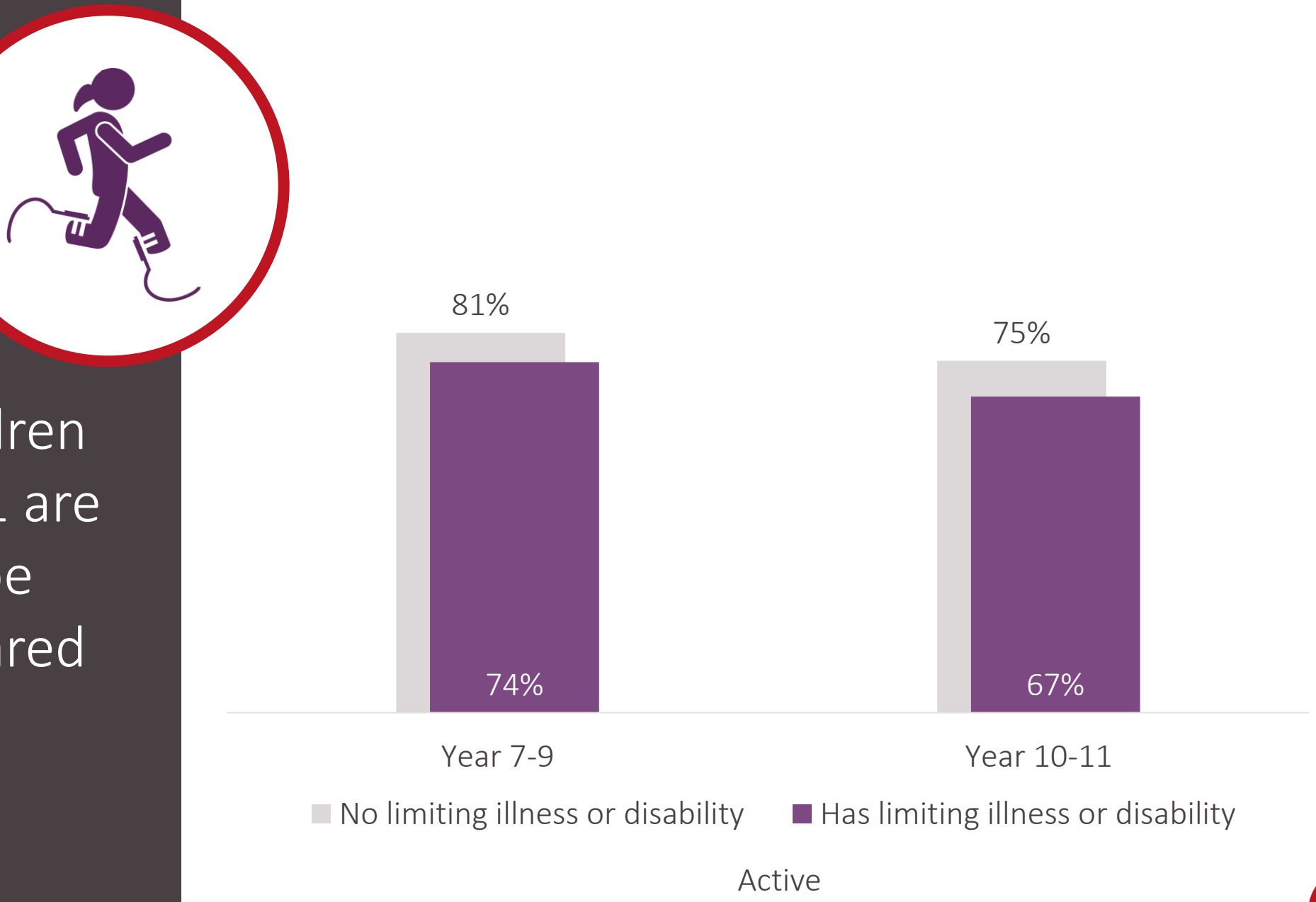
**Disabled girls** are less likely to be active than boys




Data is for: Mid Wales

Source: School Health Research Network 2021 and 2023
Measure: Young people who are active 3+ days a week

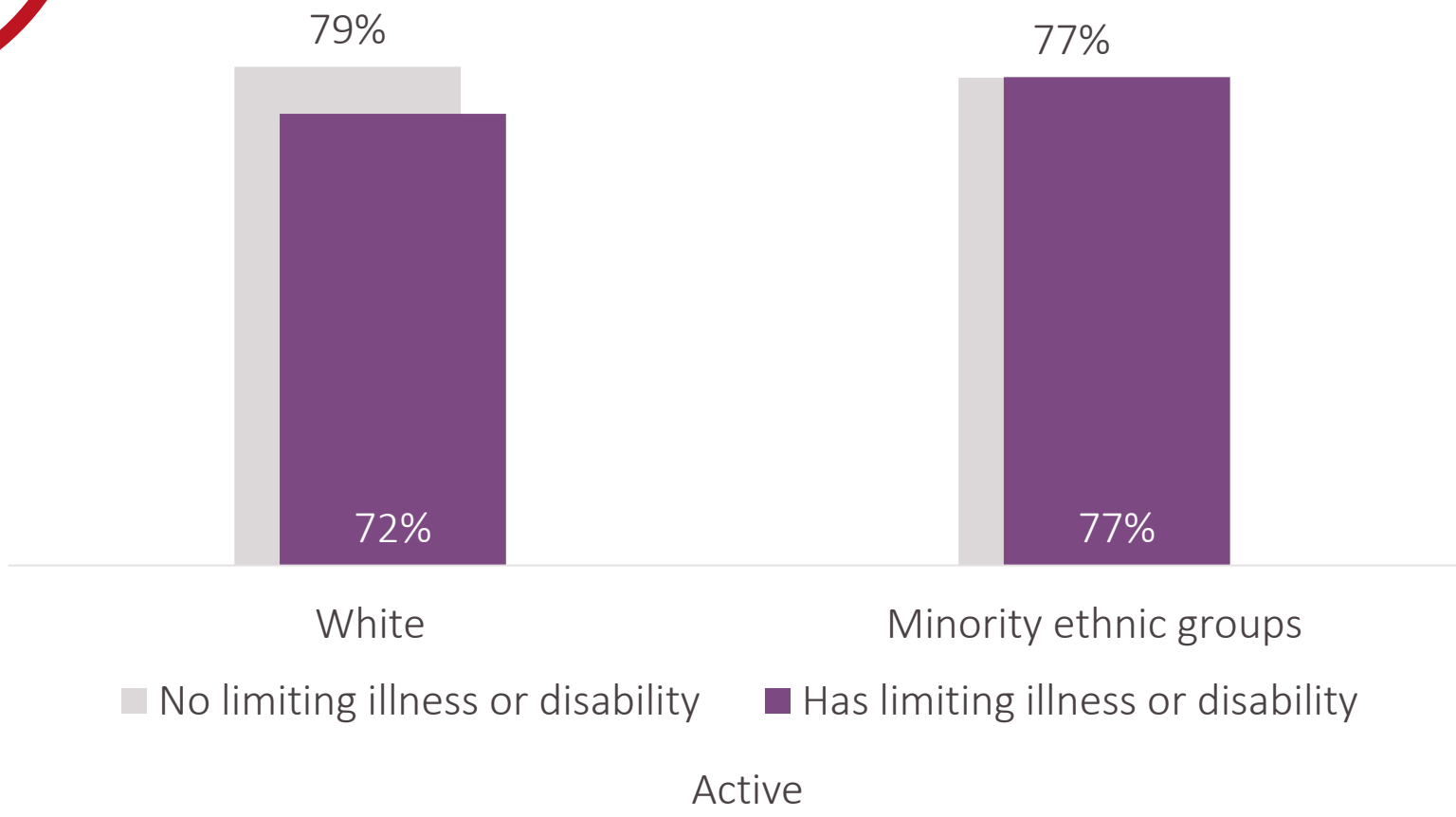
# Disabled children in years 10-11 are less likely to be active, compared to year 7-9




Data is for: Mid Wales

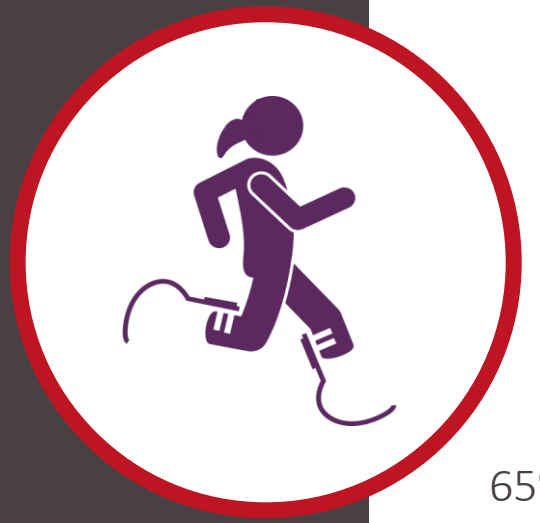
Source: School Health Research Network 2021 and 2023
Measure: Young people who are active 3+ days a week

Physical **activity levels are lower for White disabled children** and young people

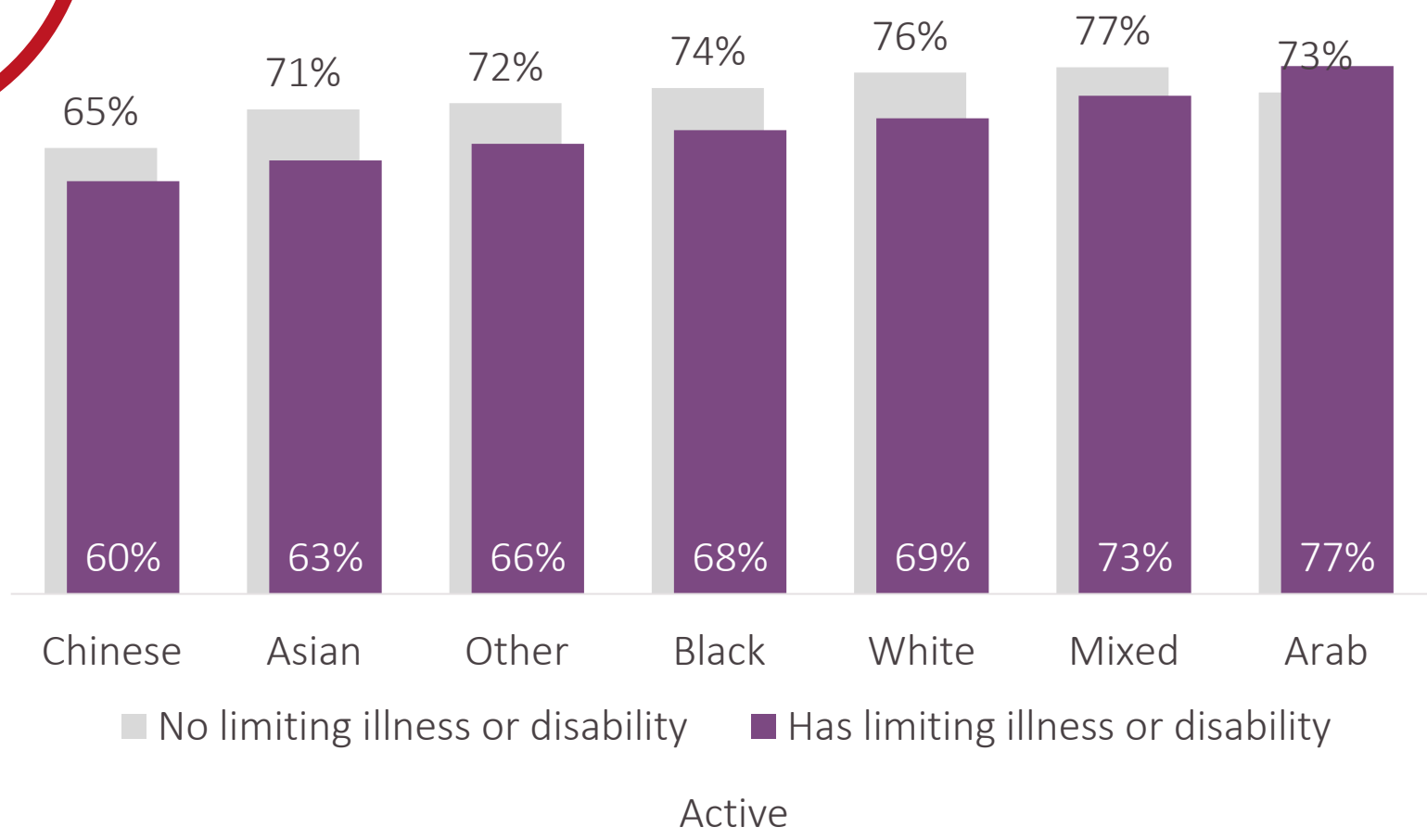



Data is for: Mid Wales

Source: School Health Research Network 2021 and 2023
Measure: Young people who are active 3+ days a week



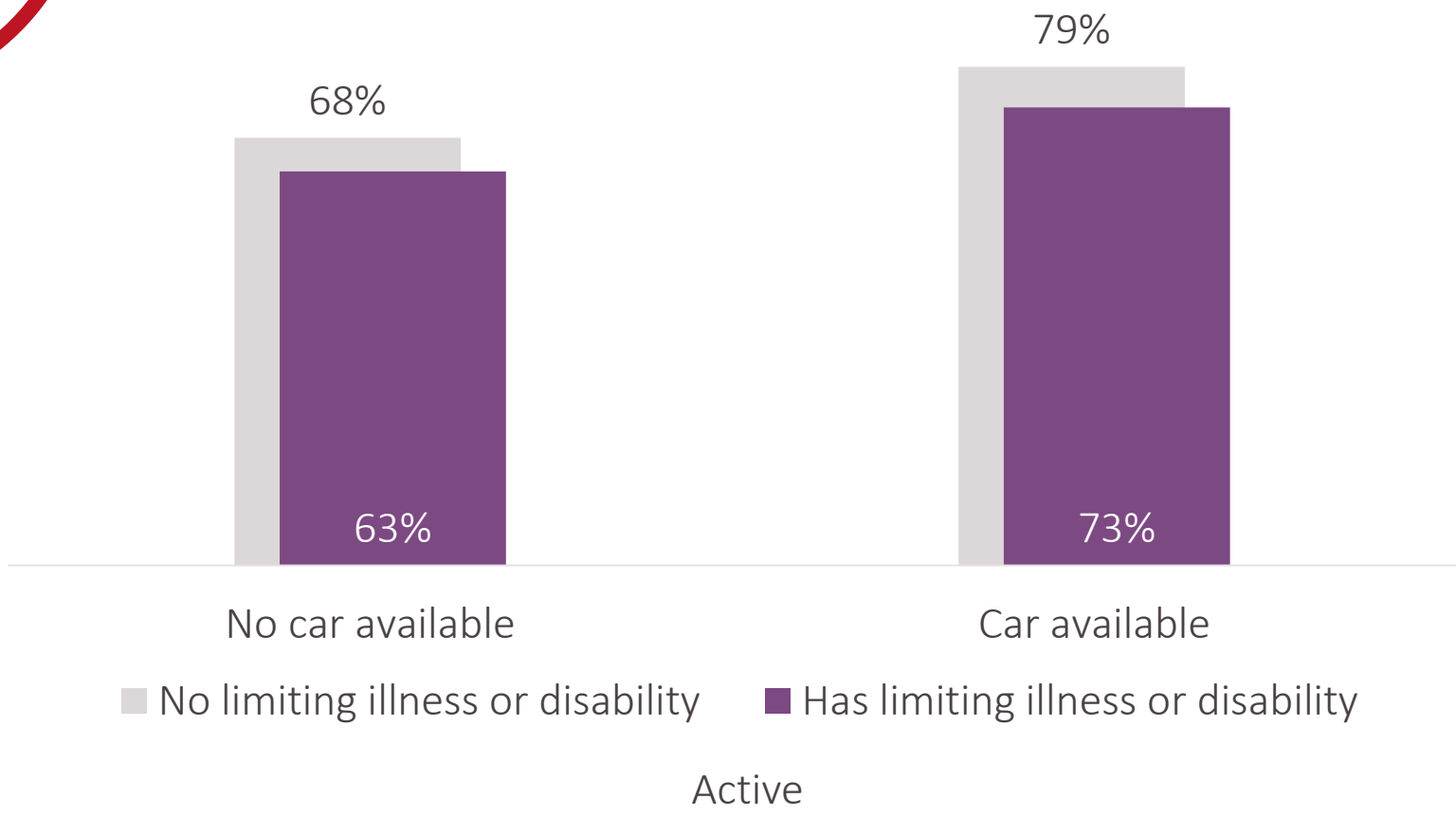
There is an inequality in activity levels between **different ethnicities**




Wales

Source: School Health Research Network 2021 and 2023
Measure: Young people who are active 3+ days a week

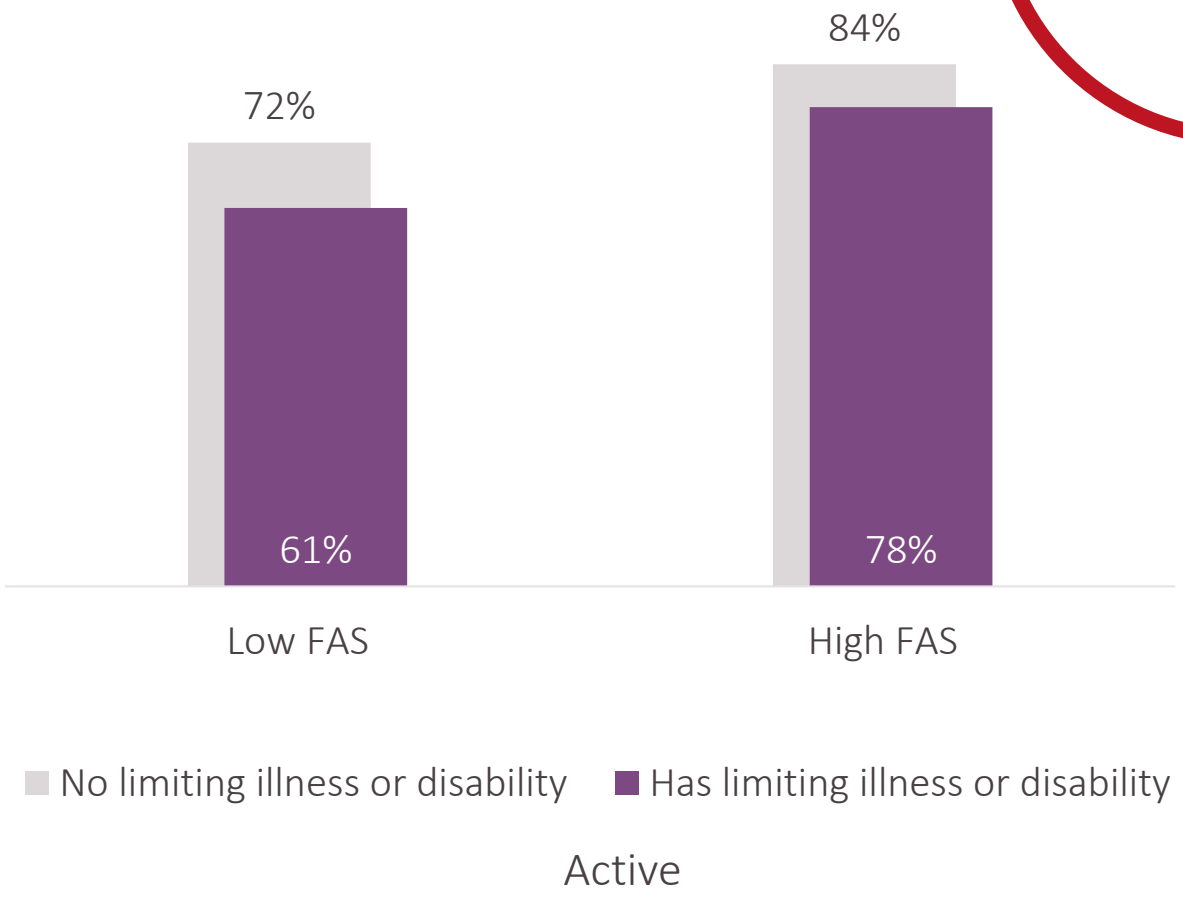
# Disabled children who have **access to a car** are more likely to be active




Data is for: Mid Wales

Source: School Health Research Network 2021 and 2023
Measure: Young people who are active 3+ days a week

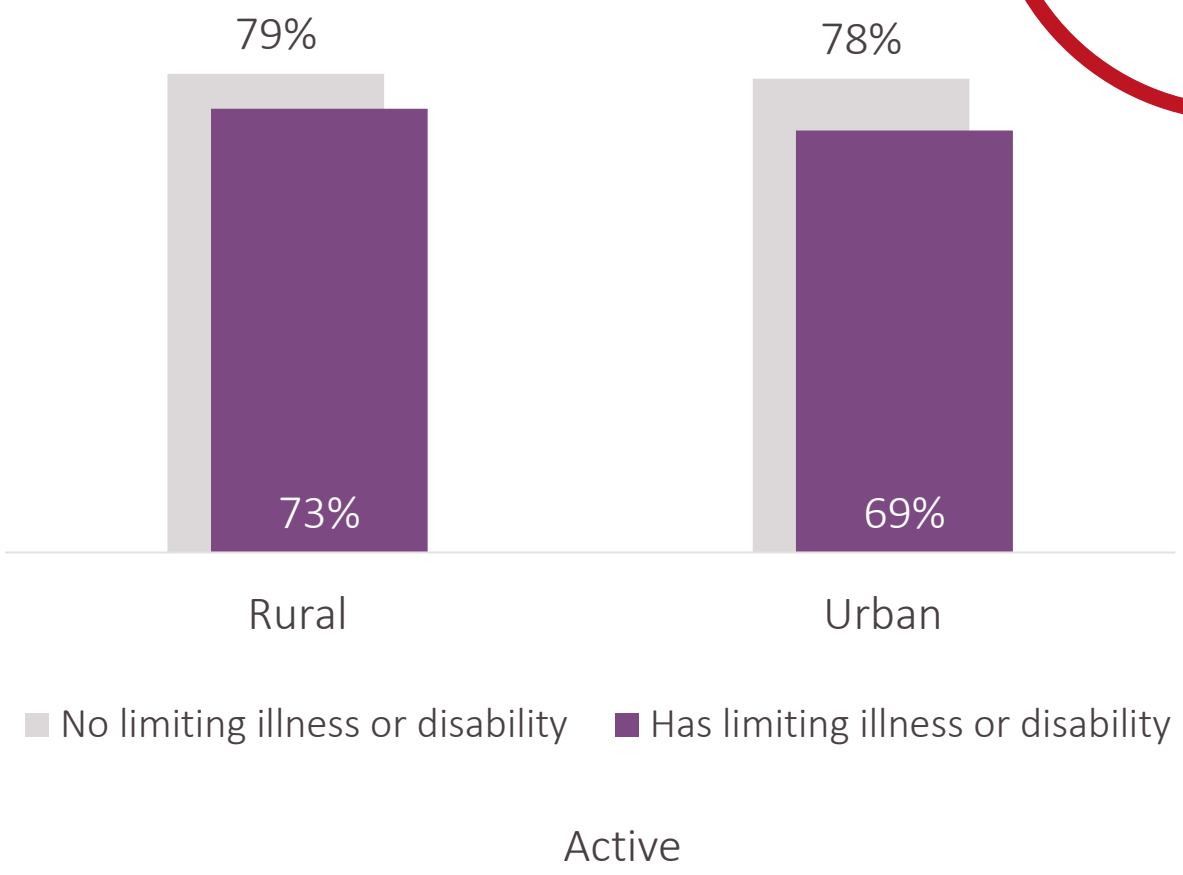
# Disabled children living in low affluence households are less likely to be active than their wealthier peers




Data is for: Mid Wales

Source: School Health Research Network 2021 and 2023
Measure: Young people who are active 3+ days a week

Disabled children living in **rural communities are more likely to be active** than those living in urban neighbourhoods

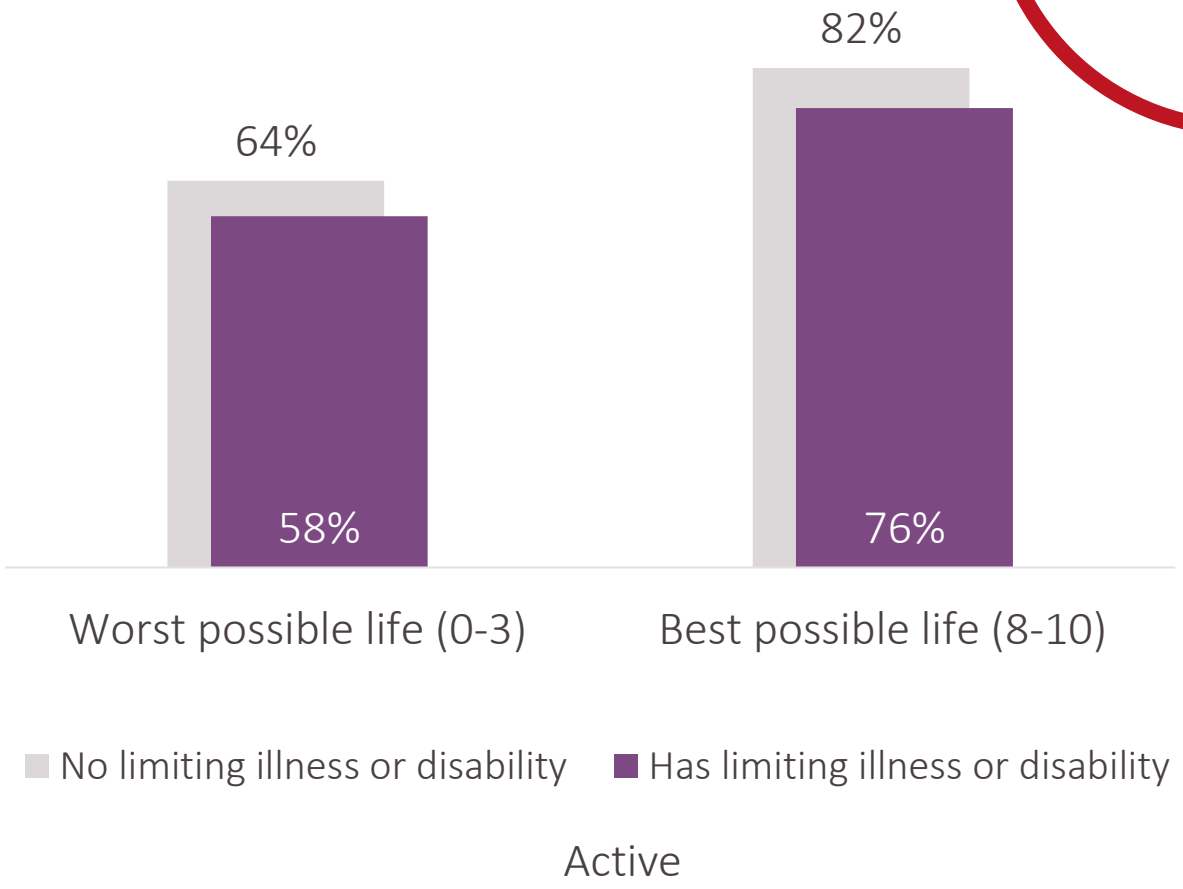



Data is for: Mid Wales

Source: School Health Research Network 2021 and 2023
Measure: Young people who are active 3+ days a week

# Disabled children reporting higher life satisfaction are more active than those with lower satisfaction.

However, children with a disability have a lower average WEMWBS score compared to children without disabilities



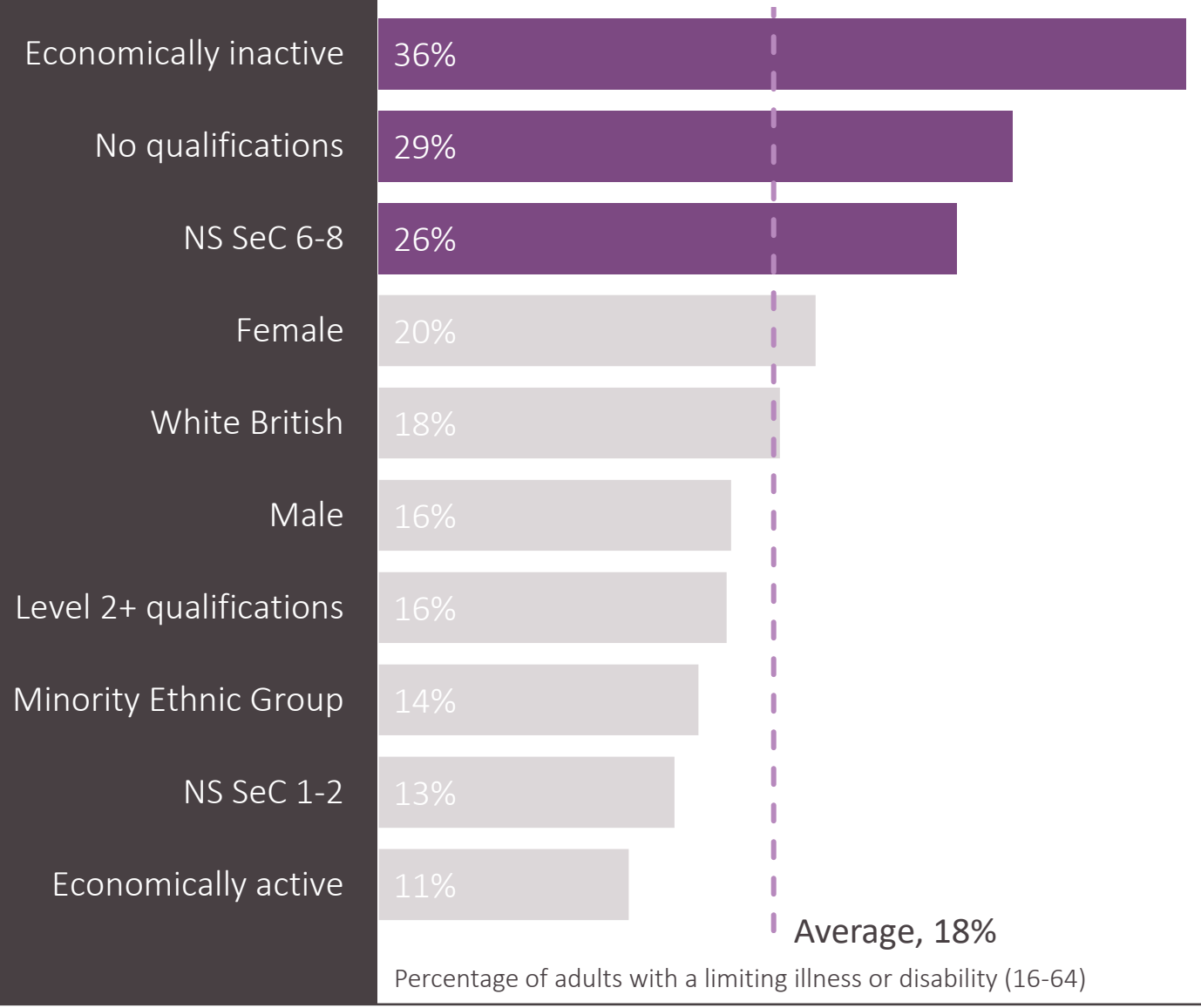

Data is for: Mid Wales

Source: School Health Research Network 2021 and 2023
Measure: Young people who are active 3+ days a week

# Additional adult Census slides for extra context

# Disabled population by different demographic groups

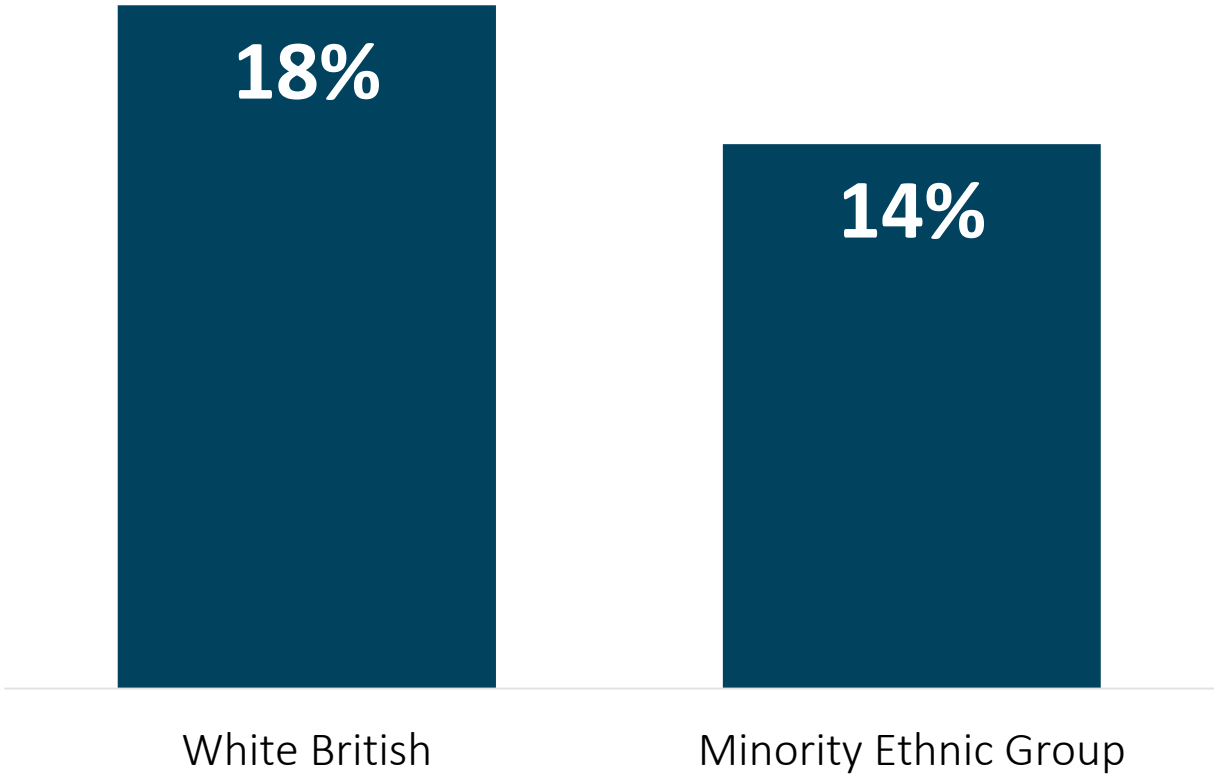
For example, 36% of adults who are economically inactive have a disability




Data is for: Mid Wales

Source: ONS Census 2021, aged 16-64 years

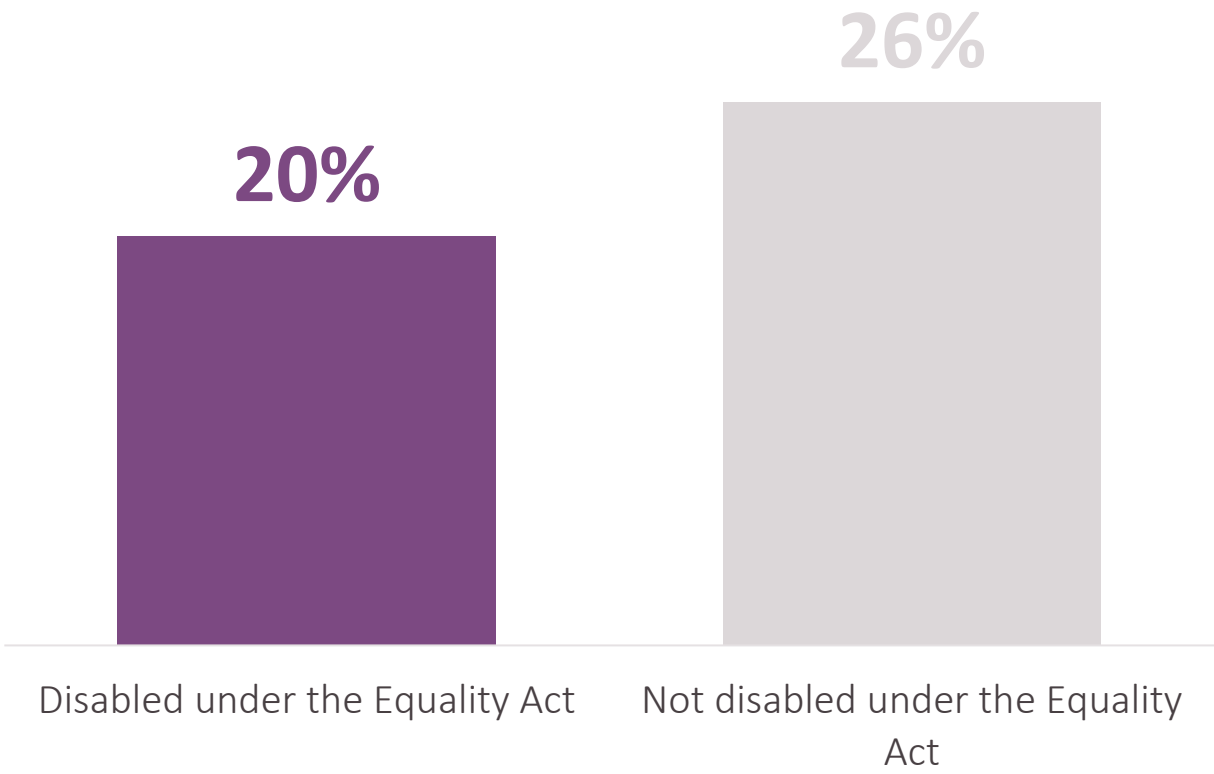
# There is a higher proportion of adults with a limiting illness or disability in the White British community




Data is for: Mid Wales

Source: ONS Census 2021, aged 16-64 years

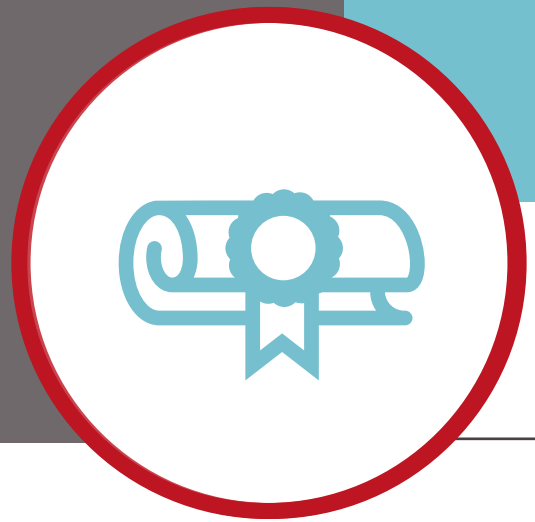
There is a lower proportion of adults with a limiting illness or disability who speak Welsh




Data is for: Mid Wales

Source: ONS Census 2021, aged 16-64 years

# People with a limiting illness or disability are less likely to have a level 2 or higher qualification



**89%** of people without a disability have a level 2 or higher qualification

Compared to **80%** of people with a disability

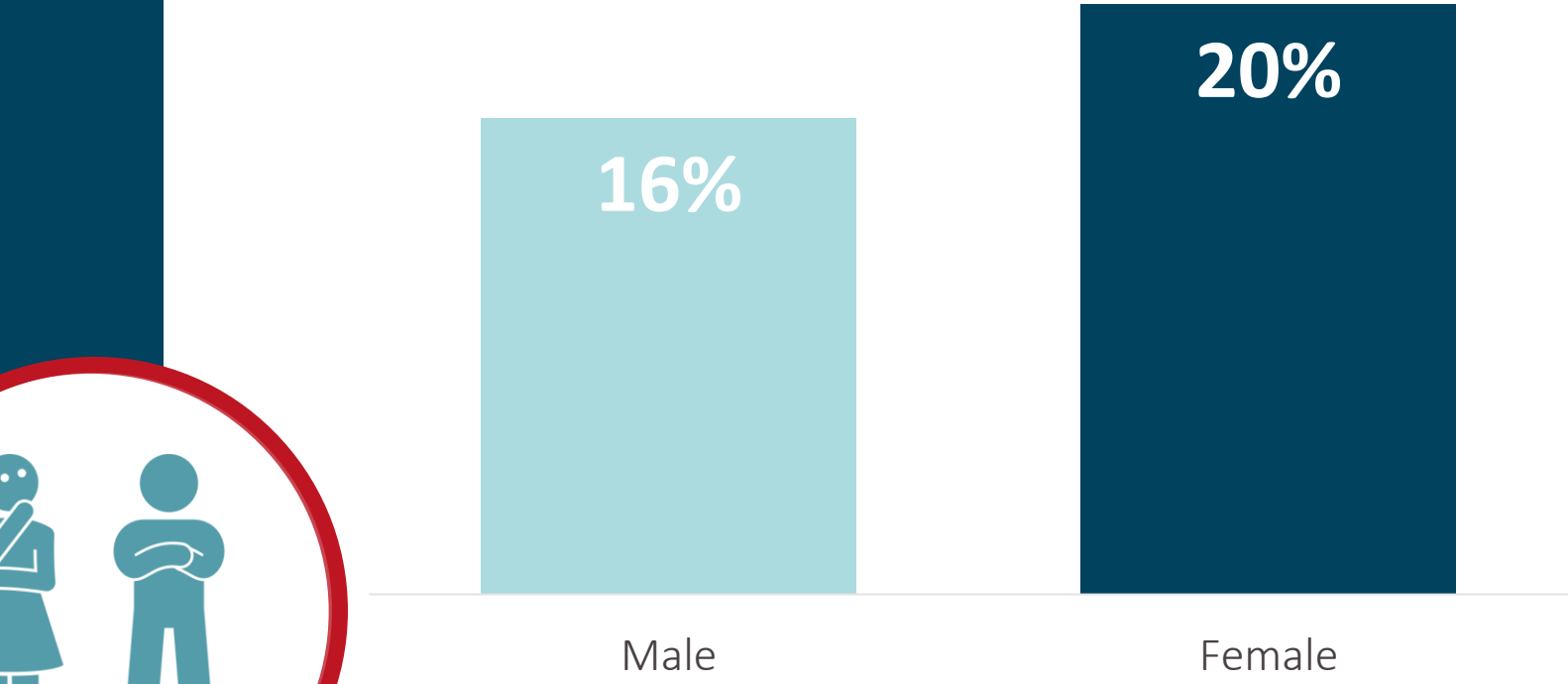
Not disabled under the Equality Act

Disabled under the Equality Act

Data is for: Mid Wales

Source: ONS Census 2021, aged 16-64 years

# Women are more likely to have a limiting illness or disability than men




Data is for: Mid Wales

Source: ONS Census 2021, aged 16-64 years