



Gwent:

An insight into physical activity behaviours of our disabled population

April 2025



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?

What do we mean
by inactivity?

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.

By **inactive**, we mean:

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

What do we know about our adult population?

Total 16-64 year old population

360,000

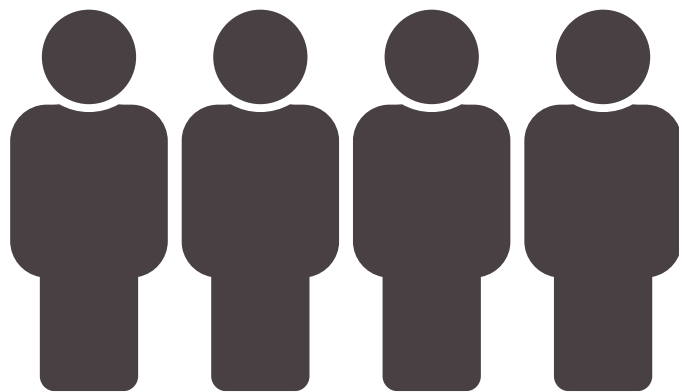
73,000

of those have a limiting illness or disability (20%)

34,000

of those with a limiting illness or disability are inactive (47%)





1 in 5

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

That's **73,000** people





69% 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, 99.5%)



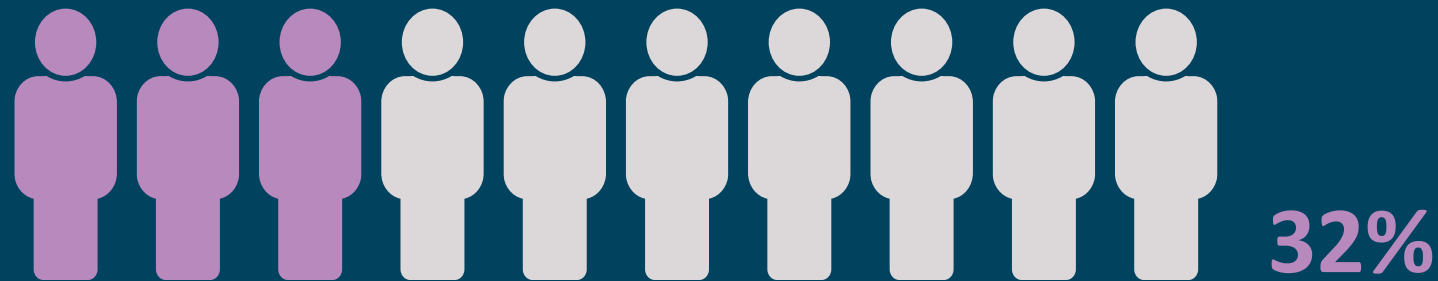
7 in 10 are in good/fair health



Disabled workers are 1.5 times as likely to be in unskilled jobs (NS SeC 6-8)



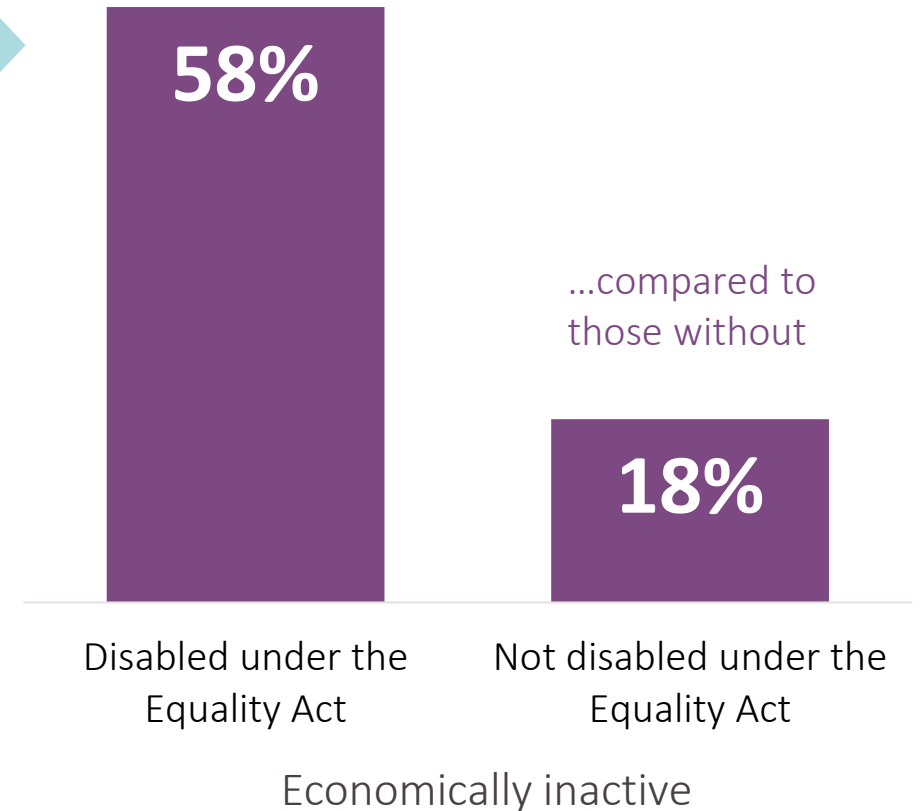
Compared to those without a limiting illness or disability

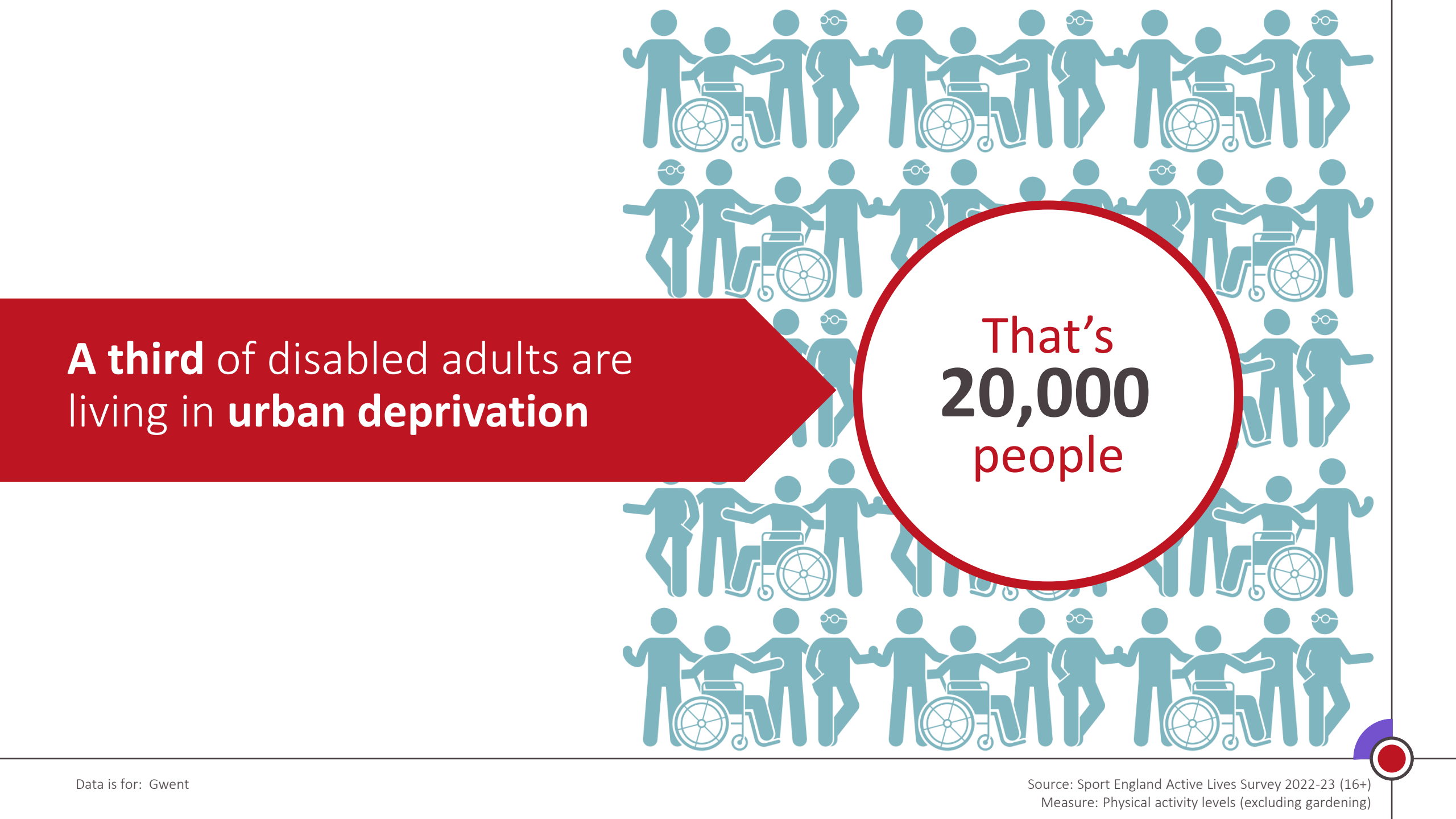


People with a limiting illness or disability are

3 times more

likely to be economically inactive...





A third of disabled adults are
living in **urban deprivation**

That's
20,000
people

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



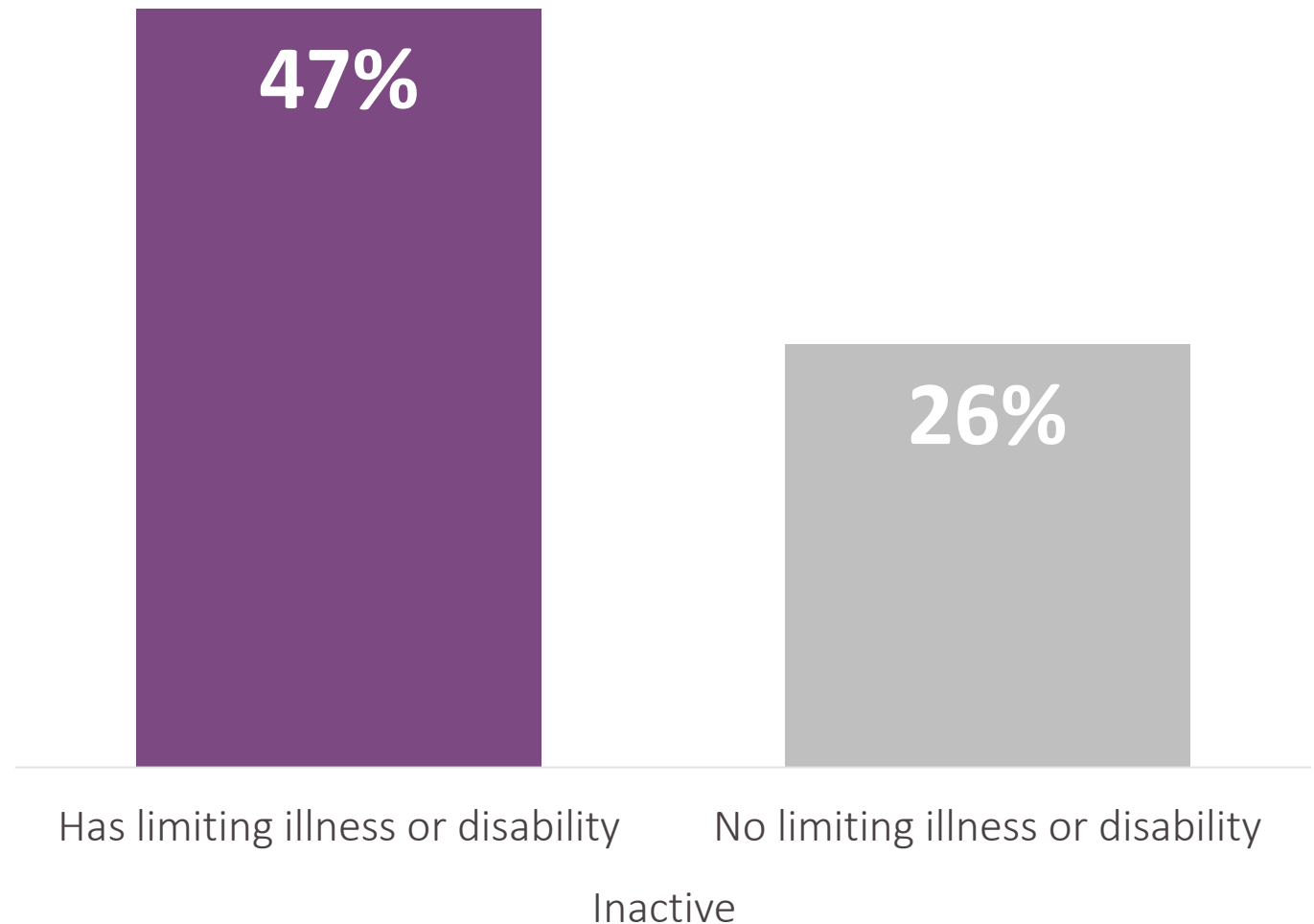
Key messages



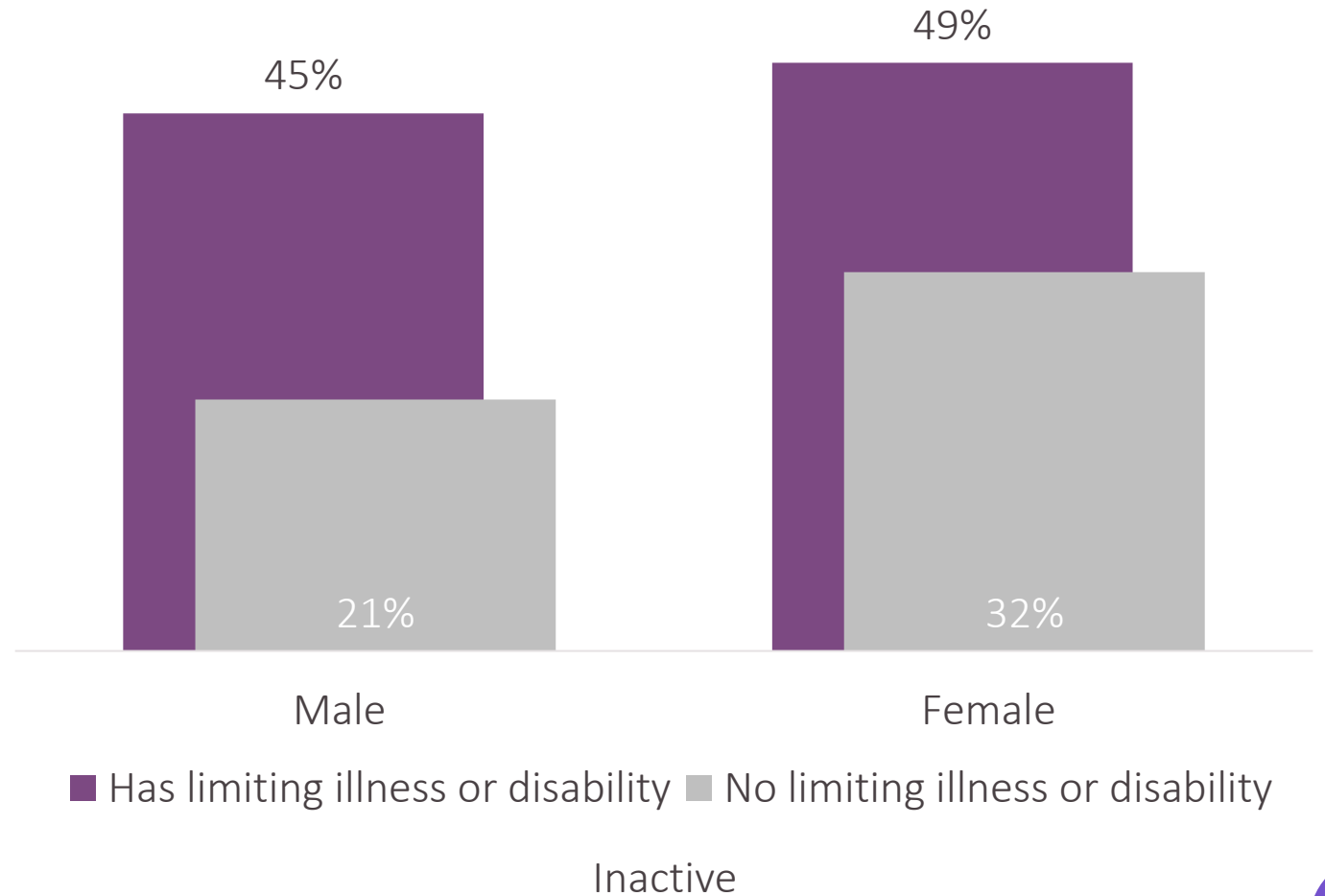
- Our adults 1.5 times as likely to be inactive if they have a disability
 - Disabled women's inactivity levels are higher than disabled men
 - Inactivity increases with age for disabled adults
 - Disabled adults outside of the workforce are twice as likely to be physically inactive than those in employment
 - Levels of inactivity are higher for disabled people living in urban neighbourhoods when compared to those living in rural communities
-
- 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
 - 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)



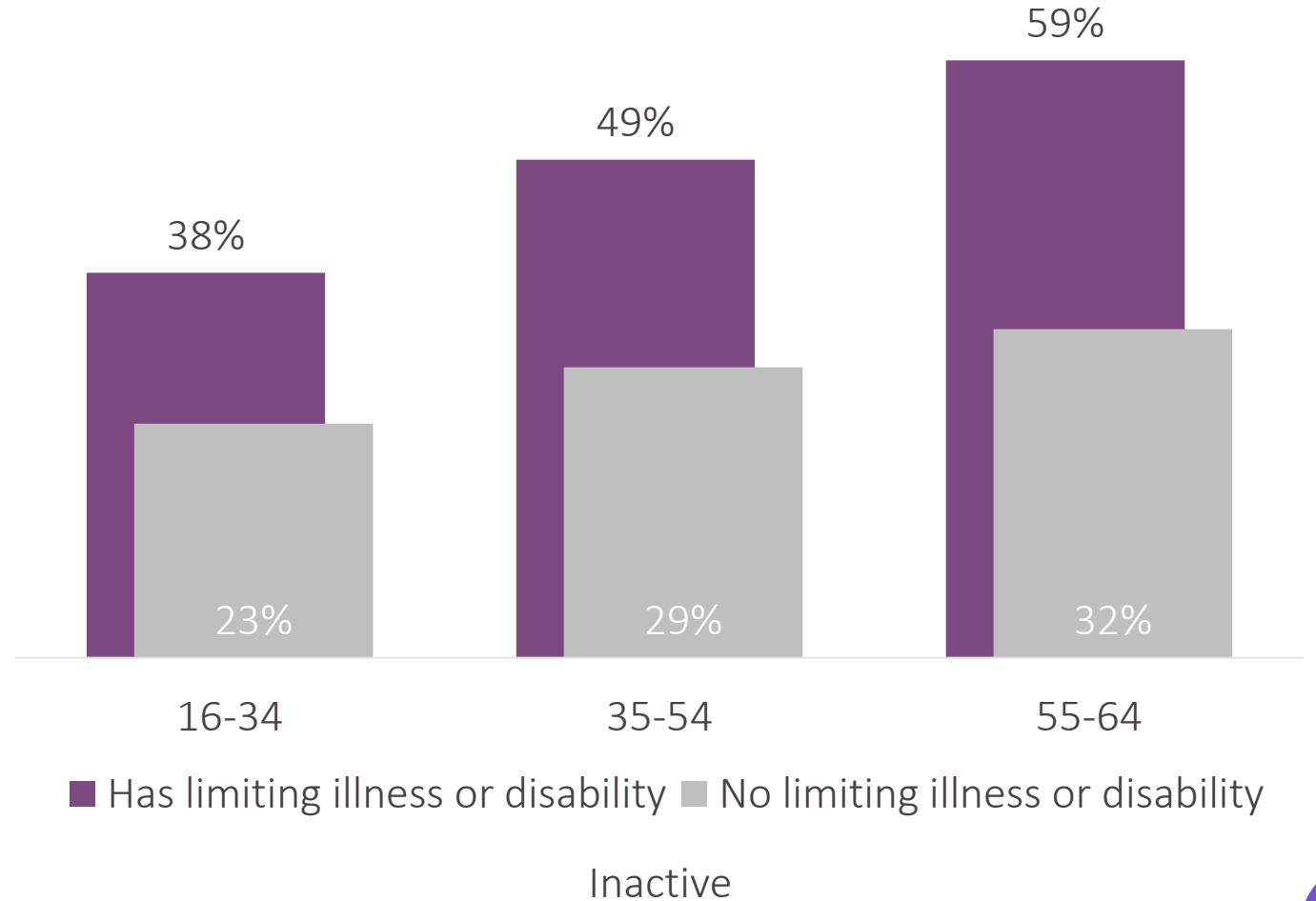
Disabled adults
are **almost twice**
as likely to be
inactive



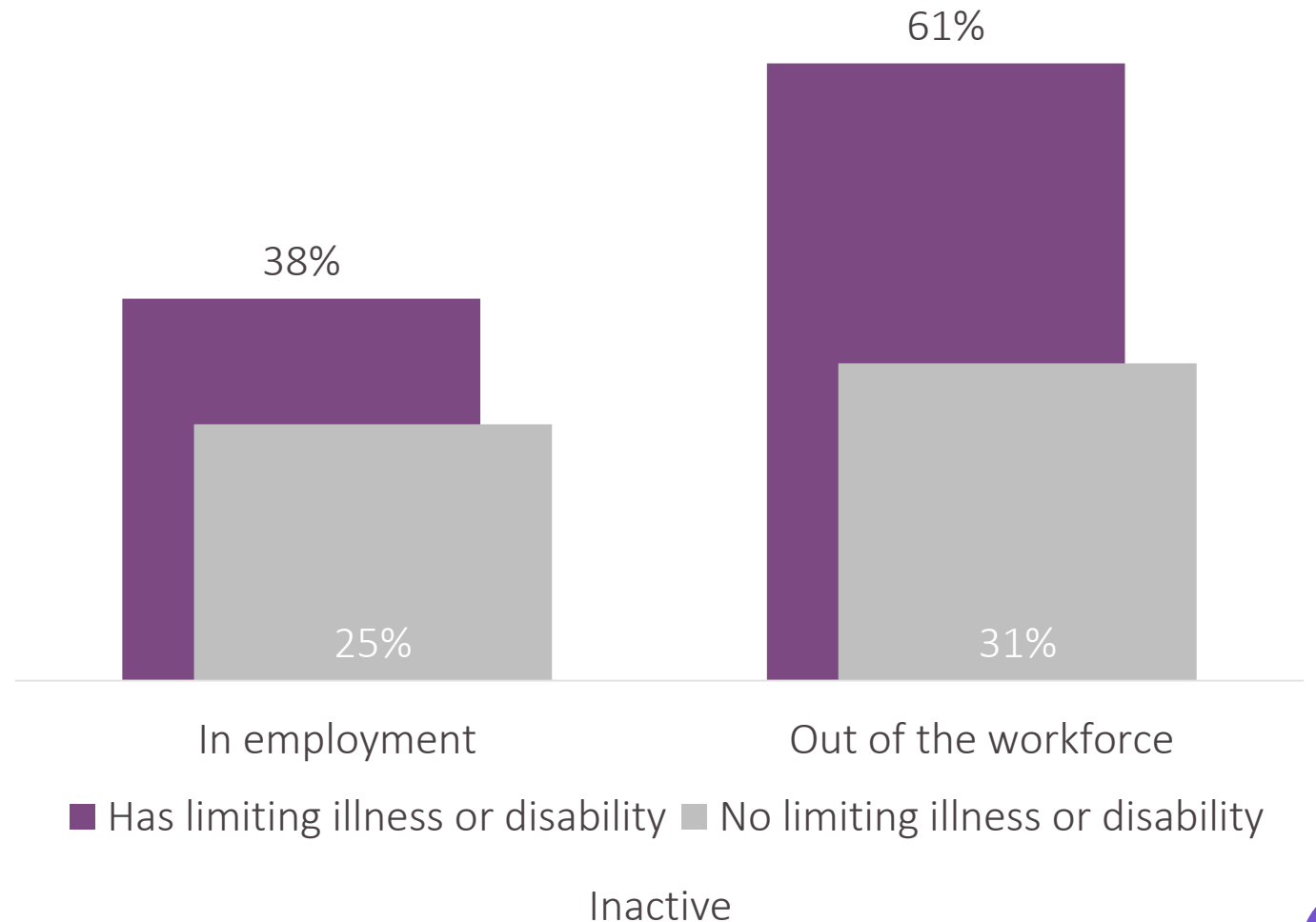
Disabled women's
inactivity levels
are higher than
disabled men



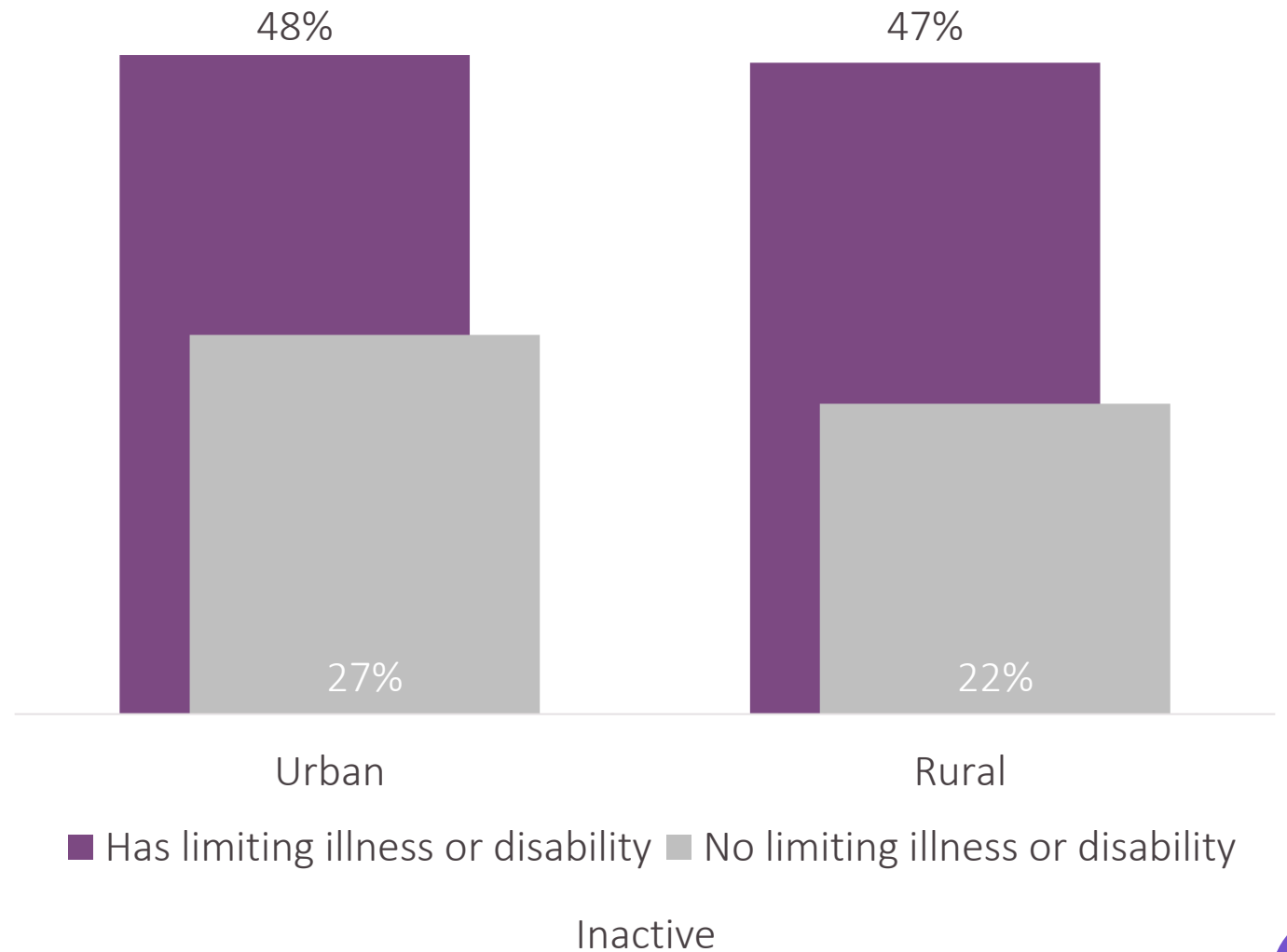
Inactivity rises with age, but this correlation is more pronounced for **disabled people**



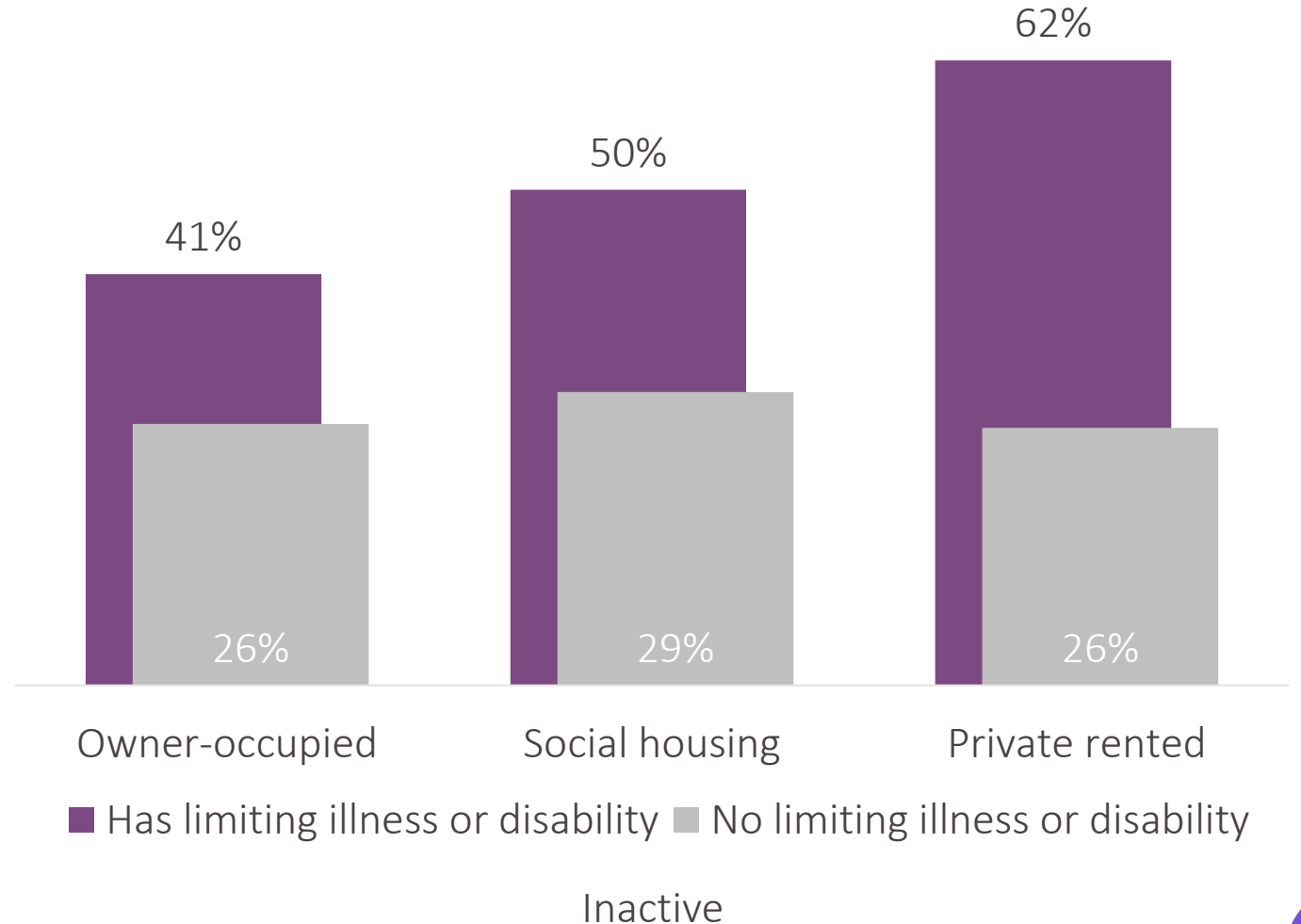
Disabled adults
outside of the
workforce are twice
as likely to be
physically inactive
than those in
employment



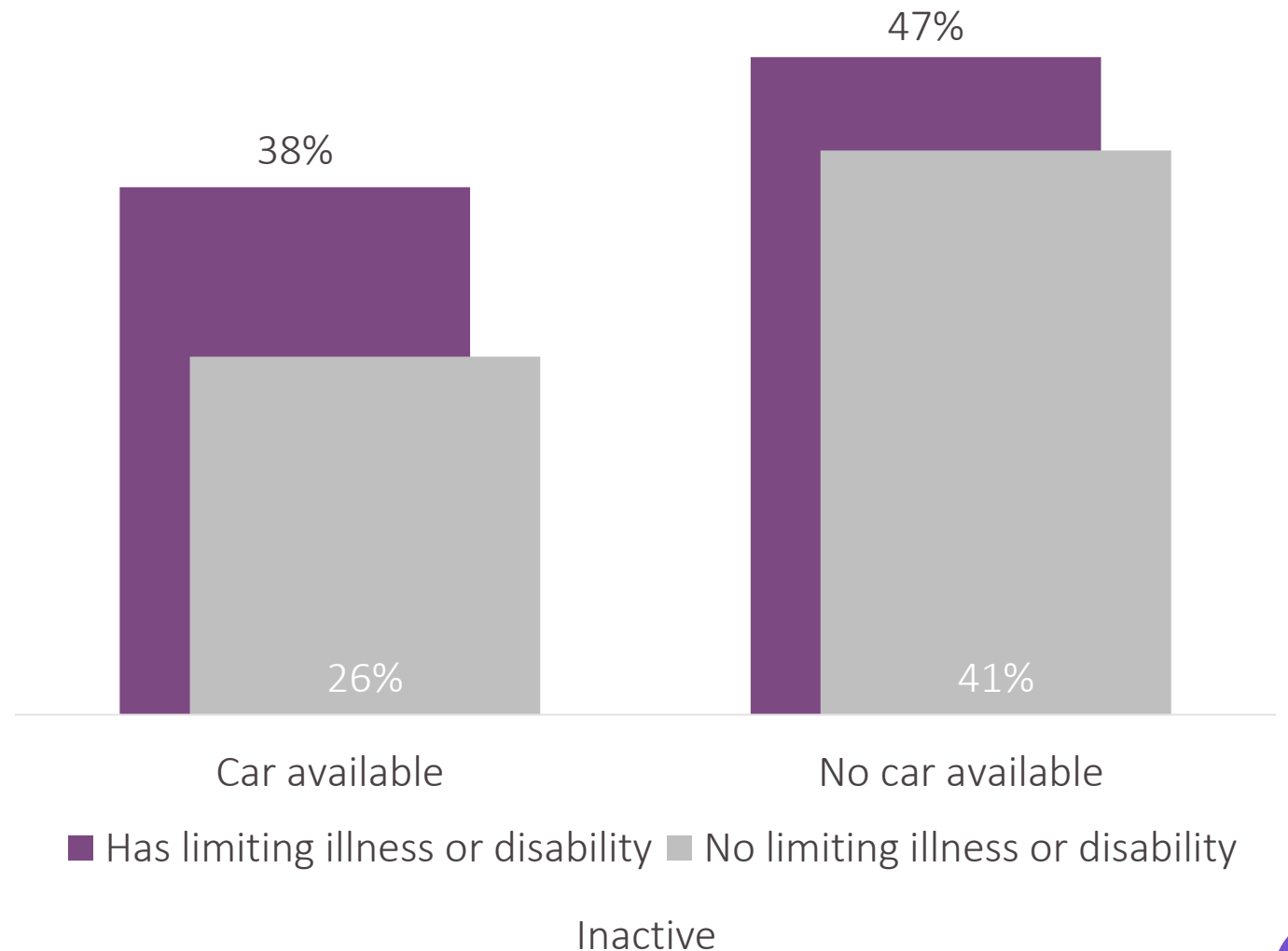
Disabled people
appear to be
equally inactive
whether they live
in **urban or rural**
areas



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



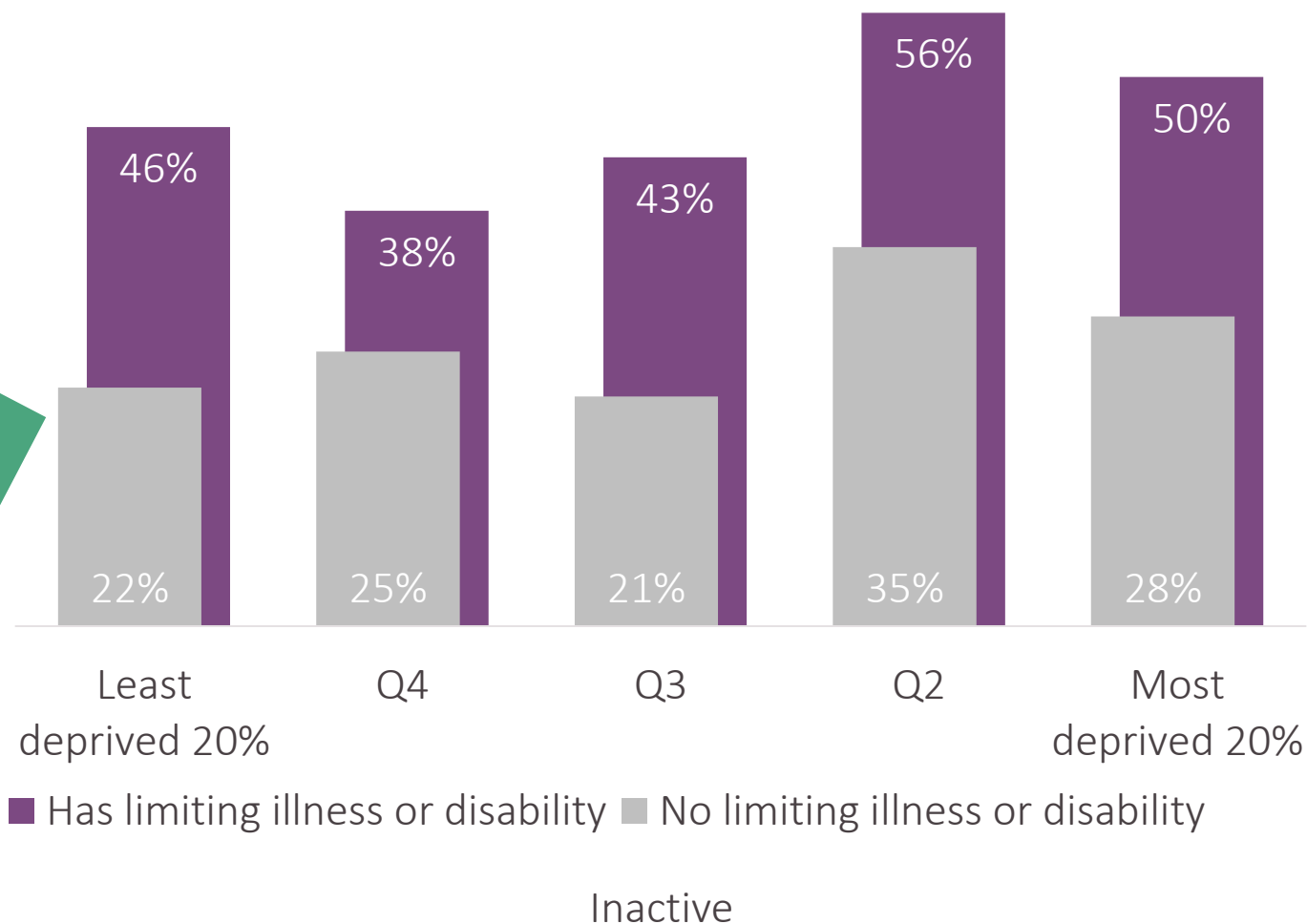
Inactivity rates are higher for disabled people without a car (Wales)



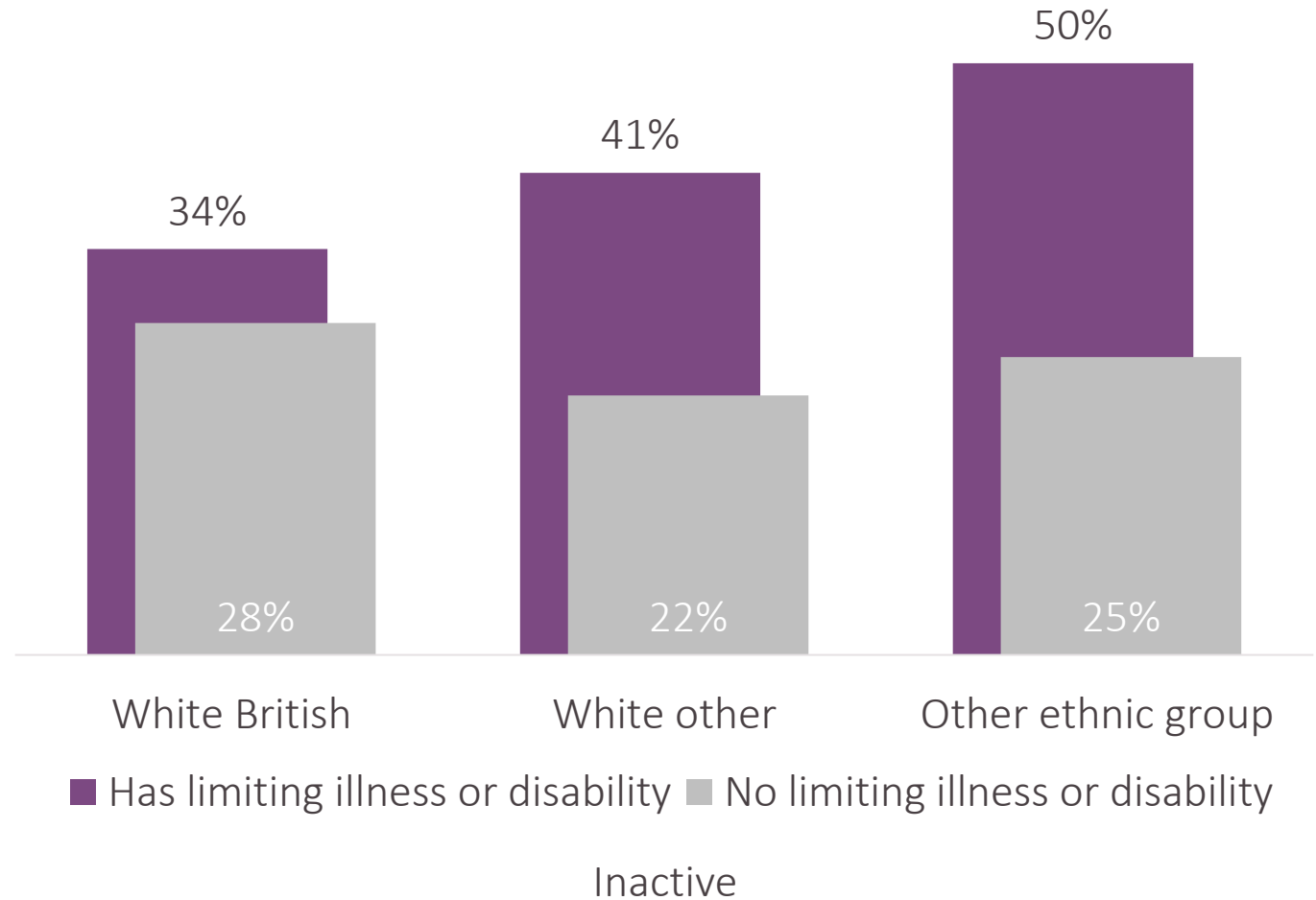
Over half of disabled adults in the two most deprived quintiles are physically inactive

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

Inactivity rates by WIMD (Wales)



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



Children and
young people

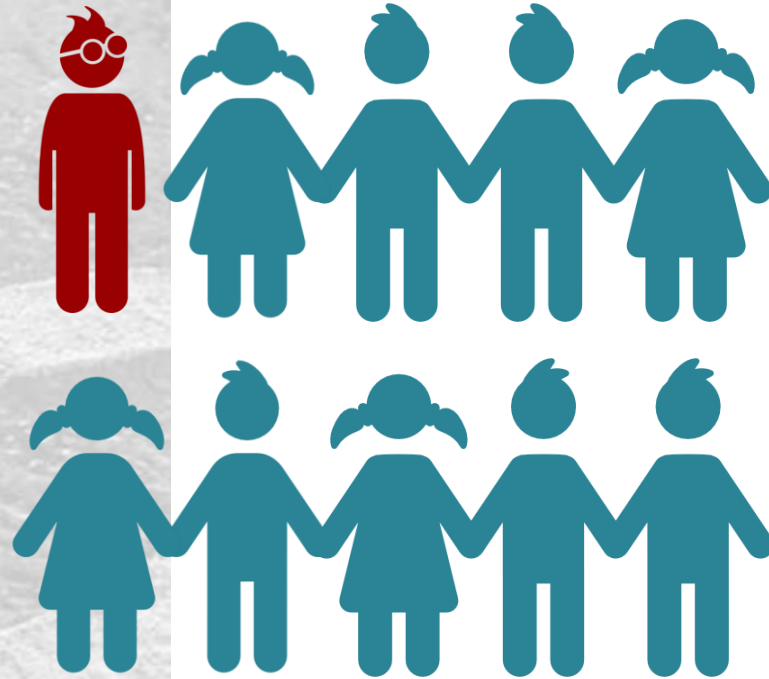


Key messages



- Over 1 in 10 children and young people have a limiting illness or disability. That's 7,000 children
- Children and young people with a disability are less likely to be active than children without a disability
- Girls with a disability are less likely to be active than boys
- 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.
- 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





Over

1 in 10

children and young people have
a limiting illness or disability
(11%)

That's **7,000** children





91% of children and young people with a limiting illness or disability consider themselves to be in 'good' or 'fair' health

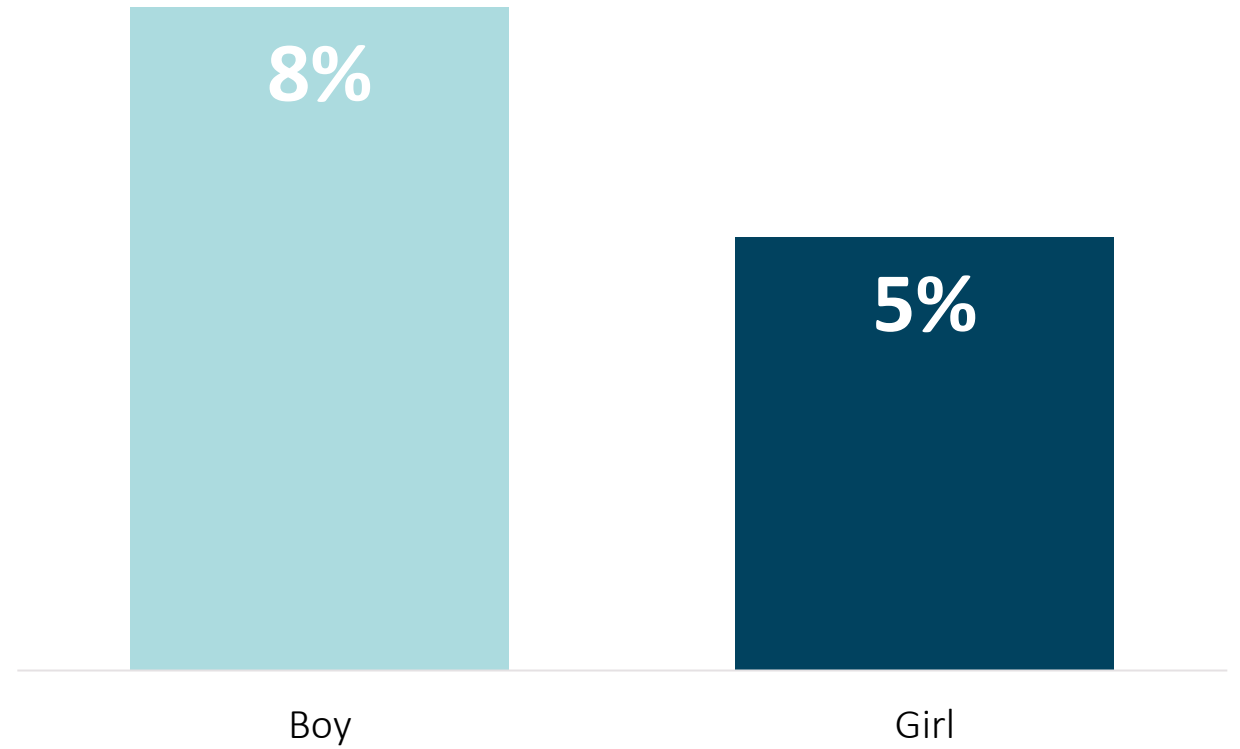
(Compared to those without a limiting illness or disability, 100%)



9 in 10 are in good/fair health



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



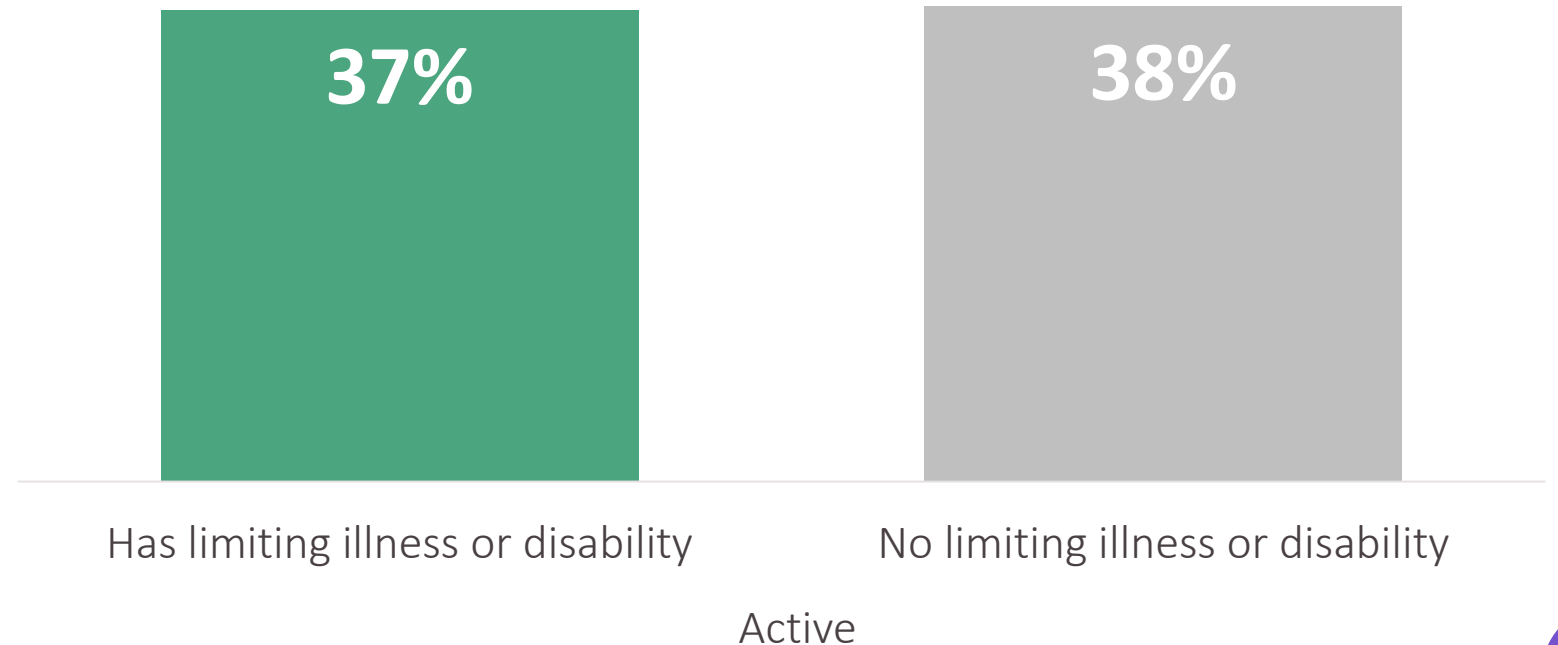
School sports survey

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



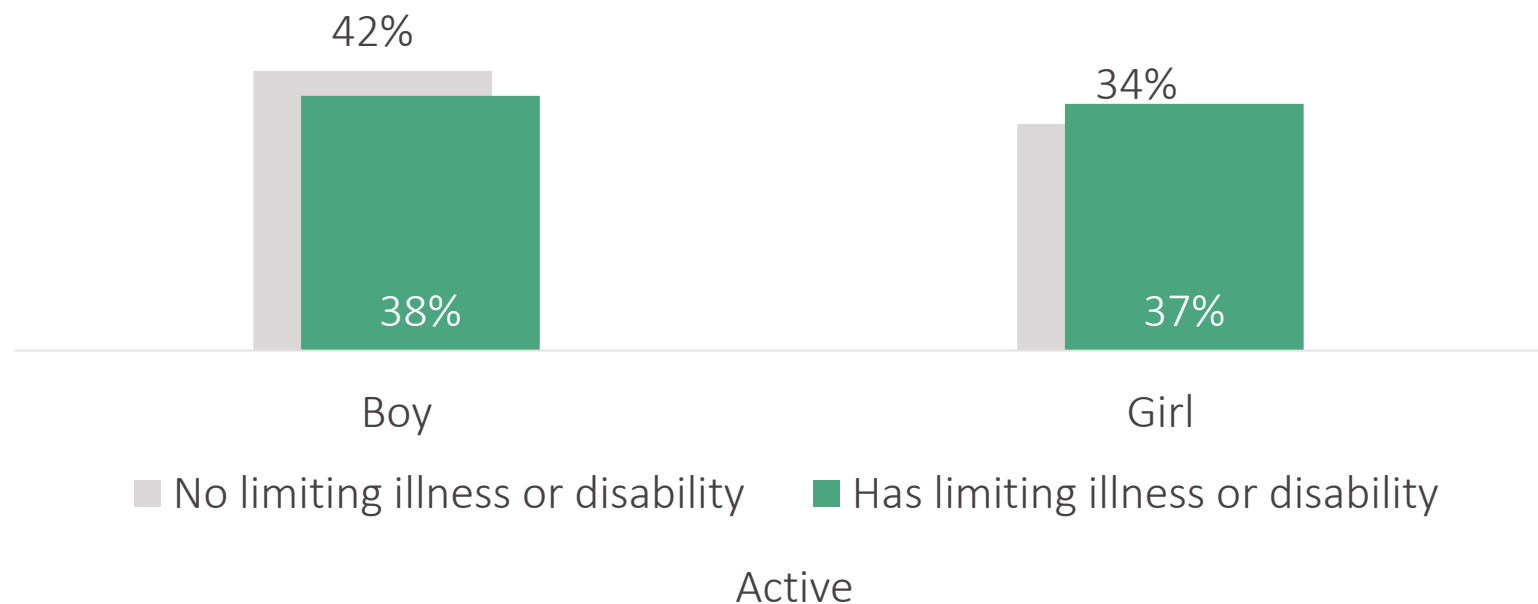


**Disabled Children
and young people
have similar active
levels** to those
without a disability



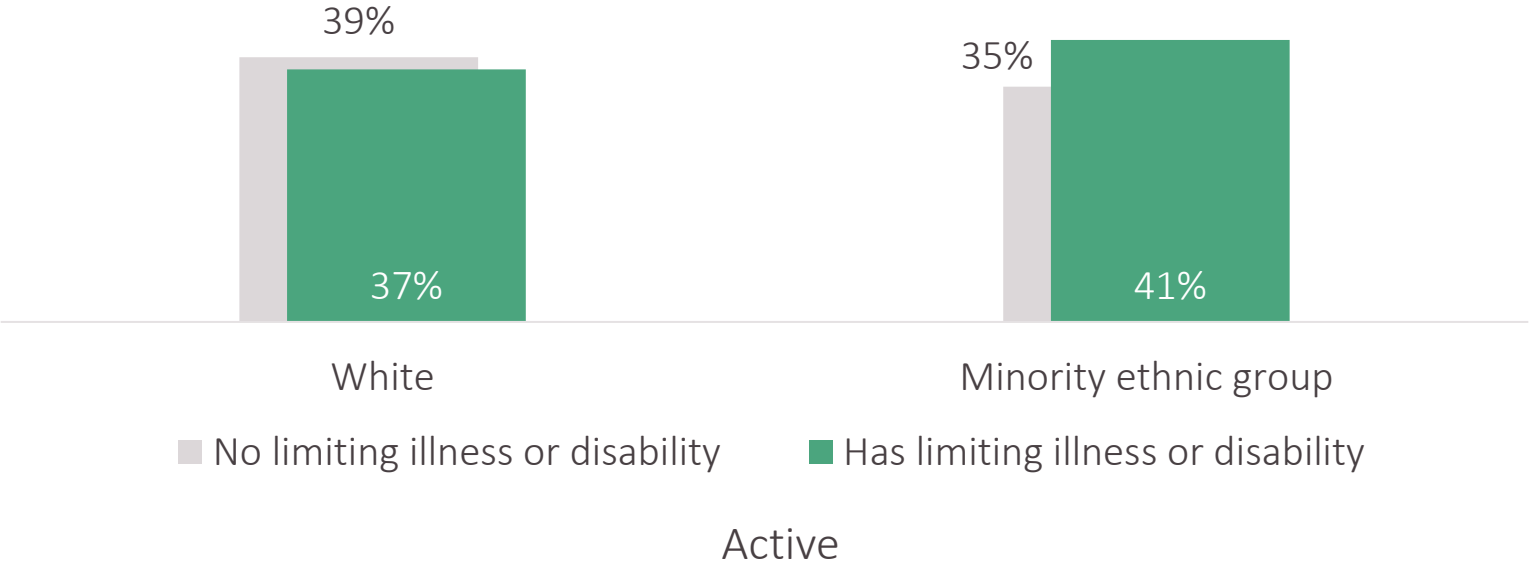


The gender of disabled children doesn't appear to have much impact on their levels of activity



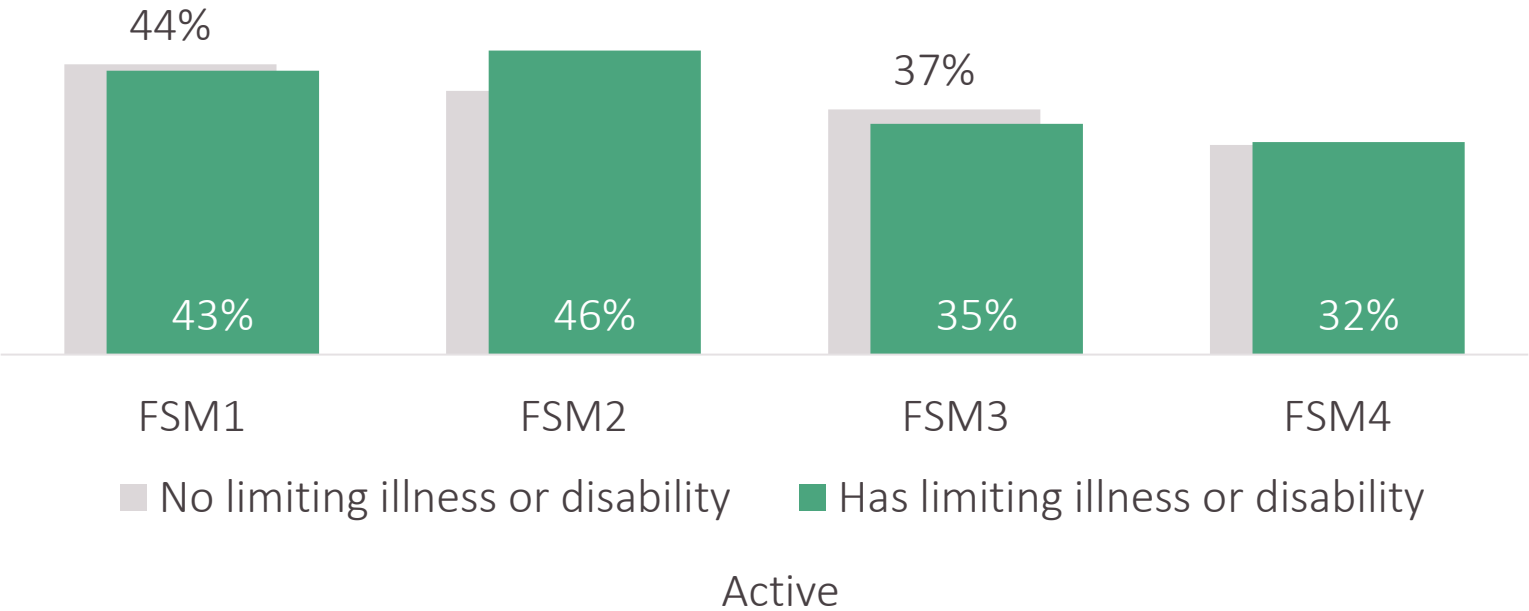


We are only able to report on two categories, White British and Minority ethnic groups. This may mask some of the inequalities between ethnic groups.



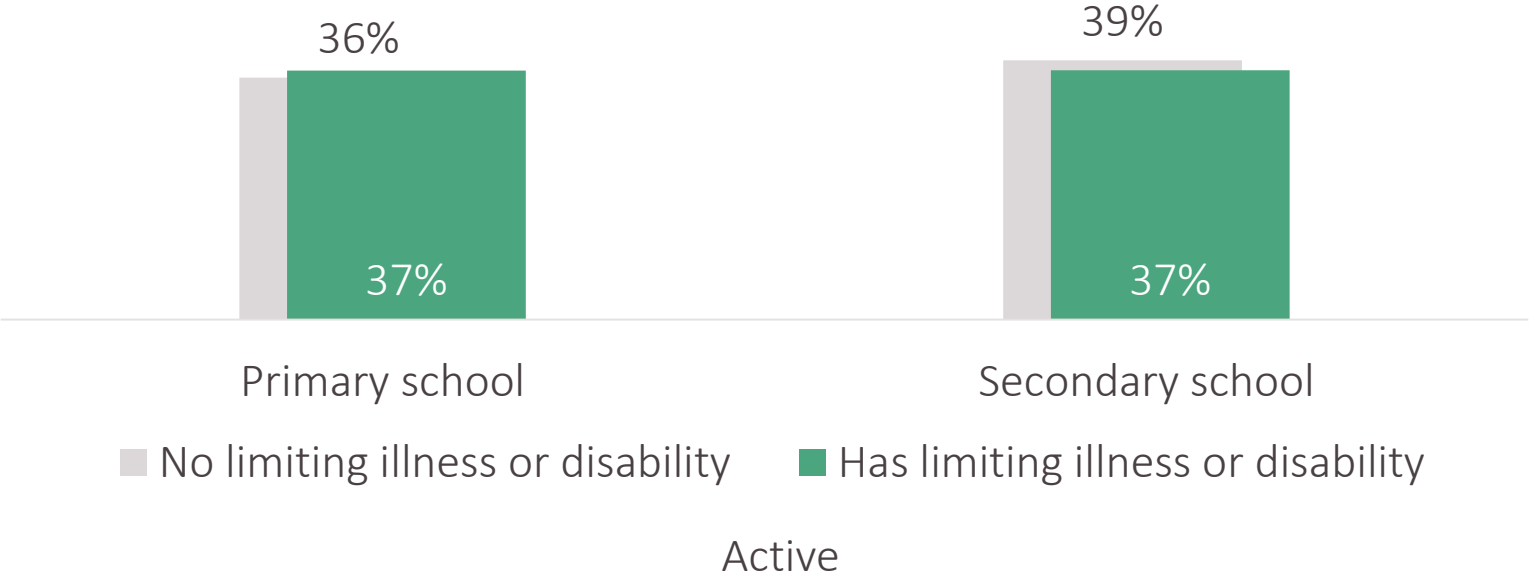


There is an inequality in activity levels between the least and most deprived disabled children





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



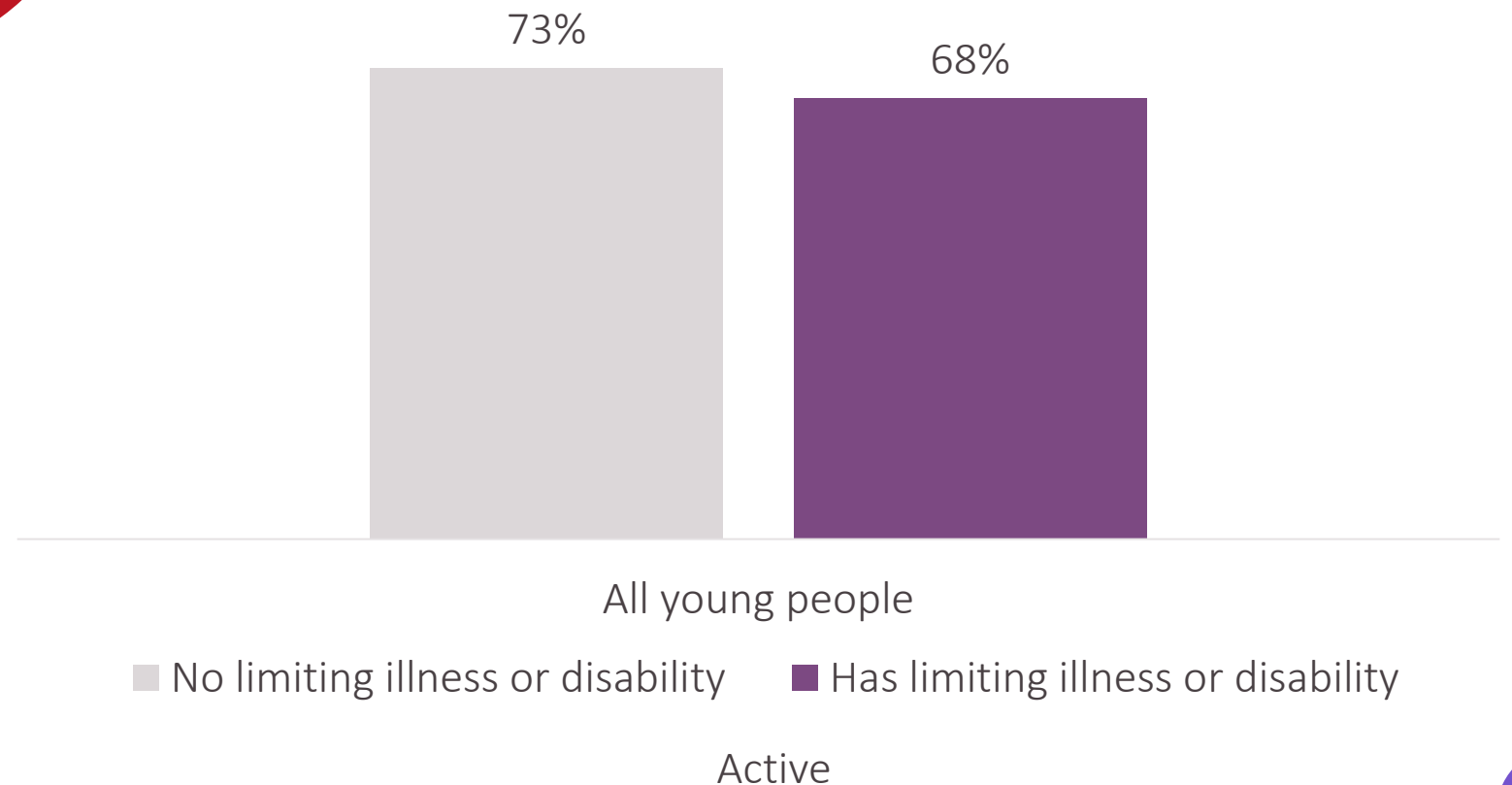
SHRN data

Young people who are
active 3+ days a week



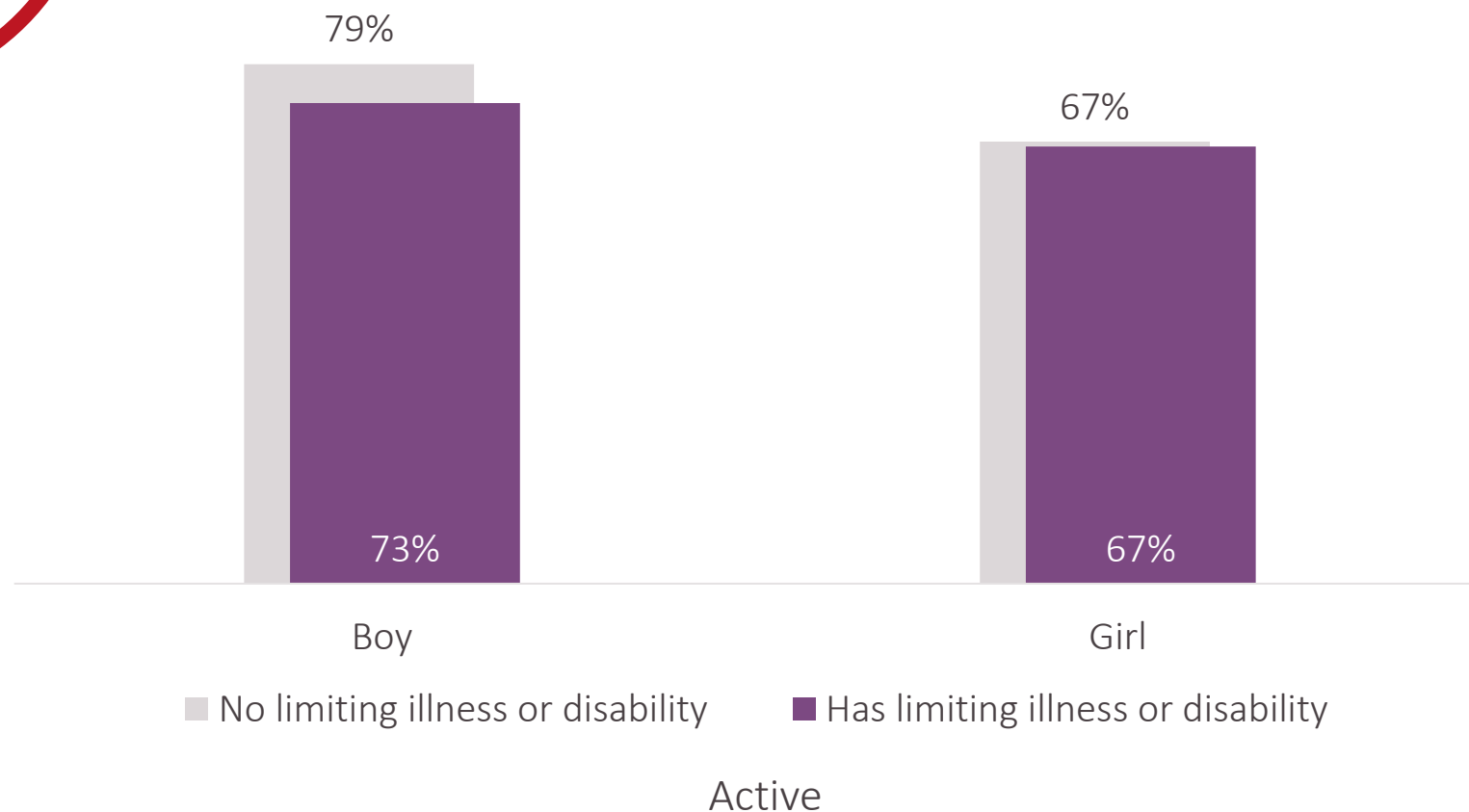


Disabled children and young people are less likely to be active than children without a disability



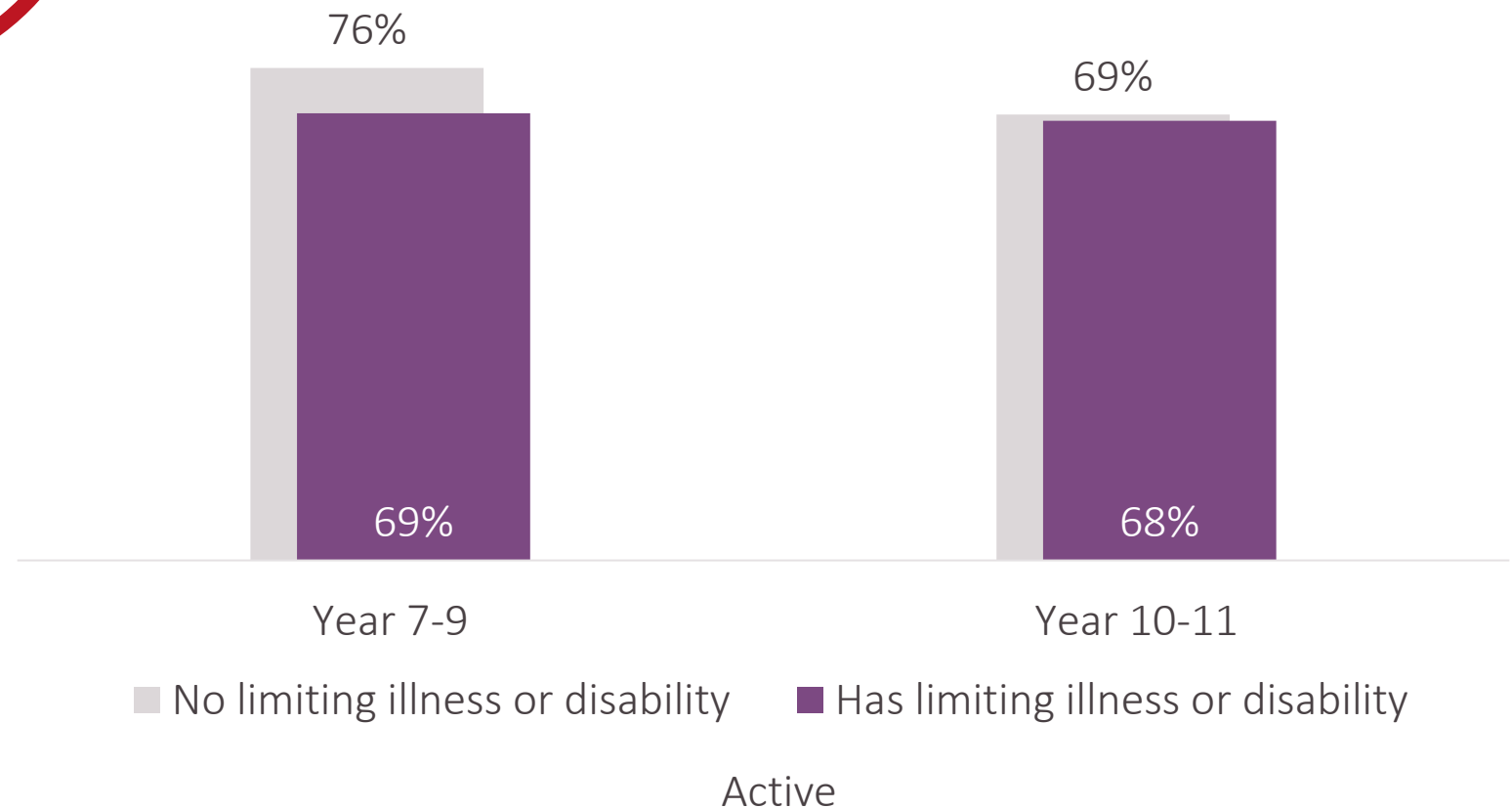


Disabled girls are less likely to be active than boys



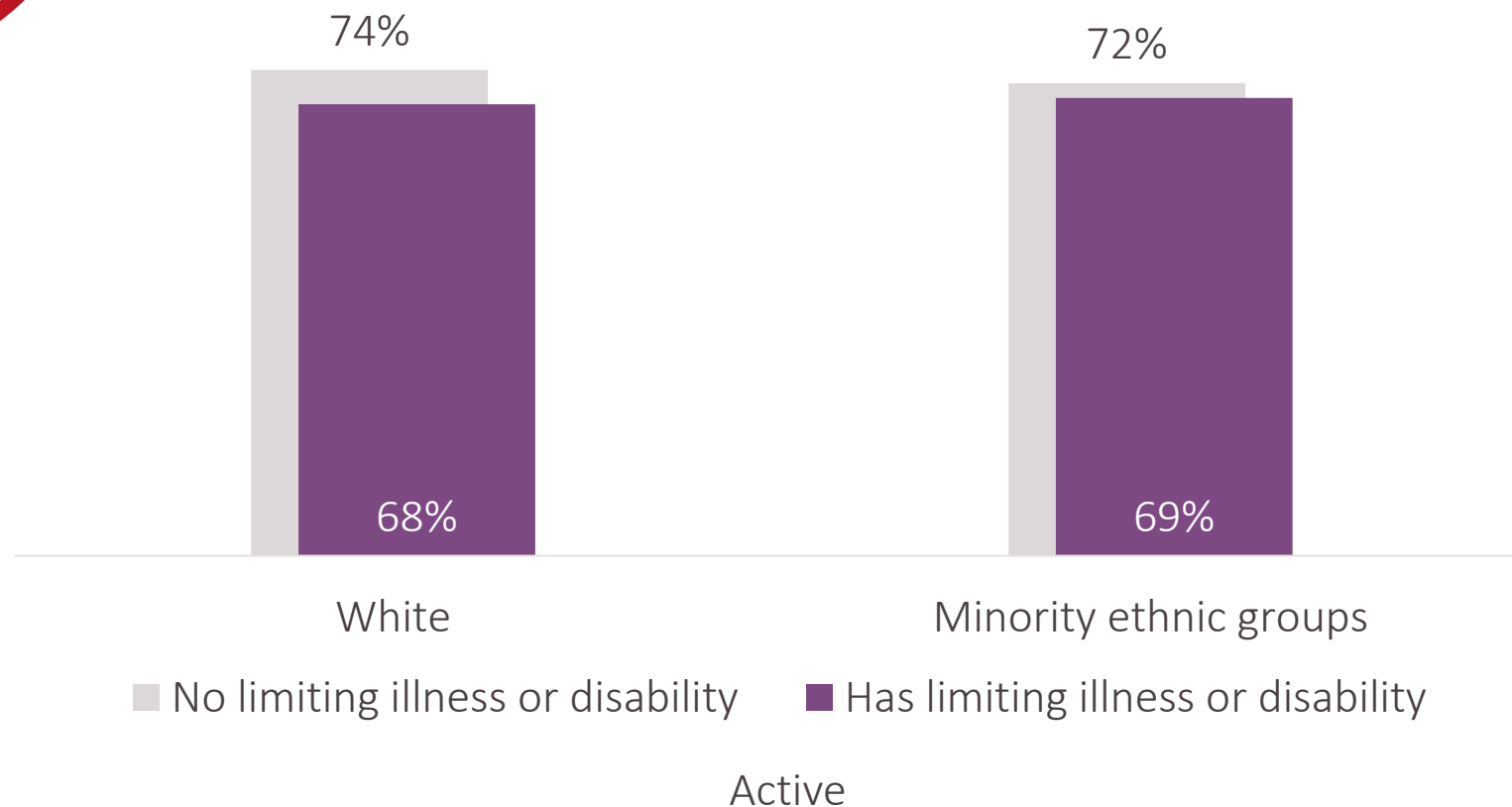


There is little difference in activity levels of disabled children in **years 7-9 and 10-11**



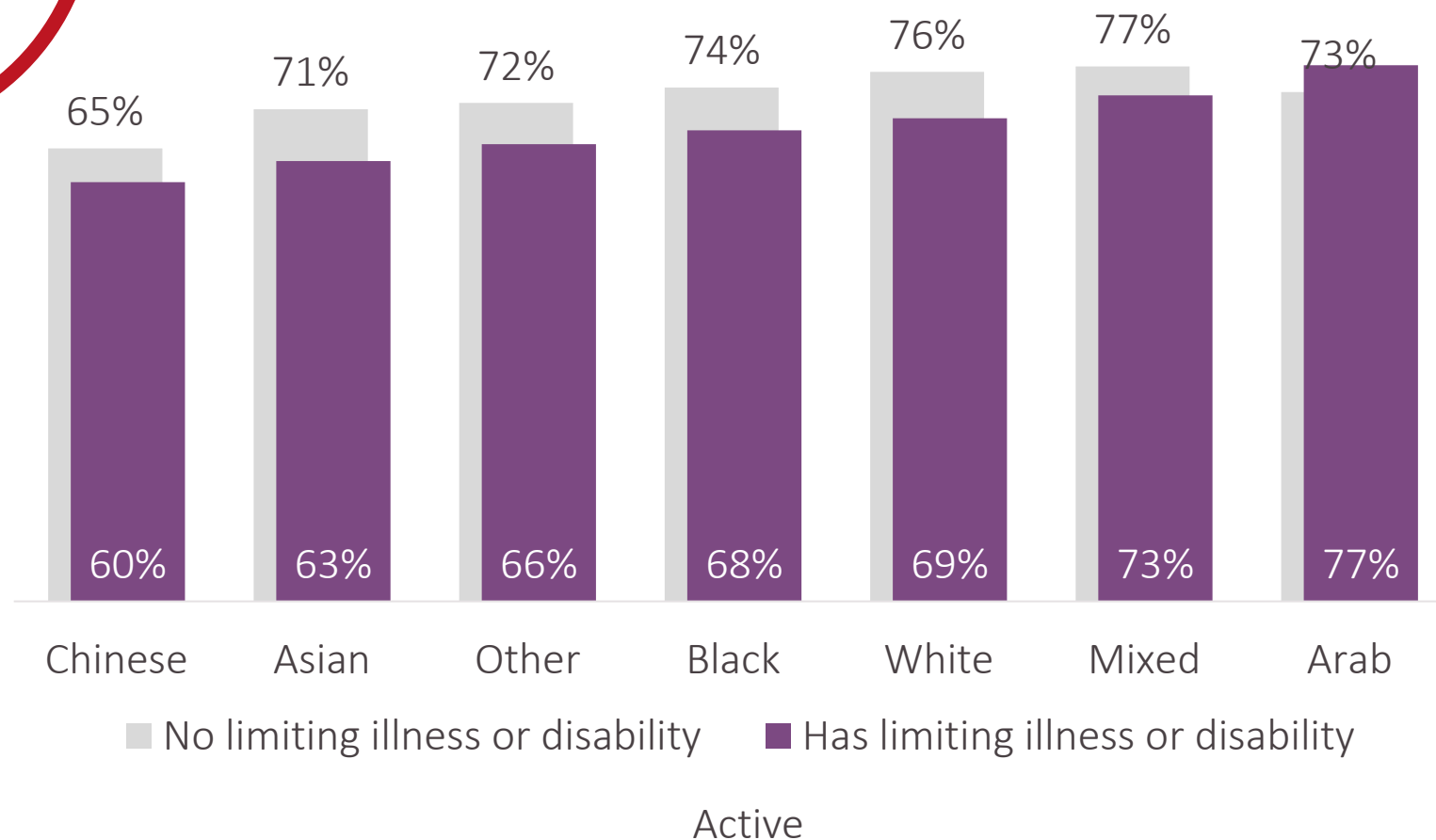


There appears to be little difference in activity levels of disabled children in **from different ethnic backgrounds**



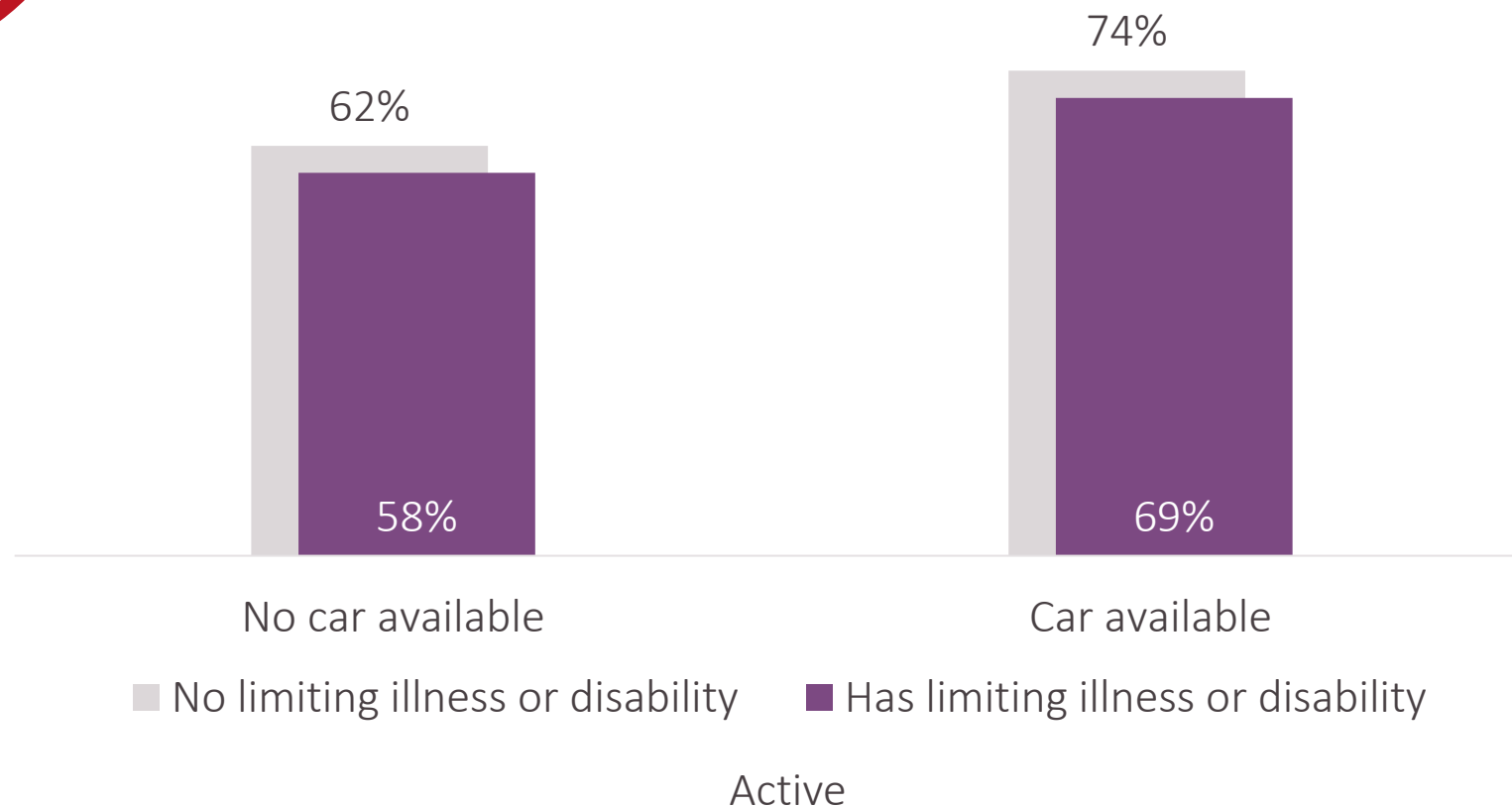


There is an inequality in activity levels between **different ethnicities**

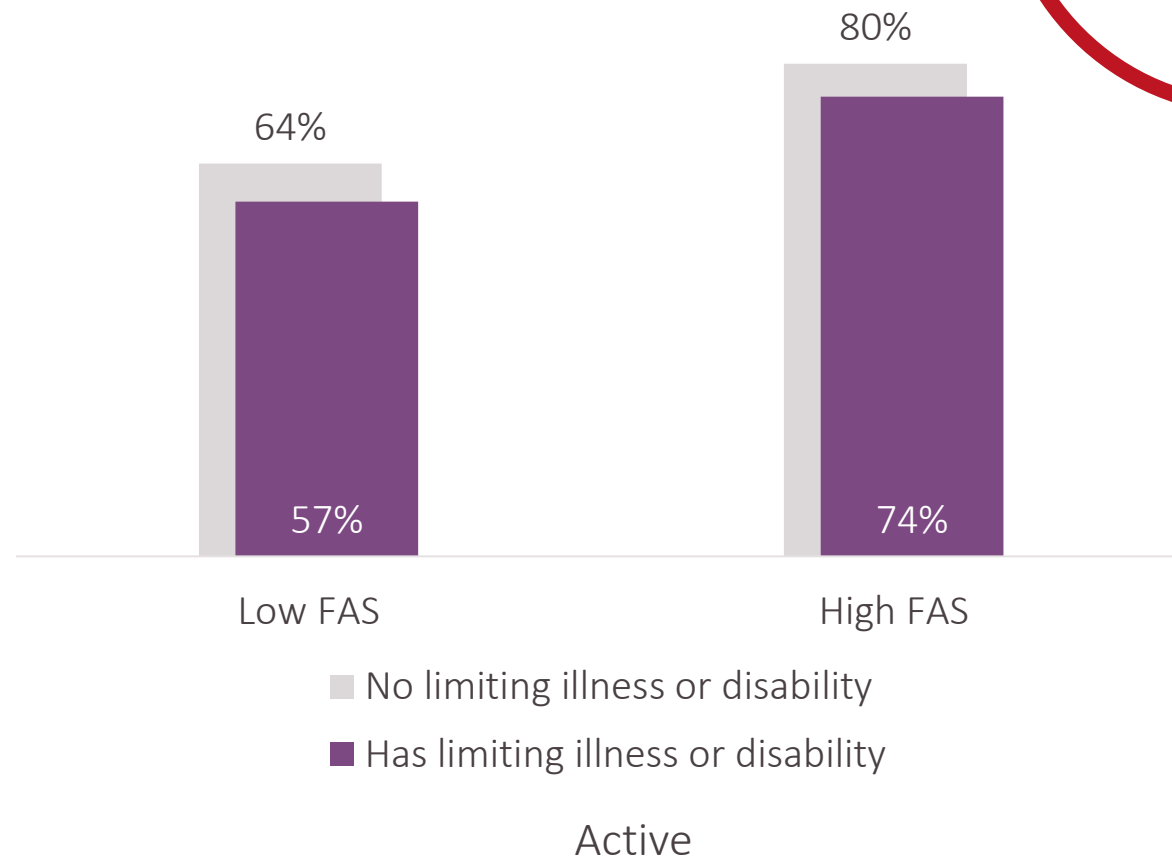




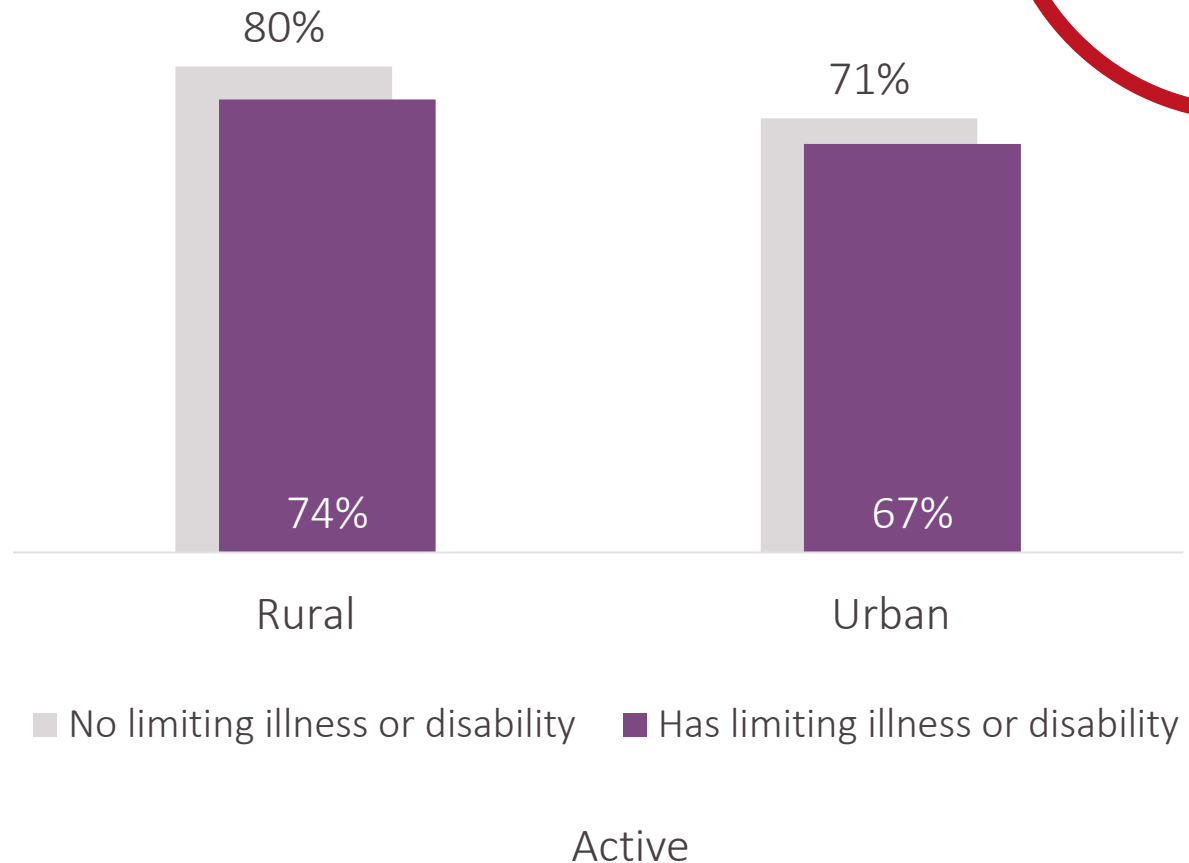
Disabled children who have **access to a car** are more likely to be active



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

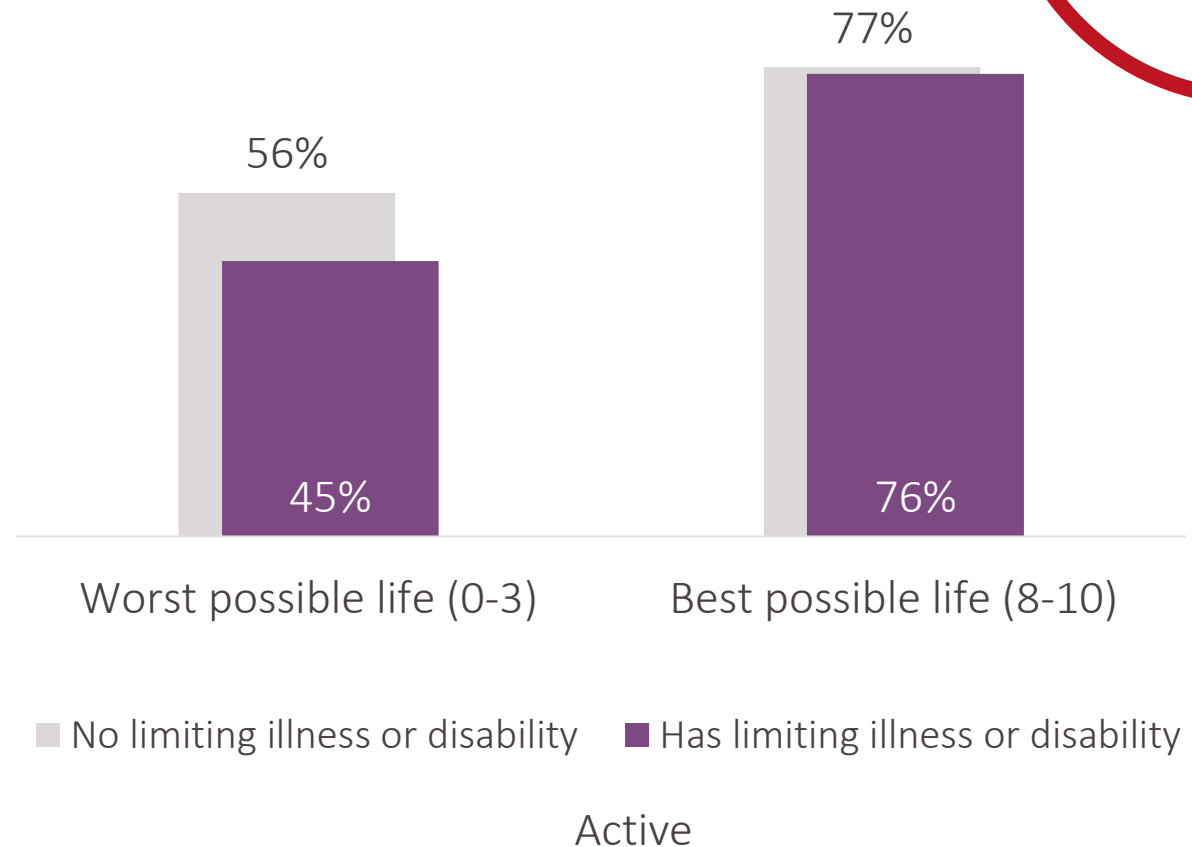


Disabled children living in rural communities are more likely to be active than those living in urban neighbourhoods



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

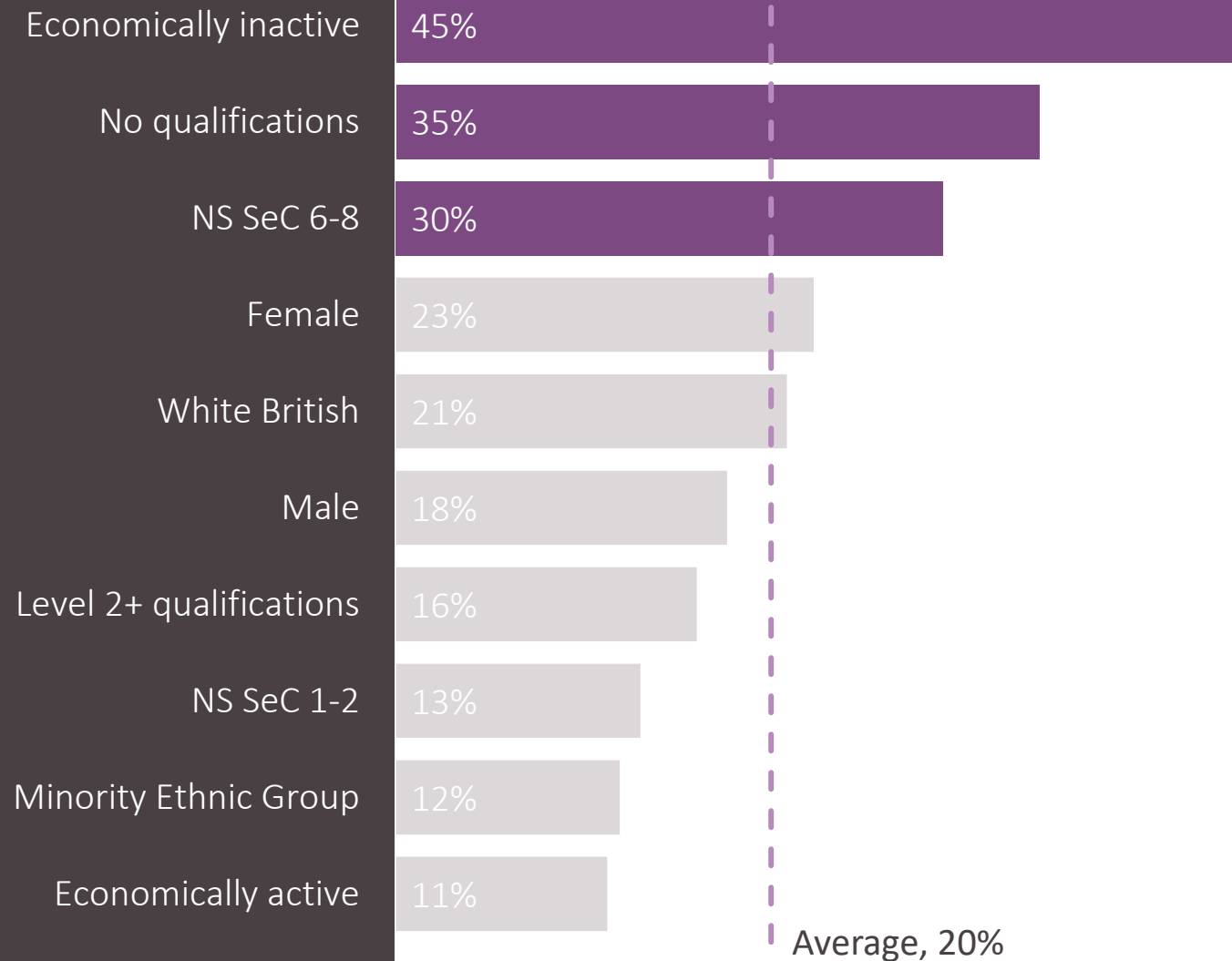


Additional adult
Census slides for
extra context



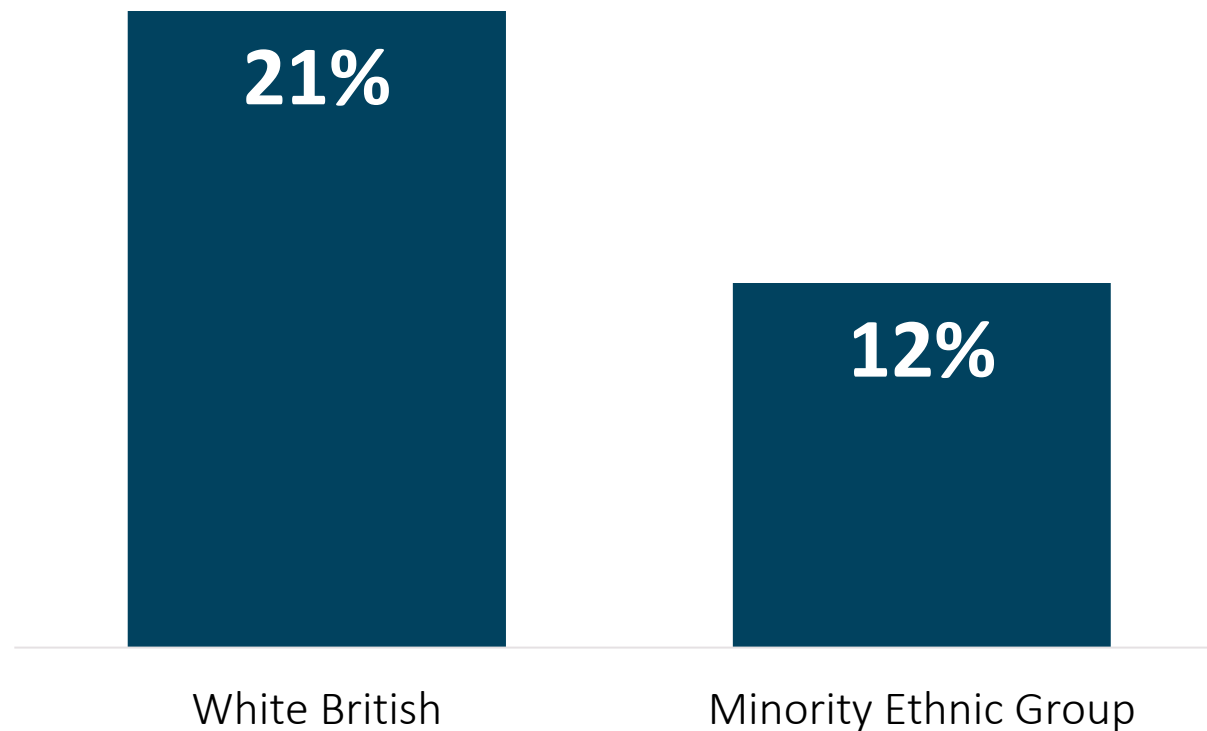
Disabled population by different demographic groups

For example, 45% of adults
who are economically
inactive have a disability

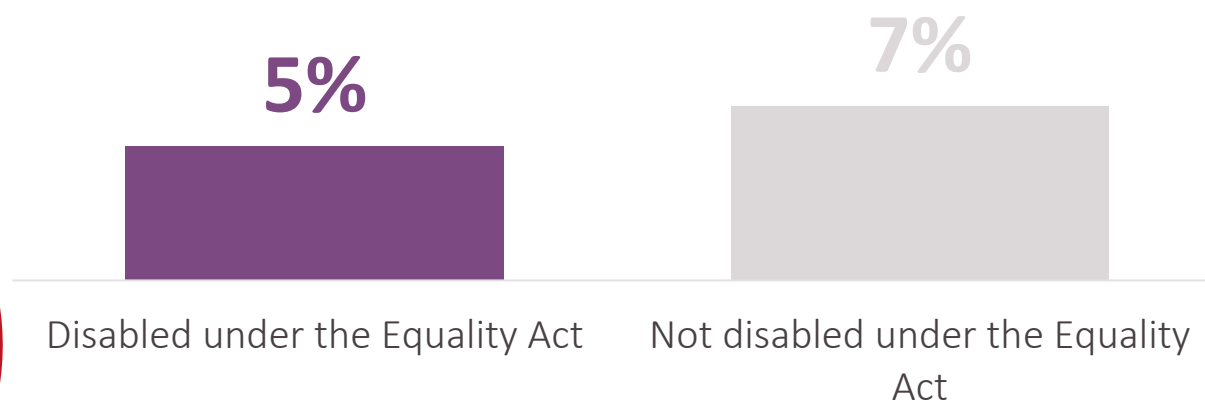


Percentage of adults with a limiting illness or disability (16-64)

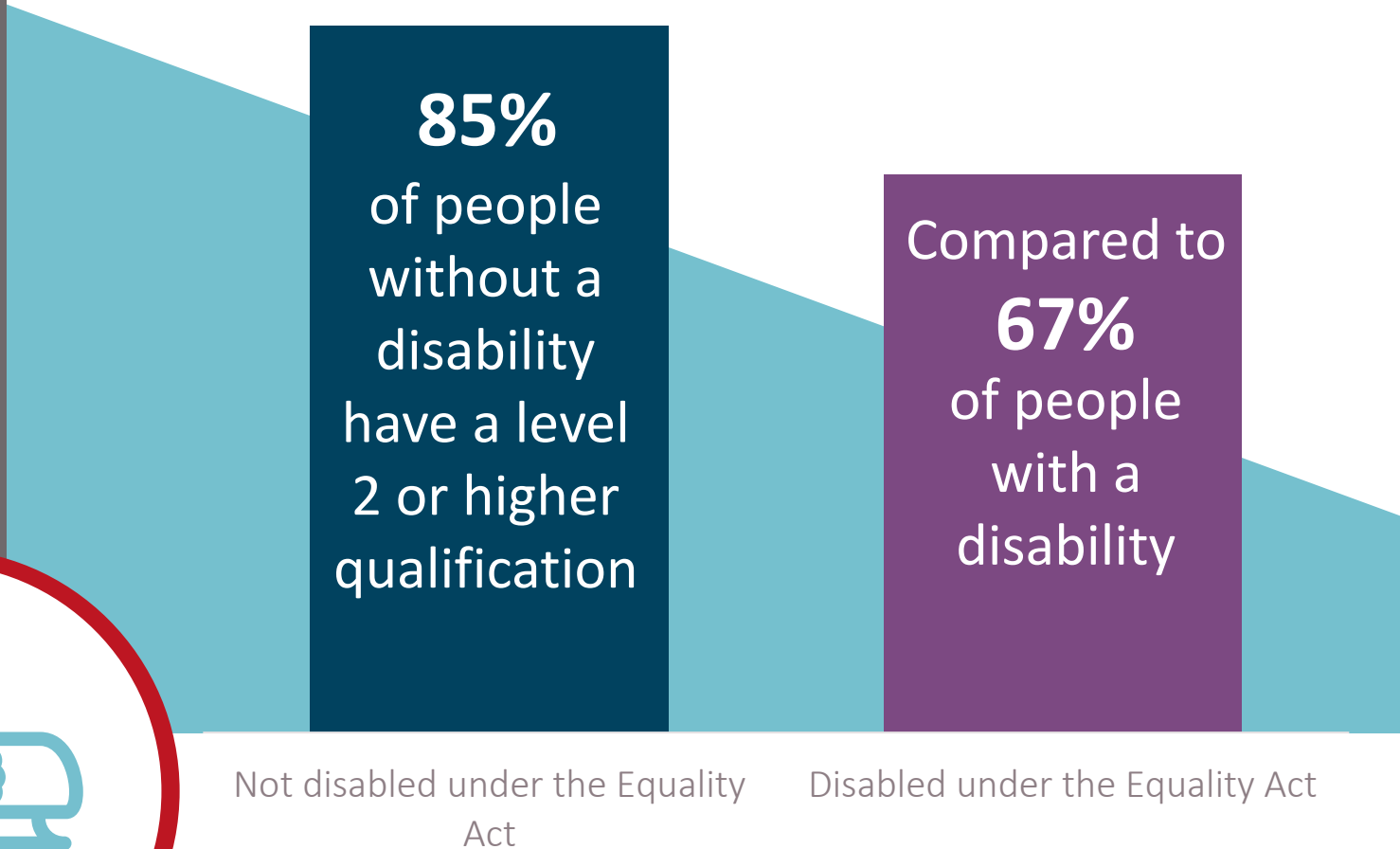
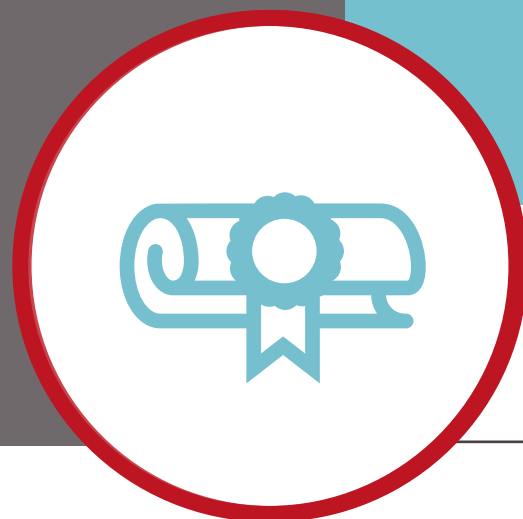
There is a higher proportion of adults with a limiting illness or disability in the White British community



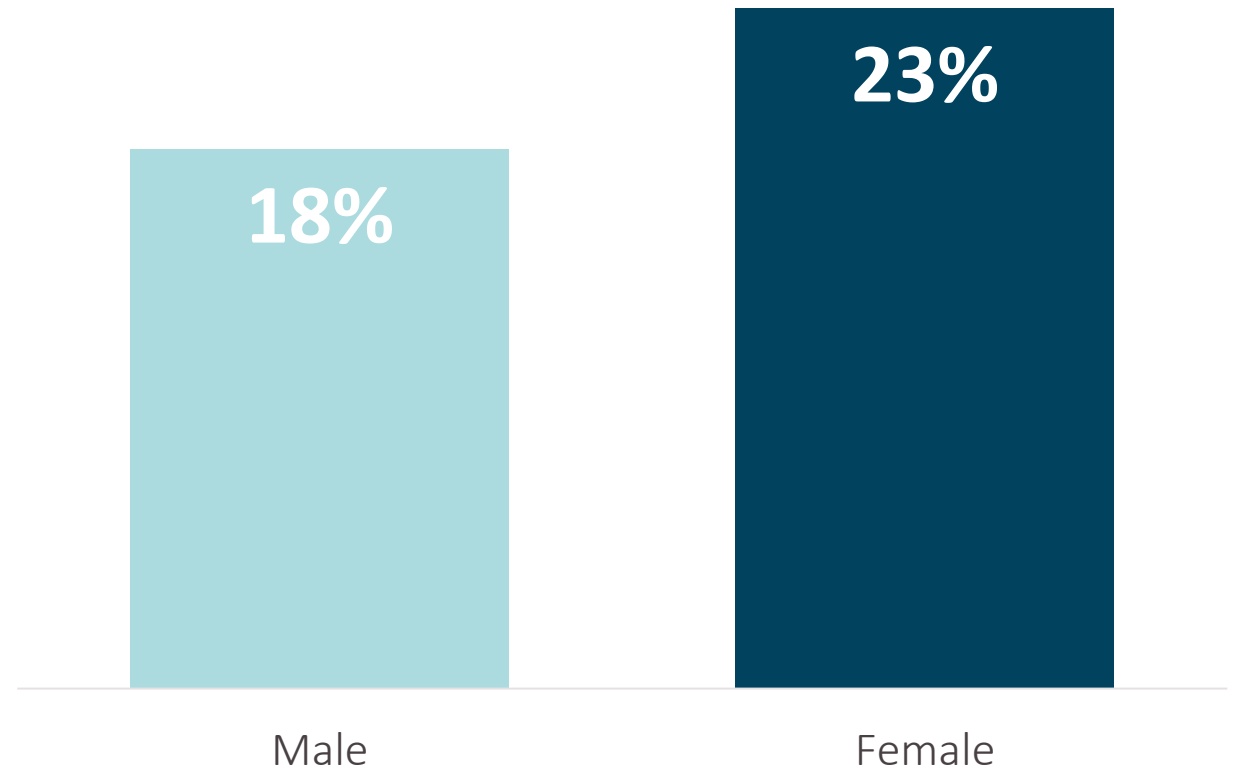
There is a lower proportion of adults with a limiting illness or disability who speak Welsh



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



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



**Almost 4 in 10
disabled people live in
areas of deprivation**
compared to under 3 in 10 of
those without a disability

