



Physical Activity Data Sources

Protecting and improving the nation's health

Title	Health Survey for England
What is it?	The Health Survey for England is an annual survey, which also contains physical activity data alongside other indicators. The HSE is currently commissioned by the Information Centre (and before 2005 was commissioned by the Department of Health) to monitor the health of the population. This is currently the most robust data source to monitor trends in adult obesity and physical activity in England and includes nutrition data.
Who provides it?	Health & Social Care Information Centre
URL	http://www.hscic.gov.uk/catalogue/PUB13218
What does it contain?	The surveys in 2008 and 2012 contained an additional physical activity module, which is not included annually. Questions relate to the amount of time spent being physically active in the last four weeks, and are reported in terms of the governments recommendations (150 minutes per week measured in 10 minute bouts for adults, 60 minutes per day for children aged 5-15 years). Additionally questions are asked about sedentary time.
Adults/Children	Adults & children
Geography	
England	✓
Region	✓
LA	
MSOA	
Postcode	
Demographics	
Age	✓
Sex	✓
Ethnicity	✓
Sexuality	
Socio-economic status	✓
Religion	✓
Disability	✓
When did it begin?	1991
What is the most up-to-date data available?	2013 (Latest physical activity data 2012)
When was it last published?	December 2014
How often is it updated?	Annually
When is the next publication due?	December 2015



Title	Active People Survey
What is it?	The Active People Survey is a large telephone survey of sport and active recreation among adults (14+) in England, commissioned by Sport England. The survey provides the measurement for the former National Indicator 8 (NI8) - adult participation in sport and active recreation. Data on participation in sport are published by Sport England. Data published by Public Health England on the Public Health Outcomes Framework (PHOF) include a wider definition of physical activity including active travel.
Who provides it?	Sport England
URL	http://www.sportengland.org/research/about-our-research/active-people-survey/
What does it contain?	The survey measures participation in sport and active recreation, and provides details of how participation varies from place to place and between different groups in the population. The survey also measures other sport-related issues such as volunteering; club membership; tuition or coaching; and overall satisfaction with levels of sporting provision in the local community. The activities are measured in bouts of 10 minutes and include: sport, recreational cycling, recreational walking, walking for active travel purposes, cycling for active travel purposes, dance and gardening. Occupational activity or work in the home is not included.
Adults/Children	Adults
Geography	
England	✓
Region	✓
LA	✓
MSOA	
Postcode	
Demographics	
Age	✓
Sex	✓
Ethnicity	✓
Sexuality	✓
Socio-economic status	✓
Religion	✓
Disability	✓
When did it begin?	October 2005
What is the most up-to-date data available?	Sport England: October 2012 - October 2013 Public Health England: January 2014 - January 2015
When was it last published?	December 2014
How often is it updated?	Annually
When is the next publication due?	Final results for Oct 2014-Oct 2015 due in December 2015. PHOF indicator due to be updated Jan 2015-Jan 2016 in August 2016.



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Title	National Travel Survey
What is it?	The National Travel Survey (NTS) is a continuous survey on personal travel. It provides the Department for Transport, Local Government and the Regions (DTLR) with data to answer a variety of policy and transport research questions.
Who provides it?	Department for Transport
URL	https://www.gov.uk/government/collections/national-travel-survey-statistics
What does it contain?	Average number of trips per year by mode of transport (walking, bike, car/van, bus etc) with sample size approx. 19,000. Mode of travel to school trend from 1995/97 with sample size approx. 2,600.
Adults/Children	Adults & children
Geography	
England	✓
Region	
LA	
MSOA	
Postcode	
Demographics	
Age	✓
Sex	✓
Ethnicity	
Sexuality	
Socio-economic status	
Religion	
Disability	
When did it begin?	1965 (ad-hoc) but continuous from 1988
What is the most up-to-date data available?	2014
When was it last published?	September 2015
How often is it updated?	Annually
When is the next publication due?	September 2016



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Title	Labour Force Survey
What is it?	The Labour Force Survey (LFS) is a quarterly sample survey of households living at private addresses in Great Britain. Its purpose is to provide information on the UK labour market that can then be used to develop, manage, evaluate and report on labour market policies. The questionnaire design, sample selection, and interviewing are carried out by the Social and Vital Statistics Division of the Office for National Statistics (ONS) on behalf of the Statistical Outputs Group of the ONS.
Who provides it?	Office for National Statistics
URL	http://www.ons.gov.uk/ons/guide-method/method-quality/specific/labour-market/labour-market-statistics/index.html
What does it contain?	Questionnaire asks 'How do you usually travel to work?'
Adults/Children	Adults
Geography	
England	✓
Region	
LA	
MSOA	
Postcode	
Demographics	
Age	✓
Sex	✓
Ethnicity	✓
Sexuality	✓
Socio-economic status	✓
Religion	✓
Disability	✓
When did it begin?	1973 (annually), 1992 quarterly
What is the most up-to-date data available?	April - June 2015
When was it last published?	August 2015
How often is it updated?	Quarterly
When is the next publication due?	November 2015 (may not contain data on commuting)



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Title	Taking Part Survey
What is it?	The Taking Part Survey provides detail on adult (16 plus) participation across cultural and sports sectors.
Who provides it?	Department for Culture, Media & Sport
URL	https://www.gov.uk/government/collections/taking-part
What does it contain?	The survey asks about what sport has been undertaken in the previous 4 weeks, and whether the sport was competitive. Also covers the effect of the London 2012 Olympics on attitudes to sport and participation in sport.
Adults/Children	Adults & children
Geography	
England	✓
Region	✓
LA	
MSOA	
Postcode	
Demographics	
Age	✓
Sex	✓
Ethnicity	✓
Sexuality	
Socio-economic status	
Religion	✓
Disability	✓
When did it begin?	2005
What is the most up-to-date data available?	April 2014-March 2014
When was it last published?	July 2015
How often is it updated?	Quarterly
When is the next publication due?	October 2015



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Title	Census for England and Wales
What is it?	Statistics from the UK censuses help paint a picture of the nation and how we live. They provide a detailed snapshot of the population and its characteristics, and underpin funding allocation to provide public services.
Who provides it?	Office for National Statistics
URL	http://www.ons.gov.uk/ons/guide-method/census/2011/index.html?utm_source=twitterfeed&utm_medium=twitter
What does it contain?	Usual method of travel to work.
Adults/Children	Adults
Geography	
England	✓
Region	✓
LA	✓
MSOA	
Postcode	
Demographics	
Age	✓
Sex	✓
Ethnicity	✓
Sexuality	✓* legal marital or same-sex civil partnership status
Socio-economic status	✓
Religion	✓
Disability	✓
When did it begin?	1801
What is the most up-to-date data available?	2011
When was it last published?	from July 2012, tables published at regular intervals
How often is it updated?	every 10 years
When is the next publication due?	data still being published on 2011 census. Next census 2021



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Title	Local Area Walking and Cycling in England
What is it?	Estimates of proportions of adults walking or cycling, or walking and cycling combined at regional and local authority level. Data from the Active People Survey.
Who provides it?	Department for Transport
URL	https://www.gov.uk/government/statistics/local-area-walking-and-cycling-in-england-2013-to-2014
What does it contain?	% walking/ % cycling once per month, once per week, 3 times per week and 5 times per week including some inequalities data. Usual length of time spent walking/cycling. Activities split by purpose (recreational, utility or any purpose).
Adults/Children	Adults
Geography	
England	✓
Region	✓
LA	✓
MSOA	
Postcode	
Demographics	
Age	✓
Sex	✓
Ethnicity	✓
Sexuality	
Socio-economic status	
Religion	
Disability	✓
When did it begin?	2010/11
What is the most up-to-date data available?	October 2013 - October 2014
When was it last published?	June 2015
How often is it updated?	Annually
When is the next publication due?	Spring 2016



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Title	Understanding Society
What is it?	Understanding Society, the UK Household Longitudinal Study (UKHLS), is a longitudinal survey of the members of approximately 40,000 households in the UK. Households recruited at the first round of data collection are visited each year to collect information on changes to their household and individual circumstances. Interviews are typically carried out face-to-face in respondents' homes by trained interviewers. Data collection for each wave takes place over a 24 month period and individual respondents are interviewed around the same time each year.
Who provides it?	Institute of Social and Economic Research, University of Essex
URL	https://www.understandingsociety.ac.uk
What does it contain?	Survey asks about taking part in games or physical activity, walking for at least 10 minutes, physical activity at work. Sample size around 40,000 households
Adults/Children	Children aged 10-15 and adults.
Geography	
England	✓
Region	
LA	
MSOA	
Postcode	
Demographics	
Age	✓
Sex	✓
Ethnicity	✓
Sexuality	✓
Socio-economic status	
Religion	✓
Disability	✓
When did it begin?	2009
What is the most up-to-date data available?	2009-2013
When was it last published?	October 2014
How often is it updated?	Annually
When is the next publication due?	October 2015



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Title	Health Behaviour in School-aged Children
What is it?	The HBSC research network is an international alliance of researchers that collaborate on the cross-national survey of school students. The HBSC collects data every four years on 11, 13 and 15-year-old boys' and girls' health and well-being, social environments and health behaviours.
Who provides it?	World Health Organisation
URL	http://www.hbsc.org/
What does it contain?	% meeting physical activity recommendations of 1 hour per day
Adults/Children	Children aged 11, 13, 15 years
Geography	
England	✓
Region	
LA	
MSOA	
Postcode	
Demographics	
Age	✓
Sex	✓
Ethnicity	
Sexuality	
Socio-economic status	✓
Religion	
Disability	
When did it begin?	2002
What is the most up-to-date data available?	2014
When was it last published?	Latest data for England seen April 2015
How often is it updated?	Every 4 years
When is the next publication due?	2019



Title	Millenium Cohort Study
What is it?	The Millennium Cohort Study (MCS) is a multi-disciplinary research project following the lives of around 19,000 children born in the UK in 2000-01. The study has been tracking the Millennium children through their early childhood years and plans to follow them into adulthood. It collects information on the children's siblings and parents.
Who provides it?	Centre for Longitudinal Studies
URL	http://www.cls.ioe.ac.uk/page.aspx?&sitesectionid=851
What does it contain?	Children were surveyed aged 9 months, 3 years, 5 years, 7 years and 11 years. Aged seven (2008) had additional physical activity questions and asked days per week do sport/exercise, Frequency of non club/class physical activities, How often use a bicycle, any formal cycle training, journeys on foot (outside of school) , journeys on bike (outside of school).
Adults/Children	Children
Geography	
England	✓
Region	
LA	
MSOA	
Postcode	
Demographics	
Age	✓
Sex	✓
Ethnicity	✓
Sexuality	
Socio-economic status	✓
Religion	✓
Disability	✓
When did it begin?	2000-01
What is the most up-to-date data available?	2012
When was it last published?	2013
How often is it updated?	Every 2-4 years
When is the next publication due?	Not known



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Title	School Census
What is it?	The Department for Children, Schools and Families coordinates an annual school census. This comprises termly collections with different data required on each occasion, at school level and pupil level.
Who provides it?	Department for Education
URL	https://www.gov.uk/government/collections/school-census
What does it contain?	During the spring term census data on pupils' 'usual mode of travel' used to be collected. Despite the School Census continuing, this field is no longer collected. While the format of this question only allowed a snapshot, it had the advantage of being asked of all pupils in state schools.
Adults/Children	Children
Geography	
England	✓
Region	✓
LA	✓
MSOA	
Postcode	
Demographics	
Age	✓
Sex	✓
Ethnicity	✓
Sexuality	
Socio-economic status	
Religion	
Disability	
When did it begin?	2006
What is the most up-to-date data available?	2011 (including mode of travel)
When was it last published?	July 2011
How often is it updated?	Termly (3 times per year)
When is the next publication due?	no longer collecting data relevant to physical activity



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Title	Time Use Survey
What is it?	The UK 2000 Time Use Survey was conducted on behalf of a funding consortium consisting of: the Economic and Social Research Council; the Department of Culture, Media and Sport; the Department for Education and Skills; the Department of Health; the Department of Transport, Local Government and the Regions; and the Office for National Statistics. In 2005 the survey became part of the National Statistics Omnibus survey.
Who provides it?	Office for National Statistics
URL	http://www.timeuse.org/node/1905
What does it contain?	The survey records physical activity such as participation in sports, time spent exercising and mode of travel. Data are collected via a time diary.
Adults/Children	Adults
Geography	
England	✓
Region	
LA	
MSOA	
Postcode	
Demographics	
Age	✓
Sex	✓
Ethnicity	
Sexuality	
Socio-economic status	
Religion	
Disability	
When did it begin?	2000
What is the most up-to-date data available?	2005
When was it last published?	July 2006
How often is it updated?	ad-hoc
When is the next publication due?	no plans to continue survey



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Title	PE & Sports Survey
What is it?	An annual survey on participation in physical education and sport in schools.
Who provides it?	Department for Children, Schools and Families.
URL	https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/181556/DFE-RR032.pdf
What does it contain?	The proportion of pupils receiving two hours of curriculum PE per week and the proportion of pupils participating in at least three hours of PE and school sport per week. (Primary and secondary schools).
Adults/Children	Children
Geography	
England	✓
Region	✓
LA	
MSOA	
Postcode	
Demographics	
Age	✓
Sex	✓
Ethnicity	✓
Sexuality	
Socio-economic status	
Religion	
Disability	
When did it begin?	2003/04
What is the most up-to-date data available?	2009/10
When was it last published?	2010
How often is it updated?	Annually
When is the next publication due?	no plans to continue survey



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Title	General Lifestyle (Household) Survey
What is it?	The General Lifestyle Survey (GLF), formerly known as the General Household Survey (GHS) is a multi-purpose continuous survey carried out by the Social Survey Division of the Office for National Statistics (ONS) which collects information on a range of topics from people living in private households in Great Britain. The survey started in 1971 and has been carried out continuously since then, except for breaks in 1997/98 (when the survey was reviewed) and 1999/2000 when the survey was re-developed. The General Household Survey (GHS) was renamed the General Lifestyle Survey (GLF/GLS) in 2008.
Who provides it?	Office for National Statistics
URL	http://www.ons.gov.uk/ons/rel/ghs/general-household-survey/index.html
What does it contain?	Leisure activities
Adults/Children	Adults & children
Geography	
England	✓
Region	✓
LA	
MSOA	
Postcode	
Demographics	
Age	✓
Sex	✓
Ethnicity	✓
Sexuality	✓* legal marital or same-sex civil partnership status
Socio-economic status	
Religion	
Disability	✓
When did it begin?	1971
What is the most up-to-date data available?	2011
When was it last published?	July 2013
How often is it updated?	Annually
When is the next publication due?	no plans to continue survey