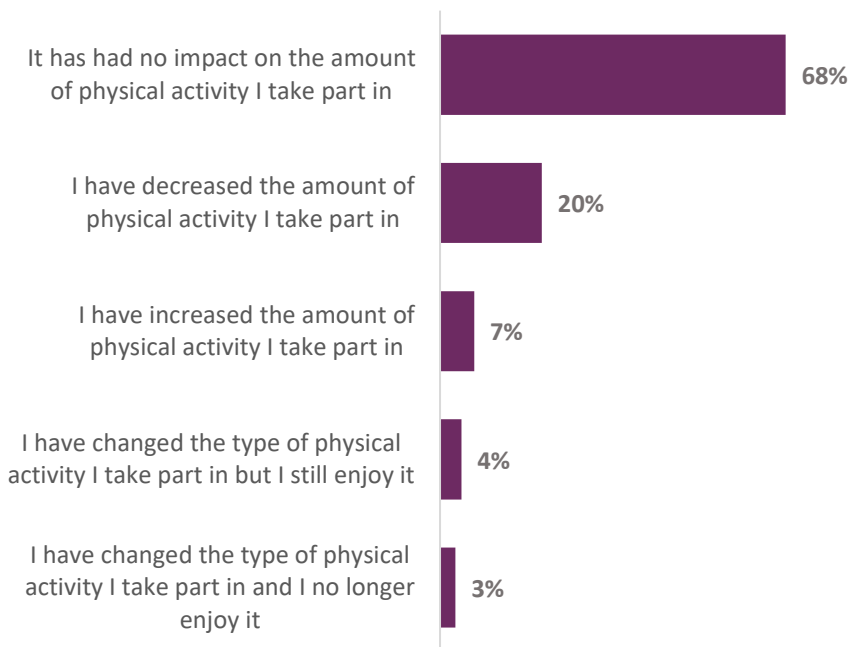


# Residents' views of the impact of the cost of living crisis

CFE Research



# What is the impact of the cost of living crisis on physical activity?



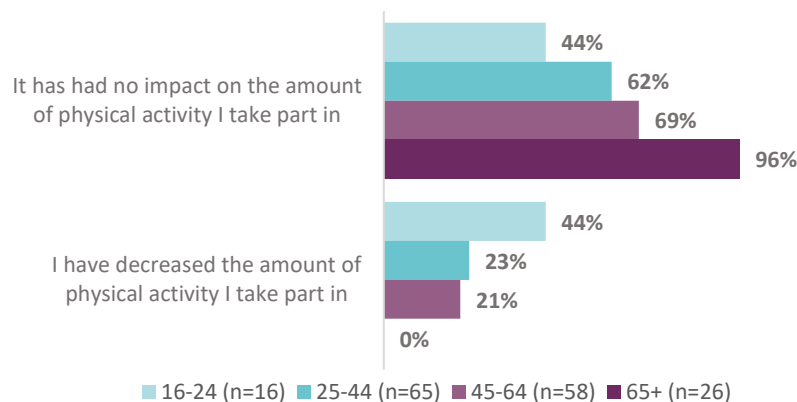
- Almost one-third of residents have been affected by the cost of living crisis and **one in five have decreased their levels of physical activity.**
- **Two thirds** of Doncaster residents report that the cost of living crisis has **not had an impact on their** physical activity levels.
- **7% have increased their physical activity levels** as a result of the cost of living crisis.
- Nearly one in 10 residents have **changed the type of physical activity that they do**, with half saying that they still enjoy it, whereas **the other half no longer enjoy it.** There is a risk that those that do not enjoy it may ultimately stop being active which could further increase the proportion of Doncaster residents that have reduced their physical activity levels as a result of the cost of living crisis.

Q4. Has the increase in the cost of living (e.g. increases in the prices of electricity, gas, food or other essential items) had any of the following impacts on you and the physical activity that you take part in? (n=165)

# The cost of living crisis has had a greater negative impact on specific residents' physical activity levels

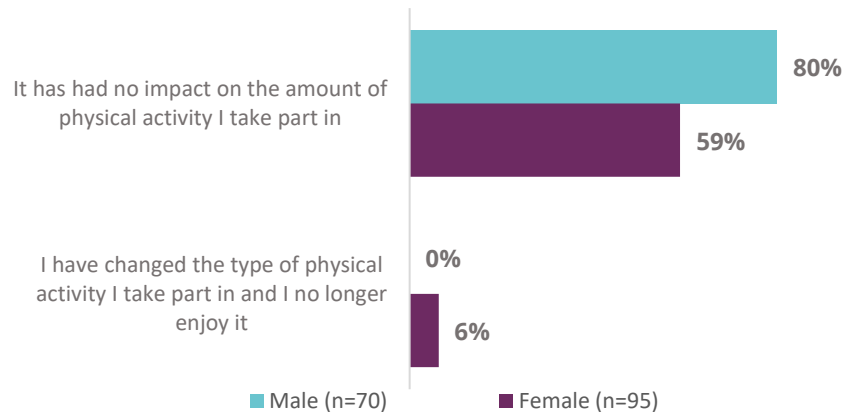
## Age

- A higher proportion of residents aged 16-24 report that they have decreased the amount of physical activity they do.
- A higher proportion of residents aged 65+ report that the cost of living crisis has had no impact on the amount of physical activity they take part in compared with younger residents.



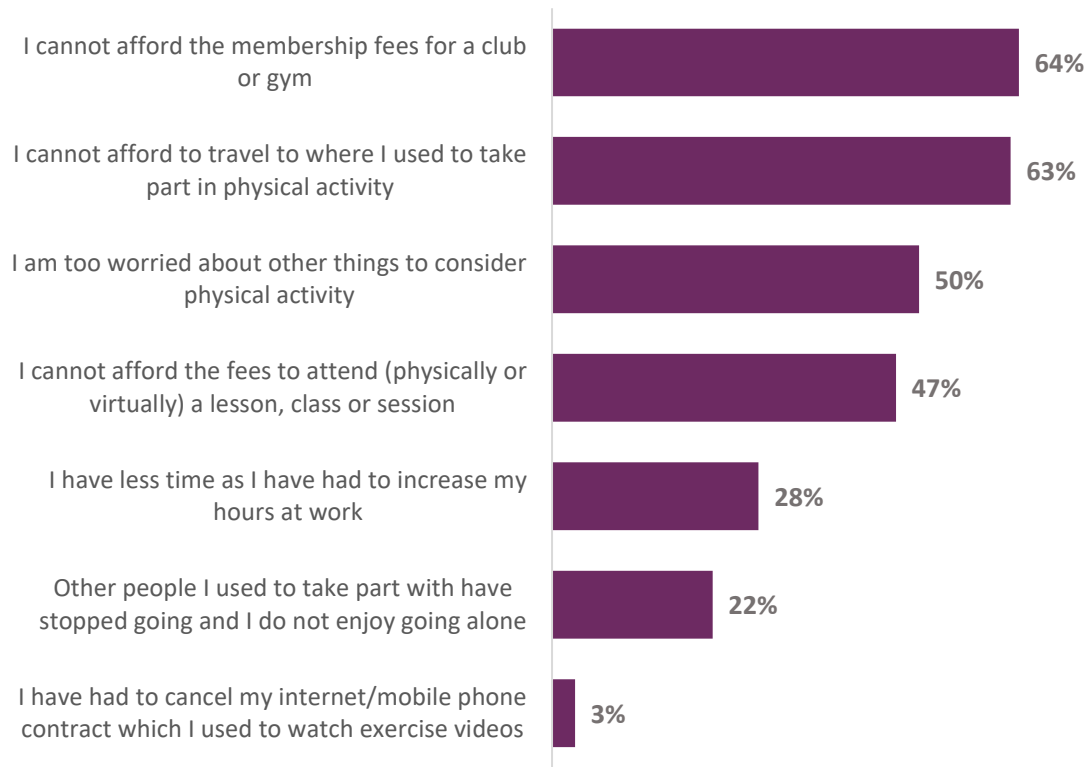
## Gender

- A higher proportion of males report that the cost of living crisis has had no impact on the amount of physical activity they do.
- Although not commonly reported, more females report changing the type of physical activity they do and they no longer enjoy it.



Q4. Has the increase in the cost of living (e.g. increases in the prices of electricity, gas, food or other essential items) had any of the following impacts on you and the physical activity that you take part in?

# Why have physical activity levels decreased?



- Nearly two thirds of Doncaster residents that have reduced their levels of physical activity cite that the main reason(s) are that they **cannot afford** the **membership fees** or **travel** costs to attend their physical activity setting. Nearly half also cannot afford the **fees to attend** the sessions.
- Half of those who have reduced their physical activity cite **worry and anxiety** as a key factor for reducing their physical activity.
- Over one-quarter identify that they have had to **increase their working** hours and thus have less time available for physical activity.

# Why have levels increased or activities changed?

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- Those that have undertaken more physical activity as a result of the cost of living crisis commonly cite an **increase in active travel so as not to have to pay for petrol and transport**. Most commonly this involved cycling or walking.
- Two participants identify that they want to be out of the house so that they do not waste money on heating and electricity, and therefore use physical activity as a distraction.

*“As I am rushing to work I have no choice but walk as everything is so expensive.”*

*“I need to walk more places with my children as we can’t afford to get public transportation that much anymore because the rising cost of food and energy etc. It’s fast becoming normal for us to walk 7 miles to get to where we need to get to.”*

*“Don’t want to use much electric or gas, so I go out to do some exercise to keep me occupied”*

- Residents that identify that they have **changed the type of physical activity** have **replaced previous activities with walking** (for one resident this was cycling). It is likely that this change from previous activities (including swimming, gym, exercise classes, PT sessions) to walking represents a **reduction in the intensity of physical activity**. Therefore, it can be inferred that the level of health benefits gained from this type of physical activity may be reduced.
- Although some enjoy the new activity, **for some the change to walking represents a new activity that they ‘just can’t get into’** and is less enjoyable than their previous activities. A couple of participants highlight that existing medical conditions mean they can either do less than they used to or it causes them pain.

*“I am allergic to UVA and UVB rays. Causes debilitating pain and itching and lethargy.”*

Q6. What is the mean reason(s) you have undertaken more physical activity as a result of the increase in the cost of living? (n=11)

Q7. As a result of the increase in the cost of living, you stated you have changed the type of physical activity you take part in. What physical activity have you stopped and what have you now started? (n=12)