

### Who took part?

7,169  
students



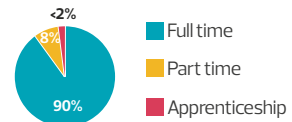
107  
institutions



53% female  
46% male



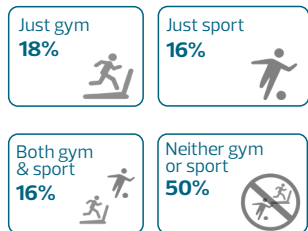
### Mode of study



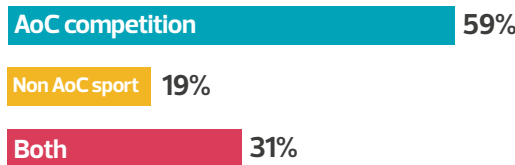
Mainly full time

### What did they do and how active were they?

Students were asked what kind of activity they took part in:



Those who took part in sports were asked what type of team/ club they participated with:



Students were asked how much activity they did **in a week**, which was grouped by Sport England's Active Lives categorisations to allow comparison to national data.

	Inactive <30 mins	Active 150 mins+
Survey population	26%	65%
AL (16-24 years)	17%	74%
AL (25-34 years)	21%	67%

### How did their wellbeing metrics compare?

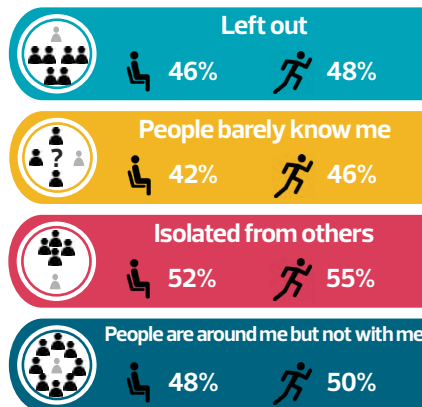
#### Personal Wellbeing average scores:

Where 0 = 'not at all' and 10 = 'completely'



#### Social Inclusion average scores:

% answering 'never' or 'rarely' to 'I feel':



#### Mental Wellbeing scores (SWEMWEBS):

agreement to positively worded statements  
Where higher scores equal higher mental wellbeing (35 = highest score)



#### Loneliness average scores:

% answering 'rarely' or 'hardly ever'

During the past week have you felt lonely?



#### Social Trust average scores:

% answering 'agree' or 'strongly agree'

To what extent do you agree or disagree that most people in your local area can be trusted?

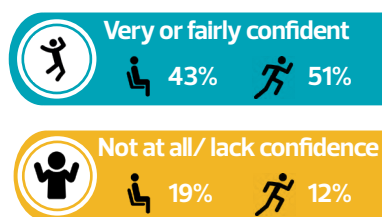


### How does this impact attainment and employability?

Students were asked what grade they expected to get:

UCAS Points	Inactive	Active
16-31	19%	17%
32-47	53%	51%
48-56	28%	32%

Students were asked about their confidence of finding a job within six months of finishing college:



### What are the barriers and motivators?

Students were asked what the barriers and motivators to exercise were. The options which the highest percentage responded to are below.



#### Biggest motivators:

To benefit my health **16%**  
To improve my body image **13%**  
As a stress relief **11%**



#### Biggest barriers:

Too busy with studies **27%**  
Body confidence/ image **12%**  
There are no barriers **11%**