

Social value of disabled people's physical activity

Estimating the social value of disabled adult's physical activity on wellbeing, using HM Treasury Green Book endorsed methodology.

Social value figures

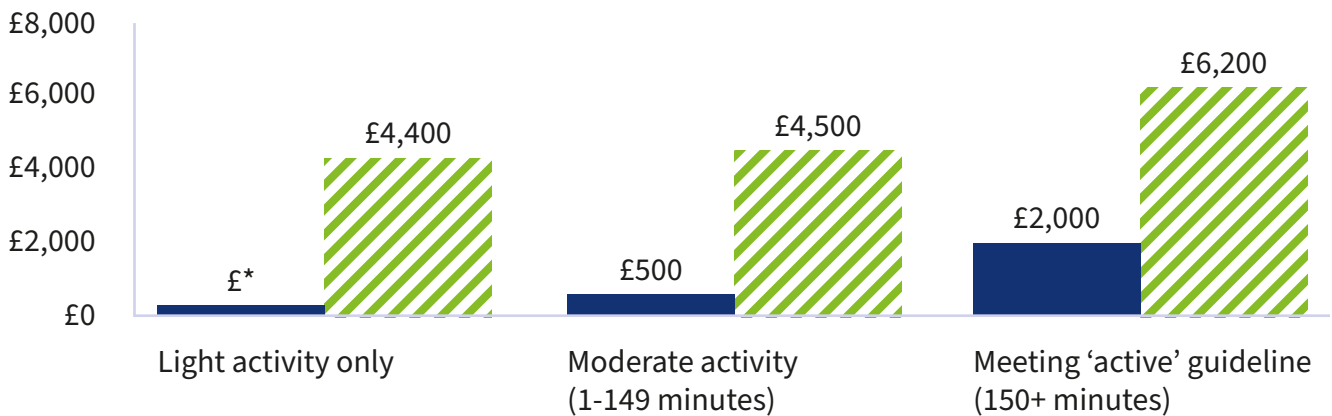


Non-disabled people



Disabled people

Social value of physical activity, per person per year (2023 prices, rounded to £100).



*Insignificant value

Activity level

£6,200

The wellbeing benefit for disabled people meeting the Chief Medical Officer's weekly 'active' guideline is high; +0.406 in life satisfaction, a social value of £6,200 per person per year (PPPY). To provide a comparison, being employed rather than unemployed has a wellbeing benefit of +0.46 and a WELLBY value of £7,000 (2023 prices).

£10.9 billion

Estimate of the 'activity gap' i.e. this would be the additional value if activity levels of disabled people were the same as non-disabled people.

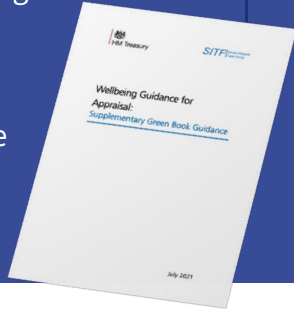
£35.9 billion

The estimate total social value of physical activity of disabled adults (at current levels).

Methodology

We conducted robust data analysis on **four years of Sport England's Active Lives data**, to estimate the impact of physical activity on wellbeing.

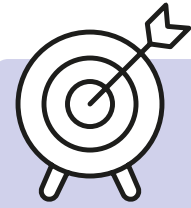
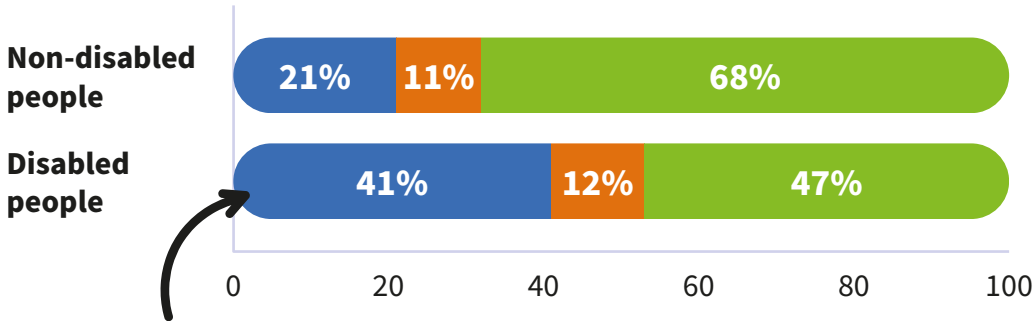
We then convert this to a monetary value, using the Treasury endorsed measure of a **WELLBY** (wellbeing adjusted life-year).



Factors we have controlled for:

- Age group
- Gender
- Ethnicity
- Socio-economic status
- Working status
- Education
- Household composition
- General health
- Index of Multiple Deprivation (IMD)
- Geography (region, urban/rural)
- Time (month, year of data collection)
- Level of COVID restrictions

Measuring physical activity



Chief Medical Officer's guideline for adults. 150+ minutes per week is recommended.



Disabled people or those with long-term health conditions are twice as likely to be physically 'inactive' as non-disabled adults (41% compared to 21% for non-disabled people).

- **Inactive:** 0 to 29 minutes per week
- **Fairly active:** 30 to 149 minutes per week
- **Active:** 150+ minutes per week

How 'active minutes' are measured

The above categories are based on **'moderate intensity equivalent'** minutes. This means:

- 1 Light activity**

We explored the impact of light activity on wellbeing, even though it doesn't count towards a person's 'active minutes'.

This is where you neither raise your heart rate nor are out of breath or sweating (e.g. gentle walking).
- 2 Moderate activity**

Your heart rate is raised.

x1 Counts once
- 3 Vigorous activity**

You are out of breath or sweating.

x2 Counts twice