Disability Sport and Physical Activity – Suffolk Insight Summary

Demographics

18% of the Suffolk Population has its day to day activities limited a little (73,353 persons) or a lot (57,336 persons) Source Census 2011

Areas of Suffolk with the highest numbers of persons with day to day activities limited a lot Source Suffolk Observatory

Ipswich Wards:
Priory Heath

Waveney Wards:
Harbour; Whitton
St Margaret’s; Pakefield; Kirkley

Projections to 2035

The number of working age adults with a physical or learning disability is projected to fall slightly over this period

Over the same period the number of adults aged 65+:
..with a limiting long-term condition 3.4%
..with a learning disability 52.9%
43.8%

Source POPPI and PANSI

- the number of people with depression is expected to increase by 43.1% (to 21,274 persons)
- the number of people with severe depression is expected to increase by 51.1% (to 7,110 persons)
- the number of people with dementia is expected to increase by 78.7% (to 22,061 persons)
Physical Activity

Disabled people traditionally have been under-represented in sport and physical activity. Active Lives Adult Data to November 2017 highlights that in Suffolk people with a limiting illness or disability are around twice as likely to be inactive as those people with no limiting illness or disability, in line with national and regional averages.

At a district level the picture is generally similar, although there is more variation in terms of those with a limiting illness or disability achieving the CMO guidelines. Most obviously between Mid Suffolk, where only 34.2% of people with a limiting illness or disability achieve the guidelines, compared with 54.2% in Babergh.

In Suffolk, the highest levels of inactivity are evident in the following groups:

- Mobility Impairment 51%
- Breathing Impairment 47%
- Hearing Impairment 47%
Individual, Social and Community Development

Engaging in volunteering provides numerous benefits in terms of individual, social and community development. Nationally, people with a limiting illness or disability are two thirds as likely to have volunteered to support sport and physical activity compared with people with no limiting illness or disability. In Suffolk, however, the picture is much more balanced.

National data indicates that being a member of a sports club means you are more likely to experience very high levels of life satisfaction - 35% higher than non-members.

In Suffolk, 19.7% of people with a limiting illness or disability have participated as a club member at least twice in the last 28 days compared with 35.6% of people with no limiting illness or disability. These findings are similar to the picture nationally.

Economic Development

Helping just 1% more eligible Employment and Support Allowance customers to find work in 2018/2019, would save £240 million plus a wider boost to the economy of £260 million.

In Suffolk, as of February 2018, the number of ESA claimants was 20,270.

To read the full report please visit https://www.suffolksport.com/uploads/disability-insight.pdf