

YouGov / Sustrans

Sample Size: 9122 UK Adults (of which 1370 are parents of children aged 5 to 16)

Fieldwork: 27th February - 7th March 2017

Government Region												
North East	North West	Yorkshire and the Humber	East Midlands	West Midlands	East of England	London	South East	South West	England (NET)	Wales	Scotland	Northern Ireland

For the following question, by physical activity, we mean any exercise (e.g. running, skipping, playing sport etc.) This can be part of the school day (e.g. playtime, during lunch, in a PE lesson etc.) or out of school. Still thinking about your child aged 5 to 16 years old whose birthday is next...

On average how many days a week, if any, does your child get at least 60 minutes of physical activity? (If you are unsure, please give your best estimate)

	70	145	96	92	118	105	174	174	129	1103	78	136	53
Unweighted base	70	145	96	92	118	105	174	174	129	1103	78	136	53
Base: All UK parents of children aged 5 to 16	76	153	101	108	132	105	190	173	130	1170	75	127	56
0 - None	5%	6%	6%	6%	6%	3%	2%	3%	4%	4%	5%	3%	-
1 day a week	8%	9%	9%	8%	10%	7%	10%	7%	14%	9%	12%	7%	13%
2 days a week	31%	15%	15%	21%	24%	11%	23%	19%	17%	19%	21%	17%	20%
3 days a week	19%	16%	13%	18%	15%	21%	13%	17%	22%	17%	13%	23%	15%
4 days a week	4%	21%	12%	18%	12%	12%	12%	13%	10%	13%	12%	15%	19%
5 days a week	14%	14%	18%	5%	9%	14%	14%	19%	16%	14%	10%	12%	12%
6 days a week	5%	5%	3%	5%	6%	6%	8%	5%	3%	5%	10%	5%	-
7 days a week	4%	8%	13%	12%	7%	17%	8%	11%	6%	9%	7%	8%	10%
Don't know	11%	6%	11%	8%	10%	10%	10%	5%	8%	9%	9%	9%	12%

Still thinking about your child aged 5 to 16 years old whose birthday is next...

To what extent, if at all, do you agree or disagree with the following statement? "I am concerned my child is overweight"

	70	145	96	92	118	105	174	174	129	1103	78	136	53
Unweighted base	70	145	96	92	118	105	174	174	129	1103	78	136	53
Base: All UK parents of children aged 5 to 16	76	153	101	108	132	105	190	173	130	1170	75	127	56
Strongly agree	-	3%	1%	3%	6%	3%	3%	3%	1%	3%	5%	2%	5%
Tend to agree	14%	10%	9%	7%	8%	10%	9%	8%	12%	9%	6%	15%	13%
Tend to disagree	12%	25%	19%	17%	16%	26%	17%	16%	19%	18%	18%	15%	14%
Strongly disagree	74%	59%	67%	71%	69%	59%	66%	69%	66%	66%	68%	67%	66%
Don't know	-	3%	3%	3%	1%	2%	3%	4%	1%	2%	2%	0%	2%
Prefer not to say	-	1%	1%	-	1%	1%	1%	1%	2%	1%	-	1%	-

Still thinking about your child aged 5 to 16 years old whose birthday is next...

Thinking about the past 2 years (i.e. since February 2015)...

Which ONE, if any, of the following statements BEST applies to you?

	70	145	96	92	118	105	174	174	129	1103	78	136	53
Unweighted base	70	145	96	92	118	105	174	174	129	1103	78	136	53
Base: All UK parents of children aged 5 to 16	76	153	101	108	132	105	190	173	130	1170	75	127	56
I have been to see a healthcare practitioner about my child being overweight	1%	4%	2%	-	5%	2%	5%	1%	3%	3%	4%	2%	-
I have not been to see a healthcare practitioner about my child being overweight, but have thought about it	3%	14%	5%	4%	3%	7%	6%	9%	5%	7%	3%	6%	9%
I have not been to see a healthcare practitioner about my child being overweight, and haven't thought about it	89%	74%	84%	90%	81%	77%	80%	83%	87%	82%	88%	81%	80%
Don't know/ can't recall	5%	6%	6%	4%	6%	9%	5%	5%	4%	5%	1%	6%	5%
Prefer not to say	2%	3%	2%	3%	5%	6%	4%	1%	1%	3%	3%	5%	7%

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Working status							Marital Status				
Working full time	Working part time	ALL WORKERS (NET)	Full time student	Retired	Unemployed	Not working/ Other	Married/ Civil Partnership	Living as married	Separated/ Divorced	Widowed	Never Married

For the following question, by physical activity, we mean any exercise (e.g. running, skipping, playing sport etc.) This can be part of the school day (e.g. playtime, during lunch, in a PE lesson etc.) or out of school. Still thinking about your child aged 5 to 16 years old whose birthday is next...

On average how many days a week, if any, does your child get at least 60 minutes of physical activity? (If you are unsure, please give your best estimate)

Unweighted base	732	284	1016	15	49	60	230	848	200	131	11	180
Base: All UK parents of children aged 5 to 16	778	278	1057	16	46	65	243	861	222	135	10	200
0 - None	4%	4%	4%	10%	3%	3%	3%	4%	4%	7%	-	5%
1 day a week	10%	9%	10%	5%	5%	4%	9%	10%	10%	4%	-	12%
2 days a week	23%	16%	21%	17%	21%	16%	13%	20%	19%	15%	9%	21%
3 days a week	17%	16%	17%	32%	14%	18%	18%	16%	22%	22%	-	16%
4 days a week	14%	17%	15%	28%	7%	5%	9%	13%	14%	12%	36%	14%
5 days a week	12%	15%	13%	-	11%	15%	17%	14%	12%	13%	35%	11%
6 days a week	5%	8%	6%	-	5%	7%	3%	5%	6%	7%	12%	4%
7 days a week	7%	10%	8%	-	6%	16%	16%	9%	8%	12%	9%	9%
Don't know	8%	4%	7%	7%	27%	16%	12%	10%	5%	10%	-	8%

Still thinking about your child aged 5 to 16 years old whose birthday is next...

To what extent, if at all, do you agree or disagree with the following statement? "I am concerned my child is overweight"

Unweighted base	732	284	1016	15	49	60	230	848	200	131	11	180
Base: All UK parents of children aged 5 to 16	778	278	1057	16	46	65	243	861	222	135	10	200
Strongly agree	3%	3%	3%	-	5%	1%	2%	3%	4%	2%	-	2%
Tend to agree	10%	8%	10%	16%	16%	9%	8%	8%	12%	11%	25%	13%
Tend to disagree	19%	21%	20%	12%	11%	6%	15%	17%	21%	18%	12%	19%
Strongly disagree	64%	67%	65%	72%	52%	79%	71%	69%	62%	64%	64%	62%
Don't know	2%	1%	2%	-	9%	2%	3%	3%	-	2%	-	3%
Prefer not to say	1%	-	1%	-	6%	3%	0%	1%	0%	3%	-	1%

Still thinking about your child aged 5 to 16 years old whose birthday is next...

Thinking about the past 2 years (i.e. since February 2015)...

Which ONE, if any, of the following statements BEST applies to you?

Unweighted base	732	284	1016	15	49	60	230	848	200	131	11	180
Base: All UK parents of children aged 5 to 16	778	278	1057	16	46	65	243	861	222	135	10	200
I have been to see a healthcare practitioner about my child being overweight	3%	3%	3%	-	2%	5%	3%	2%	4%	4%	-	4%
I have not been to see a healthcare practitioner about my child being overweight, but have thought about it	7%	7%	7%	24%	12%	4%	4%	6%	6%	3%	24%	11%
I have not been to see a healthcare practitioner about my child being overweight, and haven't thought about it	84%	86%	85%	69%	51%	73%	82%	85%	80%	82%	68%	76%
Don't know/ can't recall	4%	3%	4%	7%	25%	11%	8%	5%	8%	6%	-	6%
Prefer not to say	3%	1%	2%	-	10%	8%	4%	3%	2%	5%	8%	4%

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Children in Household						Parent/ Guardian								
0	1	2	3+	ALL WITH CHILDREN IN HOUSEHOLD (NET)	Refused	Parent/ guardian (any age)	Not parent/ guardian	4 years and under	5 to 11 years	12 to 16 years	17 to 18 years	18 years and under	Over 18 years	

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On average how many days a week, if any, does your child get at least 60 minutes of physical activity? (If you are unsure, please give your best estimate)

Unweighted base	105	392	546	196	1134	131	1370	-	238	888	765	160	1370	212
Base: All UK parents of children aged 5 to 16	117	389	558	215	1162	149	1428	-	264	944	793	168	1428	209
0 - None	8%	6%	3%	3%	4%	2%	4%	-	2%	2%	6%	5%	4%	7%
1 day a week	8%	13%	8%	10%	10%	8%	9%	-	9%	8%	11%	15%	9%	8%
2 days a week	23%	17%	20%	19%	19%	19%	19%	-	19%	18%	22%	17%	19%	18%
3 days a week	12%	15%	18%	21%	18%	17%	17%	-	20%	19%	17%	14%	17%	16%
4 days a week	9%	13%	15%	11%	14%	15%	14%	-	10%	14%	14%	14%	14%	8%
5 days a week	9%	13%	14%	11%	13%	18%	13%	-	18%	14%	12%	14%	13%	13%
6 days a week	4%	6%	4%	6%	5%	6%	5%	-	5%	6%	4%	3%	5%	4%
7 days a week	3%	9%	10%	10%	9%	13%	9%	-	12%	11%	6%	8%	9%	11%
Don't know	25%	8%	8%	10%	8%	1%	9%	-	6%	8%	9%	10%	9%	14%

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To what extent, if at all, do you agree or disagree with the following statement? "I am concerned my child is overweight"

Unweighted base	105	392	546	196	1134	131	1370	-	238	888	765	160	1370	212
Base: All UK parents of children aged 5 to 16	117	389	558	215	1162	149	1428	-	264	944	793	168	1428	209
Strongly agree	2%	4%	3%	2%	3%	4%	3%	-	2%	2%	3%	4%	3%	3%
Tend to agree	14%	12%	8%	9%	10%	8%	10%	-	8%	9%	11%	12%	10%	9%
Tend to disagree	16%	20%	16%	22%	18%	18%	18%	-	18%	17%	19%	19%	18%	18%
Strongly disagree	58%	62%	72%	64%	67%	67%	66%	-	69%	69%	64%	63%	66%	65%
Don't know	7%	2%	1%	3%	2%	1%	2%	-	2%	2%	2%	3%	2%	4%
Prefer not to say	2%	0%	1%	0%	1%	2%	1%	-	-	1%	1%	-	1%	1%

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Which ONE, if any, of the following statements BEST applies to you?

Unweighted base	105	392	546	196	1134	131	1370	-	238	888	765	160	1370	212
Base: All UK parents of children aged 5 to 16	117	389	558	215	1162	149	1428	-	264	944	793	168	1428	209
I have been to see a healthcare practitioner about my child being overweight	6%	3%	2%	2%	2%	4%	3%	-	3%	3%	3%	1%	3%	0%
I have not been to see a healthcare practitioner about my child being overweight, but have thought about it	7%	7%	5%	6%	6%	12%	6%	-	7%	6%	7%	8%	6%	5%
I have not been to see a healthcare practitioner about my child being overweight, and haven't thought about it	64%	83%	89%	81%	85%	73%	82%	-	81%	83%	82%	82%	82%	82%
Don't know/ can't recall	14%	5%	3%	7%	4%	5%	5%	-	6%	5%	6%	5%	5%	8%
Prefer not to say	9%	3%	1%	4%	2%	6%	3%	-	4%	4%	2%	4%	3%	5%