

**Active People Survey 9 results (16+)**  
**October 2014 – September 2015**  
**Chiltern**

**1. 1 x 30 indicator, 16+**

The '1x30' indicator is the key measure of sports participation. It is defined as the percentage of the adult population participating in sport, of at least moderate intensity, for at least 30 minutes, on at least four days in the last four weeks (equivalent to 30 minutes on one or more day a week).

**Summary:**

**National picture**

Nationally the results show that participation has recovered from the dip reported in the APS8/9 interim results 6 months ago and show that 245,200 more people are playing sport once a week than 6 months ago. The increase is caused by the increase in population as the percentage has remained constant.

**Leap area**

Locally the picture doesn't mirror the national trend. Whilst participation is still above the national reported rate, and indicates a slight upward trend; there has been a decrease in 4.9% between APS8 and APS9. This means the that the Leap geographical areas of Buckinghamshire and Milton Keynes, join a handful of other CSPs in no longer showing a significant increase in participation in 30 minutes of sport a week since the surveys first dataset in 2005. It will however require further datasets to determine if this is a dip in participation or a new trend forming in participation in 30 minutes of sport a week for 16+.

**Chiltern**

Like the Leap area, Chilterns participation is above the national average, but does not show a significant increase since APS1. There is decrease in participation between APS8 and APS9, however it will take several further survey periods to determine whether this is a dip or a new trend forming. Although not significant, there is a slight upward trend in participation overall.



