



Scotland’s People Local Authority Tables

Physical Activity and Sport

Scottish Borders (2019) compared to Scotland (2019)

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Table 8.1: Trends in participation in physical activity and sport in the last four weeks, by type of activity

Column percentages, Adults

Scottish Borders

	2007/2008	2009/2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
Any sport incl. walking	78	75	*	77	82	75	82	85	80	79	84
Any sport excl. walking	52	48	*	50	54	48	46	50	46	47	49
Walking (at least 30 min)	65	62	*	68	69	62	79	74	70	73	74
Swimming	17	14	*	13	21	16	16	11	14	14	14
Keep fit	9	10	*	8	11	11	7	14	12	12	9
MultiGym / Weight training	10	9	*	8	9	9	4	14	10	11	14
Running / Jogging	12	12	*	10	12	14	7	12	15	9	6
Cycling (at least 30 min)	10	11	*	13	12	12	9	13	10	16	12
Dancing	12	5	*	5	6	6	6	5	4	7	3
Football	7	6	*	5	9	5	3	5	6	4	3
Golf	5	8	*	7	7	5	5	5	5	5	4
Snooker / Billiards / Pool	5	3	*	4	7	6	3	6	4	5	4
Bowls	4	3	*	2	3	1	2	1	4	2	2
Other	12	11	*	15	11	14	0	11	12	13	10
None	22	25	*	23	18	25	18	15	20	21	16
Base	410	410	*	240	250	250	220	230	220	230	240

■ Significantly greater than Scotland ■ Significantly lower than Scotland

Scotland

	2007/2008	2009/2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
Any sport incl. walking	73	72	75	74	78	78	80	79	81	80	80
Any sport excl. walking	53	51	54	51	52	51	52	51	53	54	54
Walking (at least 30 min)	56	54	57	59	65	64	69	67	70	68	68
Swimming	19	17	18	17	17	18	17	16	18	17	17
Keep fit	12	13	14	14	13	13	14	14	15	14	13
MultiGym / Weight training	11	11	12	12	12	12	13	14	15	15	16
Running / Jogging	9	10	11	11	12	12	12	13	14	14	14
Cycling (at least 30 min)	9	9	10	10	11	11	12	11	12	13	11
Dancing	13	10	10	8	7	7	7	7	7	8	8
Football	9	9	8	7	8	7	8	8	7	7	6
Golf	8	7	8	6	7	6	6	6	5	6	6
Snooker / Billiards / Pool	9	8	7	5	6	5	5	6	6	5	5
Bowls	4	3	3	3	3	3	2	2	2	2	2
Other	9	7	10	10	10	9	1	9	8	9	10
None	27	28	25	26	22	22	20	21	19	20	20
Base	19530	18760	9680	9890	9920	9800	9410	9640	9810	9700	9780

■ Significantly greater than Scottish Borders ■ Significantly lower than Scottish Borders

Table 8.2: Trends in frequency of participation in physical activity and sport

Column percentages, Adults

Scottish Borders

Frequency	2007/2008	2009/2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
1-14 days	55	59	*	48	57	50	48	59	52	44	48
15-28 days	45	41	*	52	43	50	52	41	48	56	52
All	100	100	*	100	100	100	100	100	100	100	100
Base	310	290	*	180	200	180	170	180	160	180	190

■ Significantly greater than Scotland ■ Significantly lower than Scotland

Scotland

Frequency	2007/2008	2009/2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
1-14 days	63	60	58	54	53	52	50	52	51	50	49
15-28 days	37	40	42	46	47	48	50	48	49	50	51
All	100	100	100	100	100	100	100	100	100	100	100
Base	13470	12700	6860	6980	7370	7280	7170	7210	7450	7320	7270

■ Significantly greater than Scottish Borders ■ Significantly lower than Scottish Borders

Table 8.3: Participation in physical activity and sport by gender, age and type of activity

Column percentages, Adults

Scottish Borders, 2019

	Man / Boy	Woman / Girl	Identified in another way	Refused	16-34	35-59	60 plus	All
Walking (at least 30 min)	72	76	-	-	*	79	69	74.1767
Swimming	9	19	-	-	*	17	5	14.0986
Keep fit	4	14	-	-	*	15	7	9.1761
MultiGym / Weight training	10	17	-	-	*	16	2	13.8704
Running / Jogging	6	6	-	-	*	9	1	6.1476
Cycling (at least 30 min)	19	7	-	-	*	16	11	12.4719
Dancing	1	5	-	-	*	4	2	2.8259
Football	7	-	-	-	*	5	-	3.2886
Golf	7	2	-	-	*	4	3	4.0915
Snooker / Billiards / Pool	5	2	-	-	*	4	-	3.5029
Bowls	4	1	-	-	*	4	1	2.0843
Other	6	15	-	-	*	13	9	10.2398
None	13	19	-	-	*	11	27	16.3660
Any sport incl. walking	87	81	-	-	*	89	73	83.6340
Any sport excl. walking	50	48	-	-	*	55	33	48.5013
Base	120	120	-	-	30	100	110	240

■ Significantly greater than Scotland (2019) ■ Significantly lower than Scotland (2019)

Scotland, 2019

	Man / Boy	Woman / Girl	Identified in another way	Refused	16-34	35-59	60 plus	All
Walking (at least 30 min)	67	69	*	*	72	72	58	67.6722
Swimming	16	19	*	*	21	20	11	17.4238
Keep fit	9	17	*	*	17	14	9	13.4526
MultiGym / Weight training	19	14	*	*	27	16	5	16.0056
Running / Jogging	16	12	*	*	25	14	2	13.6863
Cycling (at least 30 min)	14	8	*	*	11	15	5	10.9238
Dancing	4	12	*	*	9	9	5	7.8608
Football	12	1	*	*	14	5	1	6.2416
Golf	10	2	*	*	6	6	5	5.6579
Snooker / Billiards / Pool	9	2	*	*	9	5	2	5.4682
Bowls	3	2	*	*	2	2	4	2.2673
Other	10	10	*	*	13	10	8	10.1989
None	18	22	*	*	12	17	34	20.4154
Any sport incl. walking	82	78	*	*	88	83	66	79.5846
Any sport excl. walking	58	50	*	*	67	57	36	53.7103
Base	4360	5410	0	0	1940	3830	4010	9780

■ Significantly greater than Scottish Borders (2019) ■ Significantly lower than Scottish Borders (2019)

Table 8.4: Trends in participation in physical activity and sport by gender

Column percentages, Adults

Scottish Borders

	2007/2008	2009/2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
Man/Boy	81	77	*	77	85	75	81	87	82	78	87
Base - Man/Boy	170	200	*	100	110	110	100	100	120	120	120
Woman/Girl	76	73	*	77	79	76	83	83	78	80	81
Base - Woman/Girl	240	210	*	140	140	140	110	130	100	120	120
Identified in another way	-	-	*	-	-	-	-	-	-	-	-
Base - Identified in another way	-	-	*	-	-	-	-	-	-	-	-
Refused	-	-	*	-	-	-	-	-	-	-	-
Base - Refused	-	-	*	-	-	-	-	-	-	-	-
All	78	75	*	77	82	75	82	85	80	79	84
Base - All	410	410	*	240	250	250	220	230	220	230	240

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Scotland

	2007/2008	2009/2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
Man/Boy	76	75	78	77	81	81	81	81	83	81	82
Base - Man/Boy	8340	8290	4160	4410	4450	4440	4240	4400	4540	4320	4360
Woman/Girl	70	69	72	72	75	75	78	77	80	78	78
Base - Woman/Girl	11190	10470	5520	5490	5470	5360	5160	5240	5270	5380	5410
Identified in another way	-	-	-	-	-	-	-	-	-	*	*
Base - Identified in another way	-	-	-	-	-	-	-	-	-	0	0
Refused	-	-	-	-	-	-	-	-	-	*	*
Base - Refused	-	-	-	-	-	-	-	-	-	0	0
All	73	72	75	74	78	78	80	79	81	80	80
Base - All	19530	18760	9680	9890	9920	9800	9410	9640	9810	9700	9780

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Table 8.5: Trends in walking by gender

Column percentages, Adults

Scottish Borders

	2007/2008	2009/2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
Man/Boy	60	60	*	65	68	64	75	74	74	70	72
Base - Man/Boy	170	200	*	100	110	110	100	100	120	120	120
Woman/Girl	69	64	*	70	70	60	82	75	66	76	76
Base - Woman/Girl	240	210	*	140	140	140	110	130	100	120	120
Identified in another way	-	-	*	-	-	-	-	-	-	-	-
Base - Identified in another way	-	-	*	-	-	-	-	-	-	-	-
Refused	-	-	*	-	-	-	-	-	-	-	-
Base - Refused	-	-	*	-	-	-	-	-	-	-	-
All	65	62	*	68	69	62	79	74	70	73	74
Base - All	410	410	*	240	250	250	220	230	220	230	240

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Scotland

	2007/2008	2009/2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
Man/Boy	54	53	56	57	64	65	67	66	69	66	67
Base - Man/Boy	8340	8280	4160	4410	4450	4440	4240	4400	4540	4320	4360
Woman/Girl	57	55	58	60	66	64	71	69	71	70	69
Base - Woman/Girl	11190	10470	5520	5490	5470	5360	5160	5240	5270	5380	5410
Identified in another way	-	-	-	-	-	-	-	-	-	*	*
Base - Identified in another way	-	-	-	-	-	-	-	-	-	0	0
Refused	-	-	-	-	-	-	-	-	-	*	*
Base - Refused	-	-	-	-	-	-	-	-	-	0	0
All	56	54	57	59	65	64	69	67	70	68	68
Base - All	19530	18760	9680	9890	9920	9800	9410	9640	9810	9700	9780

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Table 8.6: Trends in sport participation by gender

Column percentages, Adults

Scottish Borders

	2007/2008	2009/2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
Man/Boy	56	53	*	52	64	51	44	54	46	45	50
Base - Man/Boy	170	200	*	100	110	110	100	100	120	120	120
Woman/Girl	47	42	*	47	45	46	47	47	45	48	48
Base - Woman/Girl	240	210	*	140	140	140	110	130	100	120	120
Identified in another way	-	-	*	-	-	-	-	-	-	-	-
Base - Identified in another way	-	-	*	-	-	-	-	-	-	-	-
Refused	-	-	*	-	-	-	-	-	-	-	-
Base - Refused	-	-	*	-	-	-	-	-	-	-	-
All	52	48	*	50	54	48	46	50	46	47	49
Base - All	410	410	*	240	250	250	220	230	220	230	240

■ Significantly greater than Scotland ■ Significantly lower than Scotland

Scotland

	2007/2008	2009/2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
Man/Boy	58	57	60	57	58	57	57	56	58	59	58
Base - Man/Boy	8340	8280	4160	4410	4450	4440	4240	4400	4540	4320	4360
Woman/Girl	47	46	48	46	46	46	47	46	49	49	50
Base - Woman/Girl	11190	10470	5520	5490	5470	5360	5160	5240	5270	5380	5410
Identified in another way	-	-	-	-	-	-	-	-	-	*	*
Base - Identified in another way	-	-	-	-	-	-	-	-	-	0	0
Refused	-	-	-	-	-	-	-	-	-	*	*
Base - Refused	-	-	-	-	-	-	-	-	-	0	0
All	53	51	54	51	52	51	52	51	53	54	54
Base - All	19530	18760	9680	9890	9920	9800	9410	9640	9810	9700	9780

■ Significantly greater than Scottish Borders ■ Significantly lower than Scottish Borders

Table 8.7: Trends in participation in physical activity and sport by age

Column percentages, Adults

Scottish Borders

	2007/2008	2009/2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
16-34	82	84	*	*	93	*	*	*	*	*	*
Base - 16-34	70	70	*	40	50	40	30	30	20	40	30
35-59	86	81	*	81	82	80	86	85	86	83	89
Base - 35-59	170	150	*	100	90	100	90	80	80	80	100
60+	65	62	*	65	75	63	72	78	62	75	73
Base - 60+	170	190	*	100	110	110	100	120	110	110	110

■ Significantly greater than Scotland ■ Significantly lower than Scotland

Scotland

	2007/2008	2009/2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
16-34	84	84	85	84	89	88	89	88	92	88	88
Base - 16-34	3980	4070	2090	2160	2180	2140	1960	2000	1940	1980	1940
35-59	76	74	79	77	82	82	83	83	84	84	83
Base - 35-59	8250	7680	3960	4010	4040	3960	3830	3860	3810	3760	3830
60+	56	56	58	59	61	61	66	65	67	67	66
Base - 60+	7300	7010	3640	3730	3700	3690	3610	3780	4070	3970	4010

■ Significantly greater than Scottish Borders ■ Significantly lower than Scottish Borders

Table 8.8: Trends in walking by age

Column percentages, Adults

Scottish Borders

	2007/2008	2009/2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
16-34	61	63	*	*	69	*	*	*	*	*	*
Base - 16-34	70	70	*	40	50	40	30	30	20	40	30
35-59	72	68	*	73	75	70	82	75	75	79	79
Base - 35-59	170	150	*	100	90	100	90	80	80	80	100
60+	56	54	*	58	62	53	70	69	58	72	69
Base - 60+	170	190	*	100	110	110	100	120	110	110	110

■ Significantly greater than Scotland ■ Significantly lower than Scotland

Scotland

	2007/2008	2009/2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
16-34	58	56	57	60	70	69	72	71	75	71	72
Base - 16-34	3980	4070	2090	2160	2180	2140	1960	2000	1940	1980	1940
35-59	61	58	63	64	70	70	74	72	75	73	72
Base - 35-59	8250	7680	3960	4010	4040	3960	3830	3860	3810	3760	3830
60+	45	45	48	50	54	52	59	57	59	58	58
Base - 60+	7300	7010	3640	3730	3700	3690	3610	3780	4070	3970	4010

■ Significantly greater than Scottish Borders ■ Significantly lower than Scottish Borders

Table 8.9: Trends in sport participation by age

Column percentages, Adults

Scottish Borders

	2007/2008	2009/2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
16-34	66	64	*	*	62	*	*	*	*	*	*
Base - 16-34	70	70	*	40	50	40	30	30	20	40	30
35-59	60	55	*	54	62	51	50	50	51	53	55
Base - 35-59	170	150	*	100	90	100	90	80	80	80	100
60+	29	28	*	36	41	33	29	32	36	31	33
Base - 60+	170	190	*	100	110	110	100	120	110	110	110

■ Significantly greater than Scotland ■ Significantly lower than Scotland

Scotland

	2007/2008	2009/2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
16-34	70	69	72	68	70	68	69	66	70	67	67
Base - 16-34	3980	4070	2090	2160	2180	2140	1960	2000	1940	1980	1940
35-59	54	52	56	53	53	54	53	53	56	58	57
Base - 35-59	8250	7680	3960	4010	4040	3960	3830	3860	3810	3760	3830
60+	31	30	32	31	31	30	31	32	33	34	36
Base - 60+	7300	7010	3640	3730	3700	3690	3610	3780	4070	3970	4010

■ Significantly greater than Scottish Borders ■ Significantly lower than Scottish Borders

Table 8.10: Participation in physical activity and sport by health condition and type of activity

Column percentages, Adults

The random adult question on physical or mental health conditions or illnesses (RG5A) was first asked in 2013

Scottish Borders, 2019

	Yes, limiting	Yes, but not limiting	None	Do not know	Refused	All
Walking (at least 30 min)	42	*	81	-	-	74.1767
Swimming	-	*	18	-	-	14.0986
Keep fit	-	*	11	-	-	9.1761
MultiGym / Weight training	2	*	18	-	-	13.8704
Running / Jogging	-	*	8	-	-	6.1476
Cycling (at least 30 min)	2	*	14	-	-	12.4719
Dancing	-	*	4	-	-	2.8259
Football	2	*	4	-	-	3.2886
Golf	-	*	5	-	-	4.0915
Snooker / Billiards / Pool	2	*	4	-	-	3.5029
Bowls	5	*	2	-	-	2.0843
Other	8	*	11	-	-	10.2398
None	55	*	7	-	-	16.3660
Any sport incl. walking	45	*	93	-	-	83.6340
Any sport excl. walking	17	*	56	-	-	48.5013
Base	70	20	160	-	-	240

■ Significantly greater than Scotland (2019) ■ Significantly lower than Scotland (2019)

Scotland, 2019

	Yes, limiting	Yes, but not limiting	None	Do not know	Refused	All
Walking (at least 30 min)	44	74	75	*	*	67.6722
Swimming	8	14	21	*	*	17.4238
Keep fit	6	14	16	*	*	13.4526
MultiGym / Weight training	6	12	20	*	*	16.0056
Running / Jogging	3	9	18	*	*	13.6863
Cycling (at least 30 min)	4	9	13	*	*	10.9238
Dancing	5	9	9	*	*	7.8608
Football	1	3	8	*	*	6.2416
Golf	2	6	7	*	*	5.6579
Snooker / Billiards / Pool	3	4	6	*	*	5.4682
Bowls	2	4	2	*	*	2.2673
Other	7	11	11	*	*	10.1989
None	46	15	12	*	*	20.4154
Any sport incl. walking	54	85	88	*	*	79.5846
Any sport excl. walking	30	54	62	*	*	53.7103
Base	2850	610	6270	20	20	9780

■ Significantly greater than Scottish Borders (2019) ■ Significantly lower than Scottish Borders (2019)

Table 8.11: Trends in participation in physical activity and sport by health condition

Column percentages, Adults

The random adult question on physical or mental health conditions or illnesses (RG5A) was first asked in 2013

Scottish Borders

	2013	2014	2015	2016	2017	2018	2019
Yes, limiting	56	53	53	66	54	62	45
Base - Yes, limiting	60	70	70	60	60	60	70
Yes, but not limiting	*	*	*	*	*	*	*
Base - Yes, but not limiting	20	20	20	10	20	10	20
None	89	82	93	92	90	84	93
Base - None	170	160	130	160	130	150	160
All	82	75	82	85	80	79	84
Base - All	250	250	220	230	220	230	240

■ Significantly greater than Scotland ■ Significantly lower than Scotland

Scotland

	2013	2014	2015	2016	2017	2018	2019
Yes, limiting	50	50	56	54	56	55	54
Base - Yes, limiting	2590	2700	2530	2640	2620	2620	2850
Yes, but not limiting	80	82	82	84	84	83	85
Base - Yes, but not limiting	620	690	670	690	690	710	610
None	86	87	87	87	89	87	88
Base - None	6660	6360	6170	6280	6450	6330	6270
All	78	78	80	79	81	80	80
Base - All	9920	9800	9410	9640	9810	9700	9780

■ Significantly greater than Scottish Borders ■ Significantly lower than Scottish Borders

Table 8.12: Trends in walking by health condition

Column percentages, Adults

The random adult question on physical or mental health conditions or illnesses (RG5A) was first asked in 2013

Scottish Borders

	2013	2014	2015	2016	2017	2018	2019
Yes, limiting	47	47	50	55	48	59	42
Base - Yes, limiting	60	70	70	60	60	60	70
Yes, but not limiting	*	*	*	*	*	*	*
Base - Yes, but not limiting	20	20	20	10	20	10	20
None	76	66	91	81	77	77	81
Base - None	170	160	130	160	130	150	160
All	69	62	79	74	70	73	74
Base - All	250	250	220	230	220	230	240

■ Significantly greater than Scotland ■ Significantly lower than Scotland

Scotland

	2013	2014	2015	2016	2017	2018	2019
Yes, limiting	41	41	48	45	48	48	44
Base - Yes, limiting	2590	2700	2530	2640	2620	2620	2850
Yes, but not limiting	66	67	72	72	76	74	74
Base - Yes, but not limiting	620	690	670	690	690	710	610
None	72	72	76	74	76	74	75
Base - None	6660	6360	6170	6280	6450	6330	6270
All	65	64	69	67	70	68	68
Base - All	9920	9800	9410	9640	9810	9700	9780

■ Significantly greater than Scottish Borders ■ Significantly lower than Scottish Borders

Table 8.13: Trends in sport participation by health condition

Column percentages, Adults

The random adult question on physical or mental health conditions or illnesses (RG5A) was first asked in 2013

Scottish Borders

	2013	2014	2015	2016	2017	2018	2019
Yes, limiting	26	20	25	39	23	22	17
Base - Yes, limiting	60	70	70	60	60	60	70
Yes, but not limiting	*	*	*	*	*	*	*
Base - Yes, but not limiting	20	20	20	10	20	10	20
None	61	57	53	56	53	56	56
Base - None	170	160	130	160	130	150	160
All	54	48	46	50	46	47	49
Base - All	250	250	220	230	220	230	240

■ Significantly greater than Scotland ■ Significantly lower than Scotland

Scotland

	2013	2014	2015	2016	2017	2018	2019
Yes, limiting	25	25	29	28	27	29	30
Base - Yes, limiting	2590	2700	2530	2640	2620	2620	2850
Yes, but not limiting	51	56	51	50	51	50	54
Base - Yes, but not limiting	620	690	670	690	690	710	610
None	60	59	59	59	62	62	62
Base - None	6660	6360	6170	6280	6450	6330	6270
All	52	51	52	51	53	54	54
Base - All	9920	9800	9410	9640	9810	9700	9780

■ Significantly greater than Scottish Borders ■ Significantly lower than Scottish Borders

Table 8.14: Participation in physical activity and sport by level of qualification and type of activity

Column percentages, Adults

Scottish Borders, 2019

	HNC/HND/Degree/Professional Qualification	O grade/Standard grade/Higher/A level/Equivalent	Other qualification	No qualifications	Qualifications not known	All
Walking (at least 30 min)	83	71	*	*	*	74.1767
Swimming	16	16	*	*	*	14.0986
Keep fit	16	3	*	*	*	9.1761
MultiGym / Weight training	16	10	*	*	*	13.8704
Running / Jogging	8	3	*	*	*	6.1476
Cycling (at least 30 min)	15	12	*	*	*	12.4719
Dancing	4	2	*	*	*	2.8259
Football	3	1	*	*	*	3.2886
Golf	4	7	*	*	*	4.0915
Snooker / Billiards / Pool	3	1	*	*	*	3.5029
Bowls	2	1	*	*	*	2.0843
Other	15	9	*	*	*	10.2398
None	8	17	*	*	*	16.3660
Any sport incl. walking	92	83	*	*	*	83.6340
Any sport excl. walking	56	50	*	*	*	48.5013
Base	100	70	20	40	0	240

■ Significantly greater than Scotland (2019) ■ Significantly lower than Scotland (2019)

Scotland, 2019

	HNC/HND/Degree/Professional Qualification	O grade/Standard grade/Higher/A level/Equivalent	Other qualification	No qualifications	Qualifications not known	All
Walking (at least 30 min)	78	67	50	44	49	67.6722
Swimming	23	17	7	6	14	17.4238
Keep fit	18	13	6	4	7	13.4526
MultiGym / Weight training	22	15	5	4	9	16.0056
Running / Jogging	20	13	3	2	7	13.6863
Cycling (at least 30 min)	17	8	2	3	4	10.9238
Dancing	10	8	4	3	9	7.8608
Football	7	7	1	2	2	6.2416
Golf	7	5	3	2	-	5.6579
Snooker / Billiards / Pool	6	7	3	2	0	5.4682
Bowls	2	3	2	3	1	2.2673
Other	14	8	6	5	8	10.1989
None	10	19	41	46	40	20.4154
Any sport incl. walking	90	81	59	54	60	79.5846
Any sport excl. walking	67	53	27	25	37	53.7103
Base	4090	3170	640	1810	70	9780

■ Significantly greater than Scottish Borders (2019) ■ Significantly lower than Scottish Borders (2019)

Table 8.15: Trends in participation in physical activity and sport by level of qualification

Column percentages, Adults

Scottish Borders

	2007/2008	2009/2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
HNC/HND/Degree/Professional Qualification	90	85	*	82	90	82	89	90	88	88	92
Base - HNC/HND/Degree/Professional Qualification	150	140	*	100	100	100	70	80	80	100	100
O grade/Standard grade/Higher/A level/Equivalent	80	87	*	83	85	78	88	91	85	75	83
Base - O grade/Standard grade/Higher/A level/Equivalent	110	120	*	80	80	80	80	70	70	70	70
Other qualification	*	*	*	*	*	*	*	*	*	*	*
Base - Other qualification	30	30	*	10	20	10	10	10	10	20	20
No qualifications	65	50	*	57	63	61	*	63	52	*	*
Base - No qualifications	120	120	*	50	60	60	50	60	50	40	40
Qualifications not known	*	*	*	*	*	*	*	*	*	*	*
Base - Qualifications not known	0	0	*	0	0	0	0	0	10	0	0
All	78	75	*	77	82	75	82	85	80	79	84
Base - All	410	410	*	240	250	250	220	230	220	230	240

■ Significantly greater than Scotland ■ Significantly lower than Scotland

Scotland

	2007/2008	2009/2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
HNC/HND/Degree/Professional Qualification	85	84	86	86	87	87	89	89	90	89	90
Base - HNC/HND/Degree/Professional Qualification	6260	6530	3500	3600	3710	3680	3640	3780	3960	4150	4090
O grade/Standard grade/Higher/A level/Equivalent	79	78	79	77	83	82	82	81	84	82	81
Base - O grade/Standard grade/Higher/A level/Equivalent	6000	5780	3150	3310	3310	3400	3280	3290	3270	3130	3170
Other qualification	61	53	58	56	63	61	69	64	60	58	59
Base - Other qualification	1340	1290	580	480	550	480	480	500	480	560	640
No qualifications	51	49	52	53	56	54	56	54	56	55	54
Base - No qualifications	5460	5020	2390	2460	2280	2190	1940	2010	1990	1780	1810
Qualifications not known	58	49	47	54	64	47	73	64	72	67	60
Base - Qualifications not known	180	140	70	60	70	60	70	60	110	80	70
All	73	72	75	74	78	78	80	79	81	80	80
Base - All	19530	18760	9680	9890	9920	9800	9410	9640	9810	9700	9780

■ Significantly greater than Scottish Borders ■ Significantly lower than Scottish Borders

Table 8.16: Trends in walking by level of qualification

Column percentages, Adults

Scottish Borders

	2007/2008	2009/2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
HNC/HND/Degree/Professional Qualification	78	70	*	73	79	69	87	78	79	81	83
Base - HNC/HND/Degree/Professional Qualification	150	140	*	100	100	100	70	80	80	100	100
O grade/Standard grade/Higher/A level/Equivalent	64	72	*	70	69	62	83	80	72	68	71
Base - O grade/Standard grade/Higher/A level/Equivalent	110	120	*	80	80	80	80	70	70	70	70
Other qualification	*	*	*	*	*	*	*	*	*	*	*
Base - Other qualification	30	30	*	10	20	10	10	10	10	20	20
No qualifications	52	42	*	52	49	54	*	56	41	*	*
Base - No qualifications	120	120	*	50	60	60	50	60	50	40	40
Qualifications not known	*	*	*	*	*	*	*	*	*	*	*
Base - Qualifications not known	0	0	*	0	0	0	0	0	10	0	0
All	65	62	*	68	69	62	79	74	70	73	74
Base - All	410	410	*	240	250	250	220	230	220	230	240

■ Significantly greater than Scotland ■ Significantly lower than Scotland

Scotland

	2007/2008	2009/2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
HNC/HND/Degree/Professional Qualification	68	66	66	71	75	74	79	78	79	78	78
Base - HNC/HND/Degree/Professional Qualification	6260	6530	3500	3600	3710	3680	3640	3780	3960	4150	4090
O grade/Standard grade/Higher/A level/Equivalent	57	55	58	57	66	66	70	68	71	68	67
Base - O grade/Standard grade/Higher/A level/Equivalent	6000	5780	3150	3310	3310	3400	3280	3290	3270	3130	3170
Other qualification	48	41	46	48	55	50	63	56	52	49	50
Base - Other qualification	1340	1290	580	480	550	480	480	500	480	560	640
No qualifications	38	36	41	43	48	45	47	46	46	47	44
Base - No qualifications	5460	5020	2390	2460	2280	2190	1940	2010	1990	1780	1810
Qualifications not known	48	40	34	44	47	43	65	49	61	58	49
Base - Qualifications not known	180	140	70	60	70	60	70	60	110	80	70
All	56	54	57	59	65	64	69	67	70	68	68
Base - All	19530	18760	9680	9890	9920	9800	9410	9640	9810	9700	9780

■ Significantly greater than Scottish Borders ■ Significantly lower than Scottish Borders

Table 8.17: Trends in sport by level of qualification

Column percentages, Adults

Scottish Borders

	2007/2008	2009/2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
HNC/HND/Degree/Professional Qualification	65	61	*	62	67	55	49	61	55	64	56
Base - HNC/HND/Degree/Professional Qualification	150	140	*	100	100	100	70	80	80	100	100
O grade/Standard grade/Higher/A level/Equivalent	56	56	*	54	52	55	51	52	49	45	50
Base - O grade/Standard grade/Higher/A level/Equivalent	110	120	*	80	80	80	80	70	70	70	70
Other qualification	*	*	*	*	*	*	*	*	*	*	*
Base - Other qualification	30	30	*	10	20	10	10	10	10	20	20
No qualifications	35	25	*	18	33	27	*	28	27	*	*
Base - No qualifications	120	120	*	50	60	60	50	60	50	40	40
Qualifications not known	*	*	*	*	*	*	*	*	*	*	*
Base - Qualifications not known	0	0	*	0	0	0	0	0	10	0	0
All	52	48	*	50	54	48	46	50	46	47	49
Base - All	410	410	*	240	250	250	220	230	220	230	240

■ Significantly greater than Scotland ■ Significantly lower than Scotland

Scotland

	2007/2008	2009/2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
HNC/HND/Degree/Professional Qualification	66	64	67	65	65	63	66	63	66	67	67
Base - HNC/HND/Degree/Professional Qualification	6260	6530	3500	3600	3710	3680	3640	3780	3960	4150	4090
O grade/Standard grade/Higher/A level/Equivalent	60	58	58	55	56	56	52	52	55	54	53
Base - O grade/Standard grade/Higher/A level/Equivalent	6000	5780	3150	3310	3310	3400	3280	3290	3270	3130	3170
Other qualification	34	29	32	26	26	25	29	31	26	26	27
Base - Other qualification	1340	1290	580	480	550	480	480	500	480	560	640
No qualifications	29	25	27	25	24	23	25	23	26	24	25
Base - No qualifications	5460	5020	2390	2460	2280	2190	1940	2010	1990	1780	1810
Qualifications not known	29	26	32	35	40	26	30	42	33	38	37
Base - Qualifications not known	180	140	70	60	70	60	70	60	110	80	70
All	53	51	54	51	52	51	52	51	53	54	54
Base - All	19530	18760	9680	9890	9920	9800	9410	9640	9810	9700	9780

■ Significantly greater than Scottish Borders ■ Significantly lower than Scottish Borders

Table 8.18: Participation in physical activity and sport by SIMD and type of activity

Column percentages, Adults

Scottish Borders, 2019

	1 - 20% most deprived	2	3	4	5 - 20% least deprived	All
Any sport incl. walking	*	*	84	78	*	83.6340
Any sport excl. walking	*	*	47	44	*	48.5013
Walking (at least 30 min)	*	*	74	72	*	74.1767
Swimming	*	*	19	11	*	14.0986
Keep fit	*	*	5	18	*	9.1761
MultiGym / Weight training	*	*	16	9	*	13.8704
Running / Jogging	*	*	7	7	*	6.1476
Cycling (at least 30 min)	*	*	10	17	*	12.4719
Dancing	*	*	3	4	*	2.8259
Football	*	*	5	3	*	3.2886
Golf	*	*	1	7	*	4.0915
Snooker / Billiards / Pool	*	*	6	3	*	3.5029
Bowls	*	*	1	2	*	2.0843
Other	*	*	7	11	*	10.2398
None	*	*	16	22	*	16.3660
Base	10	40	90	70	20	240

■ Significantly greater than Scotland (2019) ■ Significantly lower than Scotland (2019)

Scotland, 2019

	1 - 20% most deprived	2	3	4	5 - 20% least deprived	All
Any sport incl. walking	70	74	80	84	90	79.5846
Any sport excl. walking	42	47	54	58	67	53.7103
Walking (at least 30 min)	57	62	68	73	78	67.6722
Swimming	15	15	16	17	23	17.4238
Keep fit	9	12	13	16	17	13.4526
MultiGym / Weight training	11	14	15	17	23	16.0056
Running / Jogging	9	10	13	16	20	13.6863
Cycling (at least 30 min)	6	7	11	13	16	10.9238
Dancing	7	7	9	9	9	7.8608
Football	6	6	6	6	7	6.2416
Golf	3	4	5	7	10	5.6579
Snooker / Billiards / Pool	7	5	5	5	5	5.4682
Bowls	2	2	3	2	3	2.2673
Other	5	8	11	13	14	10.1989
None	30	26	20	16	10	20.4154
Base	1830	1980	2150	2020	1800	9780

■ Significantly greater than Scottish Borders (2019) ■ Significantly lower than Scottish Borders (2019)

Table 8.19: Trends in participation in physical activity and sport by SIMD

Column percentages, Adults

Scottish Borders

There is no data to show for this table within the specified parameters.

Scotland

There is no data to show for this table within the specified parameters, or there is no data to compare with.

Table 8.20: Trends in walking by SIMD

Column percentages, Adults

Scottish Borders

There is no data to show for this table within the specified parameters.

Scotland

There is no data to show for this table within the specified parameters, or there is no data to compare with.

Table 8.21: Trends in sport participation by SIMD

Column percentages, Adults

Scottish Borders

There is no data to show for this table within the specified parameters.

Scotland

There is no data to show for this table within the specified parameters, or there is no data to compare with.

Table 8.22: Satisfaction with local authority sport and leisure facilities

Column percentages, Adults

[Another breakdown of this table can be found at the Scottish Surveys Core Questions](#)

Scottish Borders

Satisfaction	2007/2008	2009/2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
Very/fairly satisfied	49	51	*	50	52	47	48	45	42	46	43
Neither satisfied nor dissatisfied	13	11	*	10	16	28	24	26	26	19	25
Very/fairly dissatisfied	8	4	*	5	6	5	7	5	5	6	9
No opinion	30	33	*	35	25	20	21	23	26	29	24
All	100	100	*	100	100	100	100	100	100	100	100
Base	420	400	*	240	250	250	220	230	220	230	240

■ Significantly greater than Scotland ■ Significantly lower than Scotland

Scotland

Satisfaction	2007/2008	2009/2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
Very/fairly satisfied	50	49	51	51	53	52	51	50	51	47	44
Neither satisfied nor dissatisfied	10	9	9	7	9	12	14	14	15	14	12
Very/fairly dissatisfied	9	8	8	5	6	5	5	5	5	7	7
No opinion	31	35	33	36	33	31	30	31	29	33	37
All	100	100	100	100	100	100	100	100	100	100	100
Base	19470	18730	9660	9890	9920	9800	9410	9640	9810	9700	9780

■ Significantly greater than Scottish Borders ■ Significantly lower than Scottish Borders

Table 8.23: Satisfaction with local authority sport and leisure facilities. (Service users within the past 12 months only)

Column percentages, Adults

Scottish Borders

Satisfaction	2007/2008	2009/2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
Very/fairly satisfied	84	89	*	87	80	82	79	81	90	89	75
Neither satisfied nor dissatisfied	8	3	*	8	12	9	7	14	2	2	8
Very/fairly dissatisfied	7	6	*	6	8	8	14	5	8	9	12
No opinion	1	2	*	-	-	-	-	-	-	-	4
All	100	100	*	100	100	100	100	100	100	100	100
Base	130	130	*	70	90	70	70	70	60	60	70

■ Significantly greater than Scotland ■ Significantly lower than Scotland

Scotland

Satisfaction	2007/2008	2009/2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
Very/fairly satisfied	83	82	85	88	88	87	86	87	86	83	83
Neither satisfied nor dissatisfied	7	6	5	5	5	5	6	5	6	7	6
Very/fairly dissatisfied	9	10	8	7	6	7	7	7	6	9	8
No opinion	1	2	2	1	2	1	1	1	2	2	2
All	100	100	100	100	100	100	100	100	100	100	100
Base	6850	6410	3230	3400	3450	3390	3230	3200	3350	3250	3100

■ Significantly greater than Scottish Borders ■ Significantly lower than Scottish Borders

Table 8.24: Volunteering in physical activity or sport

Column percentages, Adults

This option was first available in the questions VOL1A2018 and VOL1B2018 in 2018

Scottish Borders

	2018	2019
Adults	5	8
Base	230	240

■ Significantly greater than Scotland ■ Significantly lower than Scotland

Scotland

	2018	2019
Adults	4	4
Base	9700	9780

■ Significantly greater than Scottish Borders ■ Significantly lower than Scottish Borders

Table 8.25: Trends in active travel to work

Column percentages, Adults

Scottish Borders

	2007/2008	2009/2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
Walking	15	20	26	15	20	18	14	25	14	18	14
Bicycle	2	3	2	-	2	1	-	-	1	1	1
Walking or Bicycle	17	23	28	15	21	20	14	25	15	19	15
Base	220	230	120	110	90	100	70	80	80	80	90

■ Significantly greater than Scotland ■ Significantly lower than Scotland

Scotland

	2007/2008	2009/2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
Walking	12	13	13	14	13	13	14	12	12	12	12
Bicycle	2	2	2	2	3	3	2	3	3	3	3
Walking or Bicycle	14	15	15	16	15	16	16	15	15	15	15
Base	10620	10590	5510	4100	4160	4130	3950	3970	4070	3910	4050

■ Significantly greater than Scottish Borders ■ Significantly lower than Scottish Borders

Table 8.26: Trends in active travel to further/higher education

Column percentages, Adults in further/higher education

This time series is based on a small sample each year and users should be mindful of this when interpreting changes each year or over a longer period of time

Scottish Borders

There is no data to show for this table within the specified parameters.

Scotland

There is no data to show for this table within the specified parameters, or there is no data to compare with.

Table 8.27: Trends in active travel to school

Column percentages, School children

Scottish Borders

	2007/2008	2009/2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
Walking	54	48	*	*	*	*	*	*	*	*	47
Bicycle	1	-	*	*	*	*	*	*	*	*	2
Walking or Bicycle	55	48	*	*	*	*	*	*	*	*	48
Base	100	90	50	40	40	40	40	50	40	40	50

■ Significantly greater than Scotland ■ Significantly lower than Scotland

Scotland

	2007/2008	2009/2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
Walking	51	50	51	51	52	51	49	52	51	52	52
Bicycle	1	1	1	1	1	2	1	1	1	2	2
Walking or Bicycle	52	51	52	52	53	53	50	53	52	54	54
Base	4810	5530	2670	1920	1980	1980	1880	1890	1830	1720	1920

■ Significantly greater than Scottish Borders ■ Significantly lower than Scottish Borders