

# The impact of Covid-19 on people with a diagnosed mental health condition's mental health and participation in sport and active recreation.



**INSIGHT PIECE**  
**April 2020 - March 2021**



**80%** of 17-50 year olds feel that their mental health has been negatively impacted as a result of the reduced activity levels due to the Covid-19 pandemic

**67%** reduction in people who are active two times or more each week

**100%** of over 50 year olds feel that their mental health has been negatively impacted as a result of the reduced activity levels due to the Covid-19 pandemic

**85%** of people feel that they participate in sport and active recreation less often each week as a result of the Covid-19 pandemic

**92%** have not been active in their gym or sports club since the Covid-19 pandemic

The top three barriers to participation in sport and active recreation during the Covid-19 pandemic are:

- 1 Sports opportunities are not running**
- 2 Sports facilities are not open**
- 3 Anxious about participating**