

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

INSIGHT PIECE
April 2020 - March 2021



91% of under 16 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

82% 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

84% have not been active in their gym or sports club since the Covid-19 pandemic

77% reduction in people who are active two times or more each week

77% of people feel that they participate in sport and active recreation less often each week as a result of 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**