

# Adult Active Lives Survey (November 2018-19)

## 1. Mental Wellbeing

There's a positive association between activity levels and mental wellbeing- as stated in the CMO guidelines- **some activity is good, more is better.**

As activity levels continue to increase, we're seeing **more people** getting the benefits with regards to mental wellbeing.

## 2. Individual Development

Those who are both active and volunteer are slightly more likely to feel they can **achieve their goals** and/or **keep trying when things get difficult.**

## 3. Social & Community Development

Adults who volunteer have higher social and community development scores than those who don't. With volunteering levels falling, **fewer people are benefiting from this.**



The Active Lives Survey for the period November 2018- November 2019 was released by Sport England in April 2020. It provides the overall information for England and compares local data within the West of England.