

Sport England Evaluation Interim Report 2

Summary version 1.1
February 2020

Background



The Families Fund

The Families Fund is an investment from Sport England, focused on increasing opportunities for **families and children to do sport and physical activity together**.

Launched in 2018, the Families Fund has so far invested in **41 projects** across England. These are led by a **wide range of organisation types**, from local authorities to small charities.

Many projects are focused on engaging **specific types of families**, from those with **specific physical or mental health difficulties** to families who have **experienced domestic violence**. All projects are working with families in **lower socio-economic groups**, and, more specifically, those living in areas defined as experiencing **high levels of multiple deprivation**.

This Report

This is the summary version of the second Families Fund interim report. It is based on analysis of management data returns provided by projects during 2019 (in the period up until the end of October). More specifically, the report provides **analysis** of:

- The **number** and **types** of **adults, children** and **young people** engaged so far by projects
- The previous **experience** of, **engagement** with and **attitudes** towards sport and physical activity amongst the families engaged
- Family members' feelings of **mental health, self-efficacy** and **social trust**
- Projects' **impacts** on family members' **levels of physical activity**; their **attitudes towards sport and physical activity**; and their feelings of **mental wellbeing, self efficacy and social trust**.
- Participants' views on their **experiences of project attendance** and the **difference** they feel projects have made to their **family lives**.

Family and participant profile



By the end of October 2019, the **29** Families Fund projects who had reported data using the portal had engaged **2,380 families** and **7,298 participants**. Of the participants engaged:

2,530 (35%) are **adults**

3,985 (55%) are **children and young people***

SOCIO-DEMOGRAPHIC PROFILE

DEPRIVATION

42% of participants are from the **20% most deprived areas of England** (with 69% from the 40% most deprived areas)

GENDER

- **79%** of **adults** attending are **female**
- **54%** of **children** (aged 5 to 7) are **boys**
- **53%** of **young people** (aged 8 to 17) are **boys**

ETHNICITY

- **62%** of participants attending are **White or White British**.
- **20%** of participants are **Asian or Asian British**.

DISABILITY

Physical or mental health conditions affect:

- **17%** of **adults**
- **13%** of **young people** aged 8 to 17
- **12%** of **children** aged 5 to 7

2,380

Families

An average of 82 families per project

Up from 964 families in May 2019

7,298

Participants

An average of 3 participants per family

Up from 2,924 participants in May 2019

* The remaining 783 participants cannot be classified because of missing age or other profile data

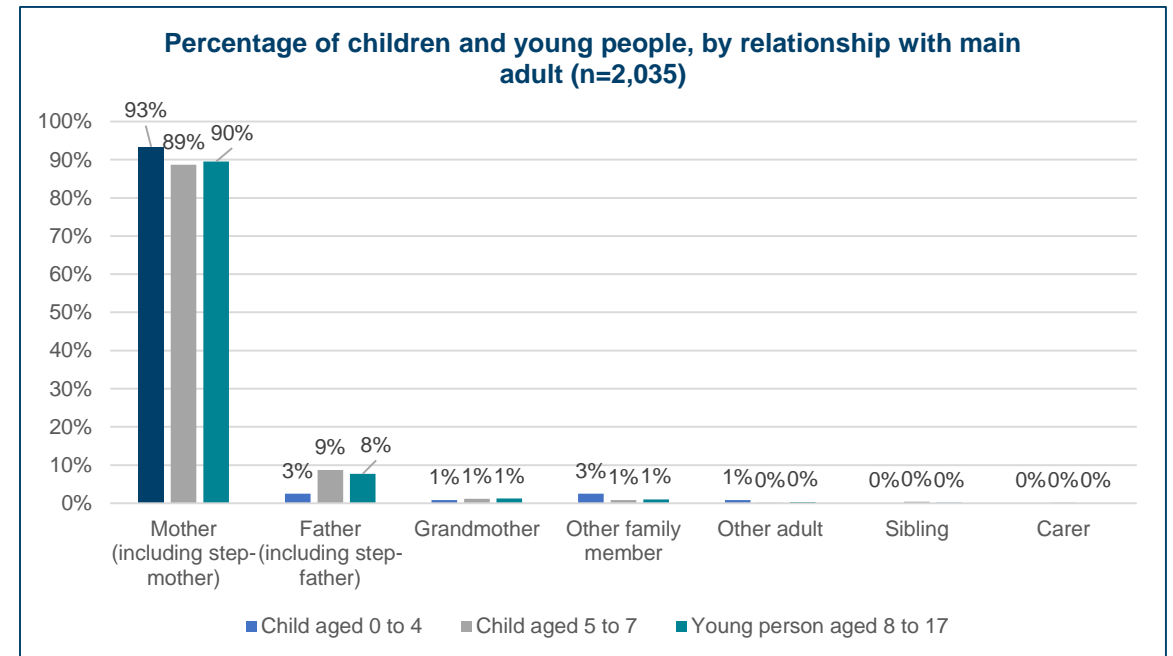
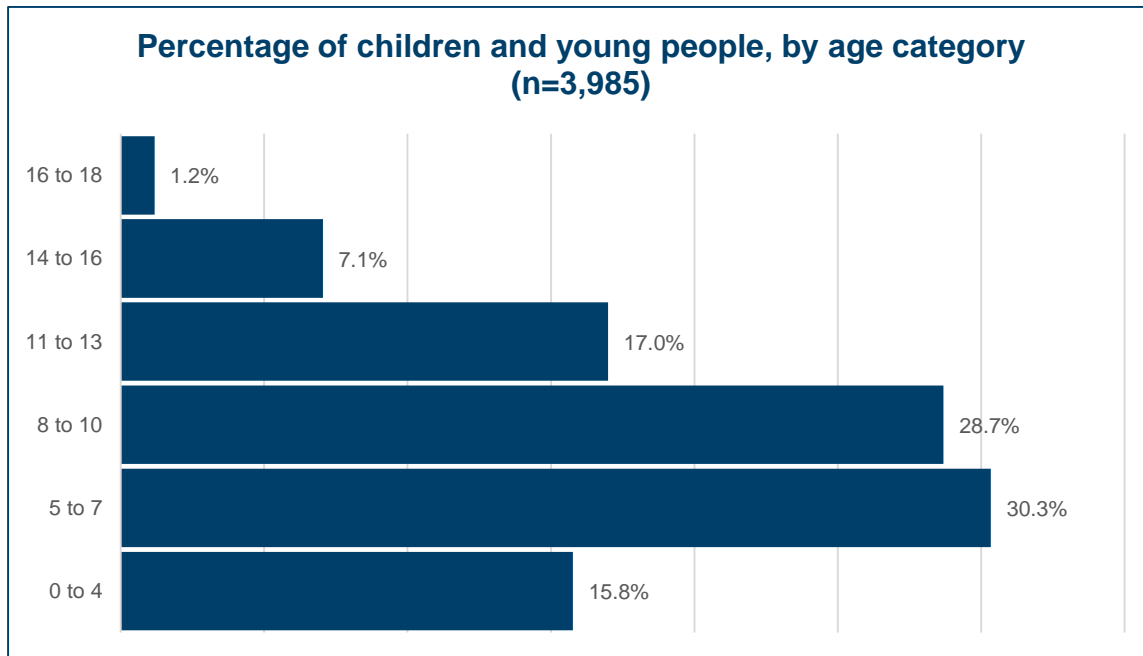
Profile of children and young people



84% (3,357) of the children and young people engaged are **aged 5 or older** (the target age for the programme)

76% of children and young people engaged are **aged 5 to 13**, with only **8%** aged 14 or older.

Over 88% of all children and young people attended sessions with a **mother (or stepmother)** as the 'main adult' in the group



Activity levels - baseline



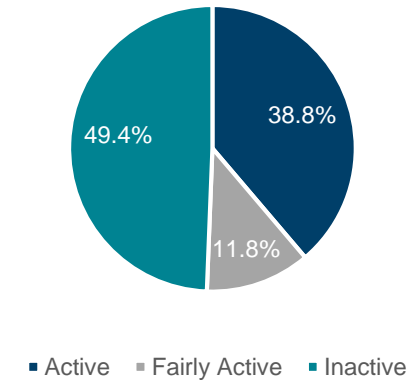
Families Fund participants have been **surveyed** to understand **how often they were physically active** prior to joining projects.

The results show that **adults, children and young people** attending projects are **more likely to be inactive** than the general population (as shown in Sport England's Active Lives surveys).

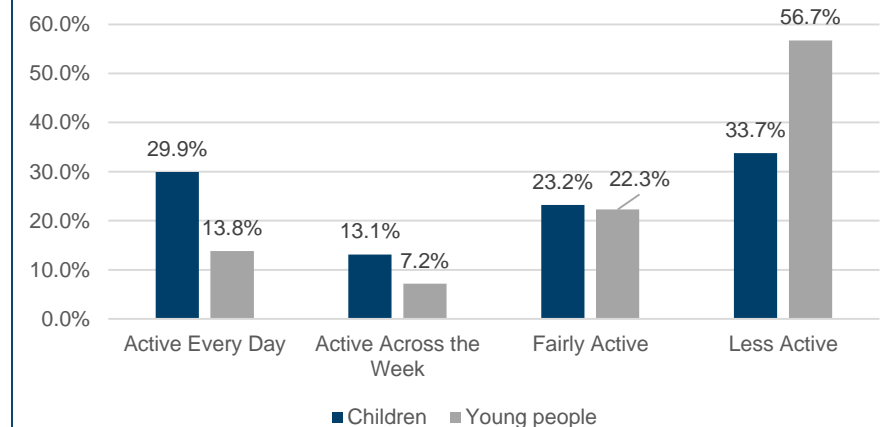
More specifically, the results show:

- **49%** of the **adults** surveyed were **'inactive'** at baseline (i.e. doing less than 30 minutes of at least moderate intensity physical activity per week). This compares to **25%** of adults in the general population.*
- **34%** of **children** (aged 5 to 7) and **57%** of **young people** (aged 8 to 17) surveyed were classified **'less active'** at baseline (i.e. doing less than 30 minutes of at least moderate intensity physical activity per day). This compares to **29%** of all children and young people in the general population.*
- **45%** of **families** with an **'active'** adult have a child or young person who is **'Active Every Day'** or **'Active Across the Week'**. This compares to **30%** of families without an active adult.

Percentage of adults, by baseline physical activity category (n = 2,568)



Percentage of C&YP, by baseline physical activity category (n = 2,914)



• Active Lives Adult Survey, May 2018-19
• Active Lives Children and Young People Survey, Academic Year 2018/19

Activity levels – 3 month change



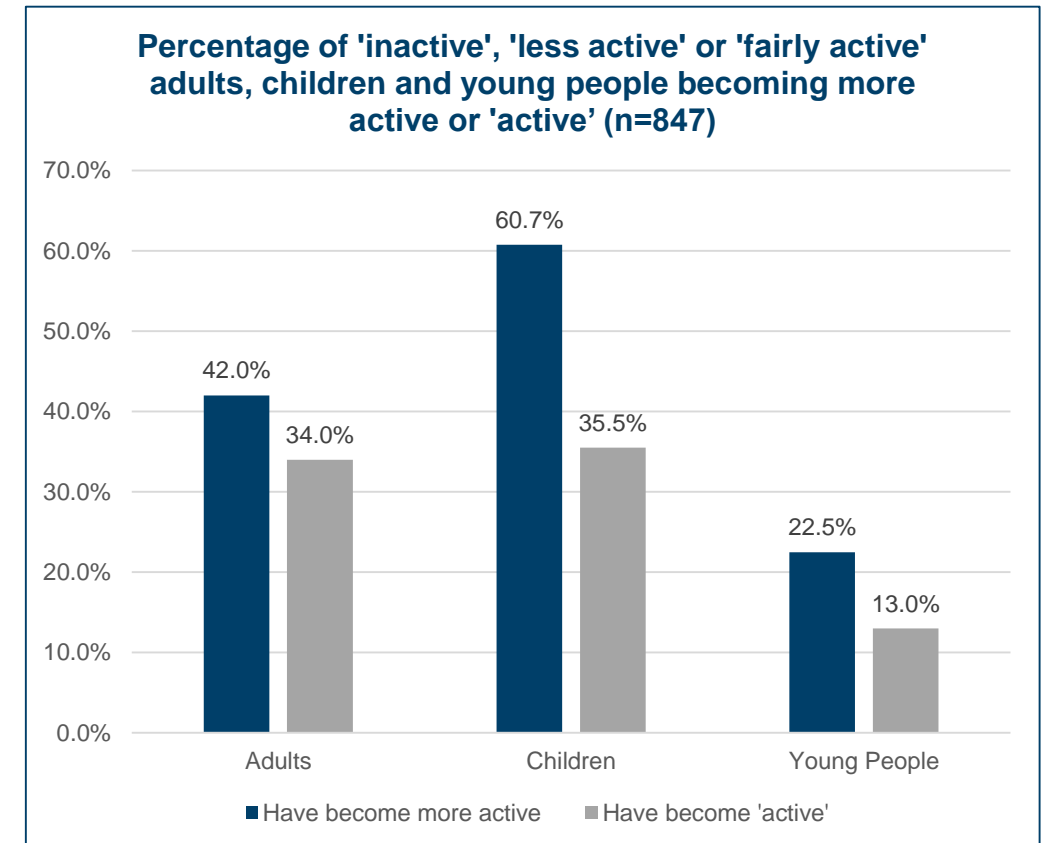
Participants have also been **surveyed** after circa **three-months'** attendance to understand **how their activity levels have changed following engagement** with projects.

Of the **adults** who were 'inactive' or 'fairly active' at baseline, **42%** have **increased** their activity level (with **34%** becoming 'active').

Of the **children** and **young people** who were 'less active' or 'fairly active' at baseline, **61%** of **children** and **23%** of **young people** have increased their activity levels (with **36%** of **children** and **13%** of **young people** becoming 'active' (i.e. 'active everyday' or 'active across the week')).

The most significant increases in level of physical activity have occurred amongst:

- **Females** across all age groups
- Adults, children and young people from **Asian or Asian British backgrounds**
- Children living in the **20% most deprived areas in England**
- Young people with a **disability or limiting long-term illness**



Attitudes towards physical activity - baseline



Families Fund participants have been **surveyed** to understand **their attitudes towards exercise and sport**, both prior to joining projects and after three months' attendance.

The **baseline** data collected shows strong **correlations** between physical activity levels and a range of questions asked to measure attitudes towards exercise and sport amongst both **adults** and **young people**.

For adults, the results show that **'active'** adults are significantly **more likely to strongly agree** with the following statements than **'inactive'** adults:

- 'I find sport and physical activity **enjoyable and satisfying**'
- 'It is **important** to do sport and physical activity regularly'
- 'I feel **guilty** when I don't do sport and/or physical activity'

For young people, it is also true regarding the question:

- 'I **understand** why sport and exercise are **good for me**'

The evidence is less clear in the case of **children** who are generally well disposed towards exercise and sport, regardless of their activity levels.

Question/Domain	Participant type	% of 'active' participants strongly agreeing	% of 'inactive' participants strongly agreeing
I find sport and physical activity enjoyable and satisfying	Adult	41%	18%
It is important to do sport and physical activity regularly	Adult	40%	17%
I feel guilty when I don't do sport and/or physical activity	Adult	22%	11%
I understand why sport and exercise are good for me	Young People	56%	35%

Attitudes towards physical activity – 3 month change



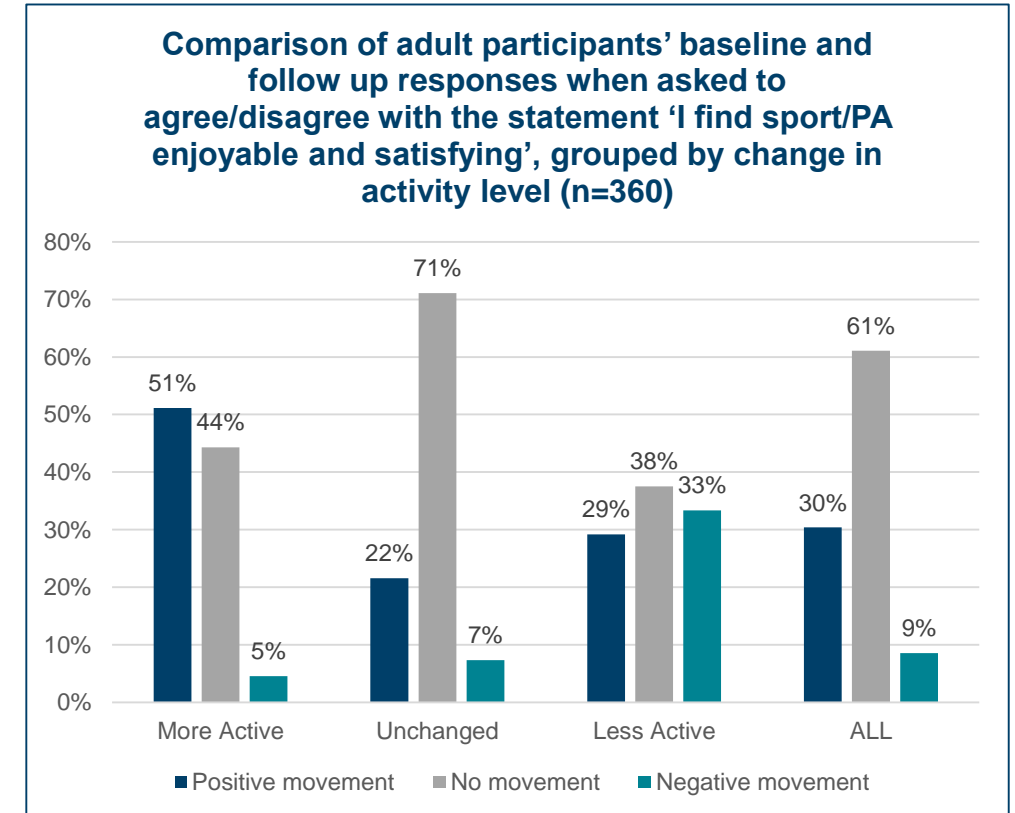
The survey data collected after **three months of attendance** shows that:

- Depending on the specific question/domain, between a **quarter** and a **third** of adults demonstrated **more positive attitudes** towards **exercise** and **sport** following their engagement with projects
- This is also true of between **14% and 30% of young people** (again, depending on the specific question)
- **Children's attitudes** towards exercise and sport remained **consistently positive** in the follow up surveys, rather than improving

In the case of both adults and young people, the results also demonstrated that the group who have **most consistently** improved their attitudes towards exercise and sport are those who have **also improved their physical activity classification**.

For example, in the case of the statement '**I find sport and/or physical activity enjoyable and satisfying**', **51%** of adults who improved their physical activity classification agreed **more strongly** with the statement after engaging with a project, compared with only **22%** of those whose activity classification did not change.

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Wider personal and social outcomes - baseline

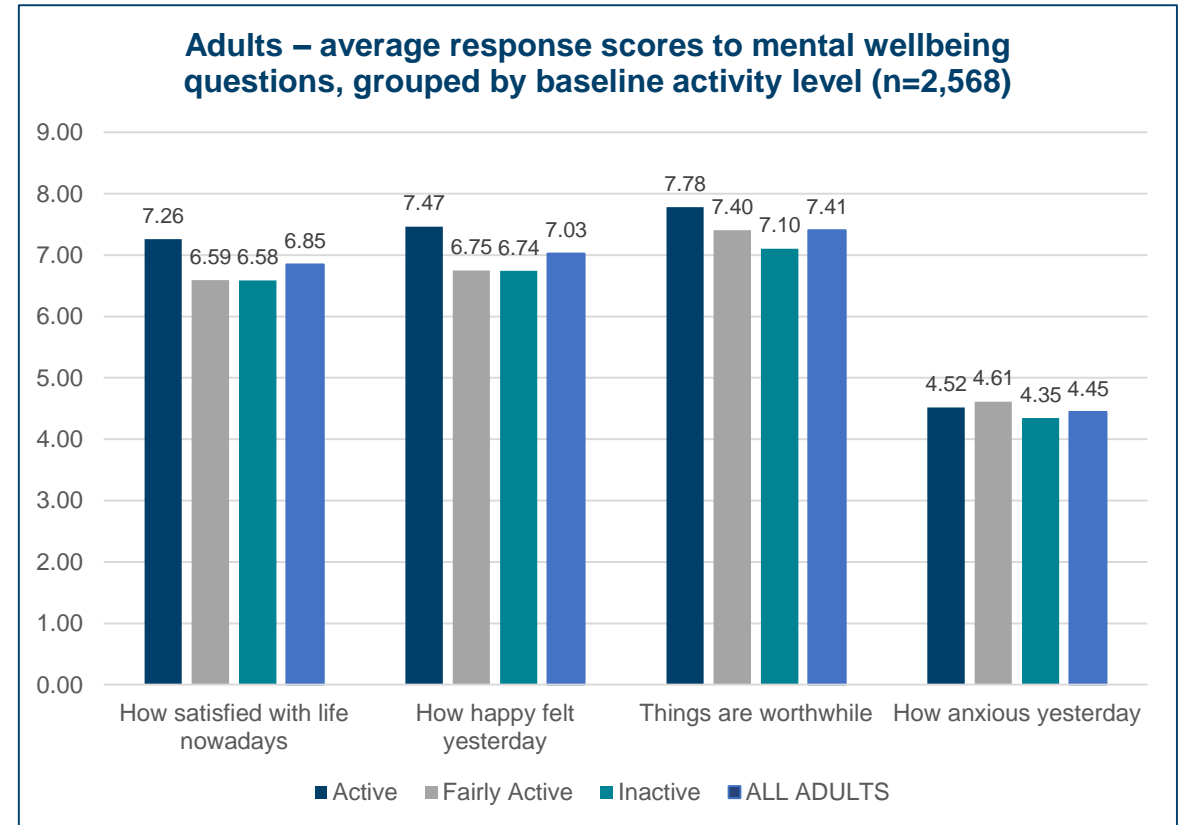


Participants attending Families Fund projects have also been surveyed to understand their feelings of **self efficacy**, **social trust** and **mental wellbeing** prior to and after engaging with activities.

The results show that, in general terms, there are **positive associations** between adults' feelings of **self-efficacy** and **mental wellbeing** and the amount of physical activity they are doing.

For instance, **'active'** adults on average **score around 10% higher** on measures of **happiness**, **life satisfaction** and the sentiment that **'things you do in your life are worthwhile'** compared with their inactive counterparts.

Similarly, in the context of **young people**, the evidence shows that **'active'** young people are **more likely** to have **higher levels** of self efficacy, social trust and happiness than 'less active' young people.



Wider personal and social outcomes – 3 month change



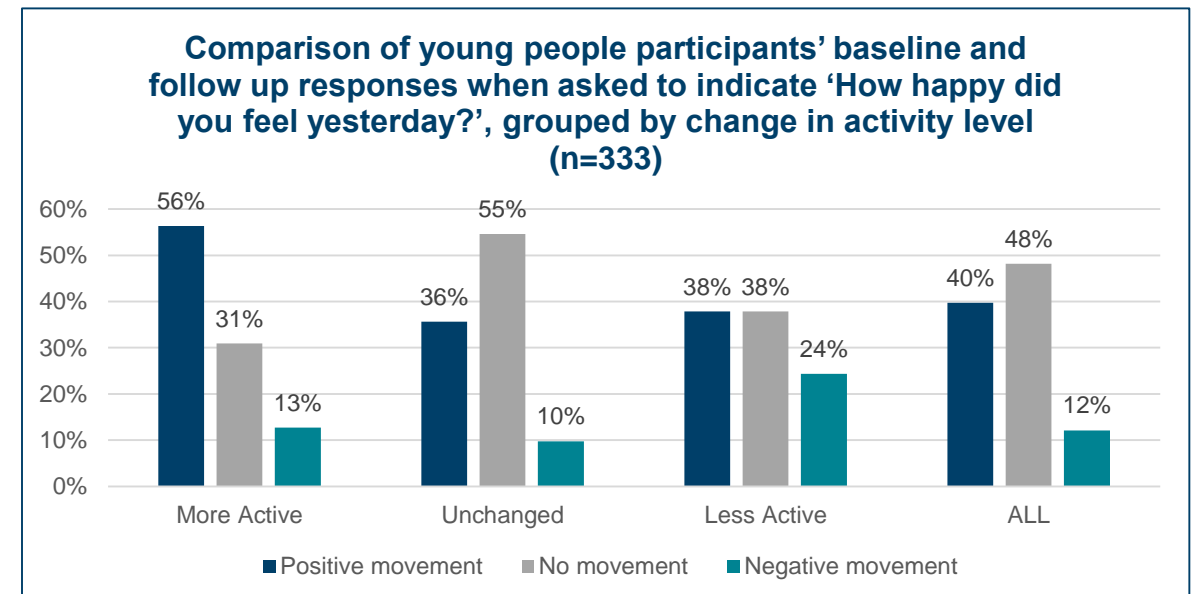
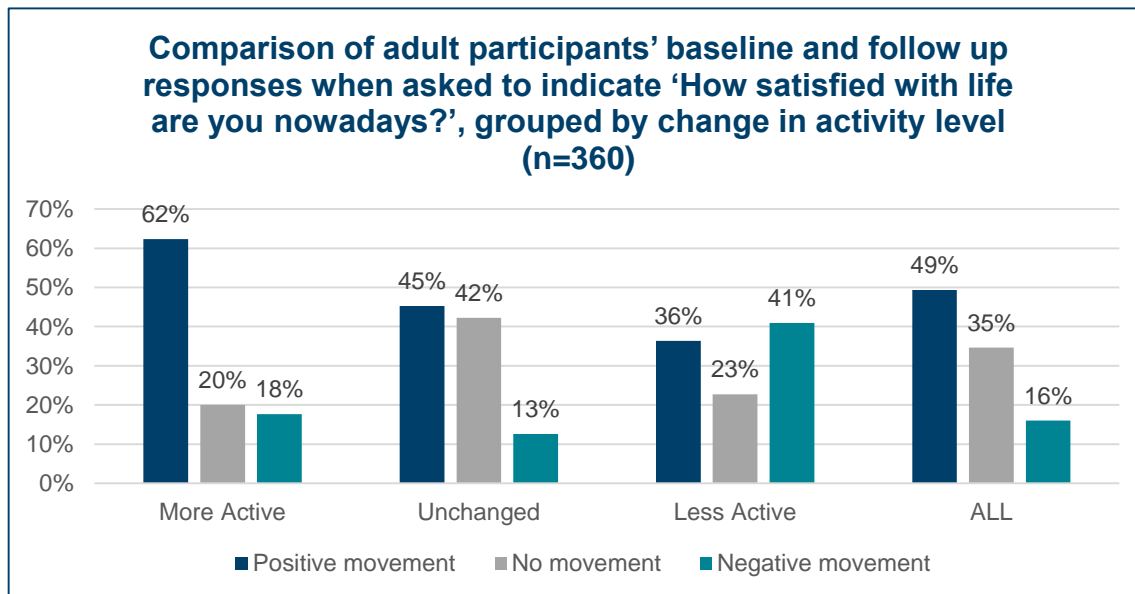
The follow up data gathered from participants shows that:

- **49%** of **adults** scored **more positively** regarding **life satisfaction** following their engagement with projects
- **32%** of adults scored more positively on measures of **self-efficacy**
- **22%** of adults demonstrated **improved social trust**

In the context of **young people**:

- **40%** reported **more positive mental wellbeing** scores following their engagement with projects
- **14%** demonstrated **improved self-efficacy**
- Only **7%** reported **improvements** in their feelings of **social trust**

The evidence also indicates that the adults and young people **most likely** to improve their **mental wellbeing** and **self efficacy** are those who also **improved** their **levels of physical activity**.



Participants' project experiences



After three months' attendance, participants have also been asked to share **their experiences** of Families Fund projects and to say how projects have **impacted** upon them and **influenced their lives as families**.

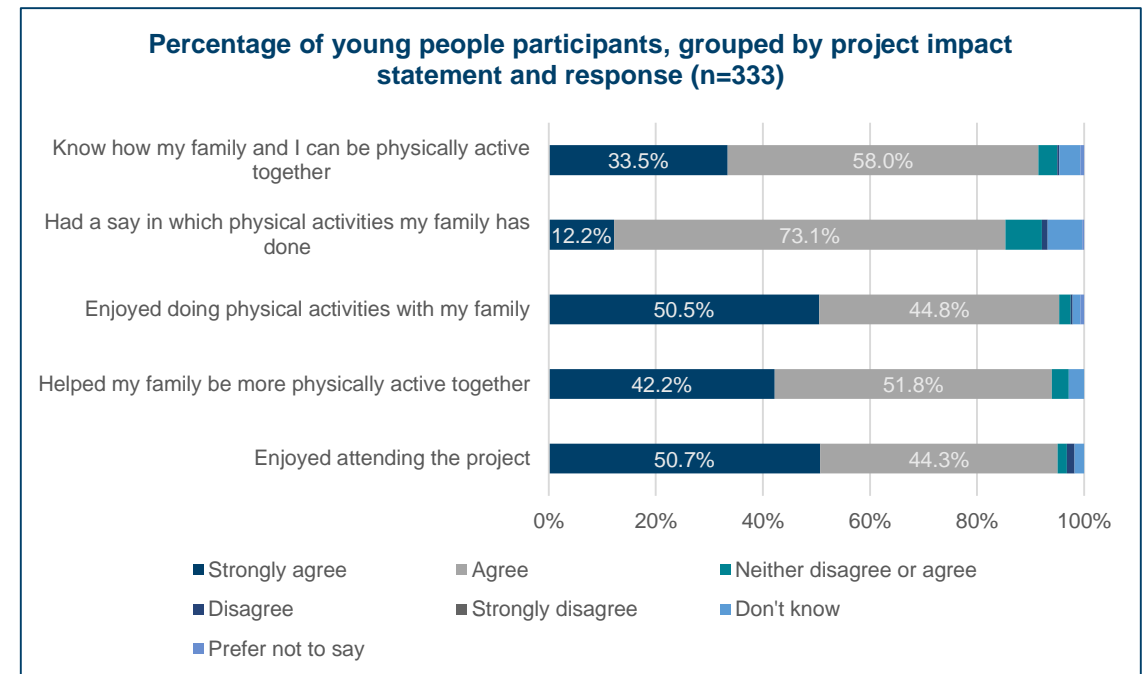
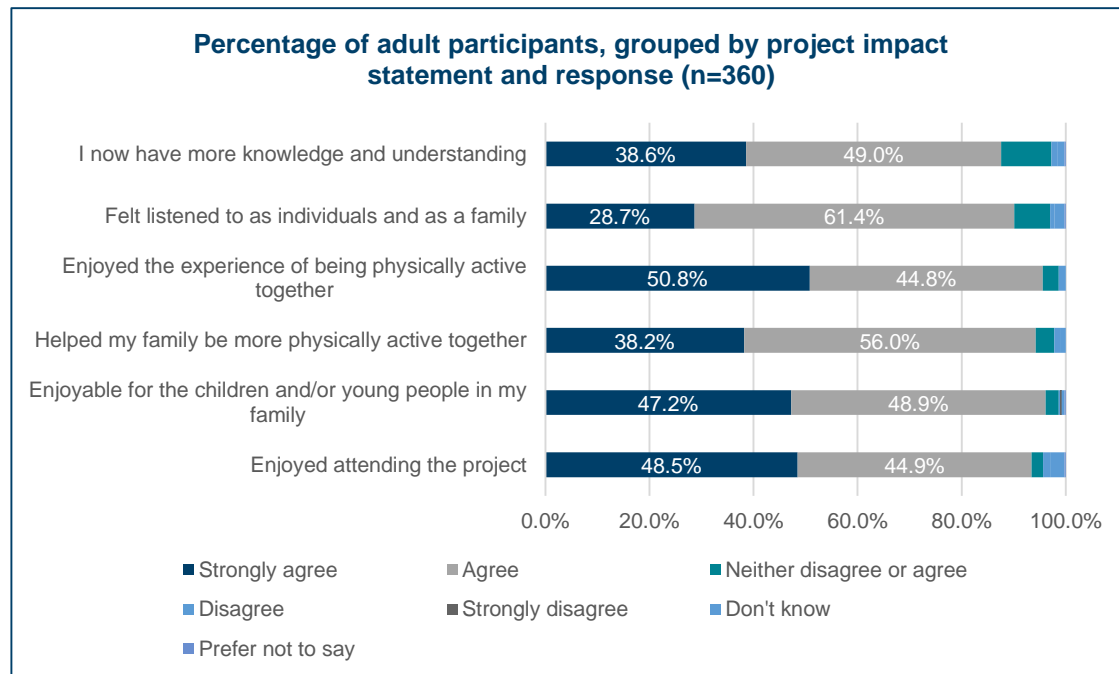
Of the **adults** responding to the survey, **around 90%** said they **strongly agreed or agreed** that projects had:

- Been **enjoyable** for them and their children and young people attending
- Helped their families to be **more physically active together**
- Helped them develop **greater knowledge and understanding** of how and where they can do physical activities as a family

Over **99%** of **children** who responded to the follow up survey said they had **'loved'** or **'liked'** attending project activities and **92%** said they wanted to continue to do **more physical activities with their families**.

Amongst **young people**, **95%** said they strongly agreed or agreed that they had **enjoyed attending the project**, and over **90%** agreed/strongly agreed the projects:

- Helped their family to be **more physically active together**
- Had provided their families with more **knowledge** of how they can be physically active together



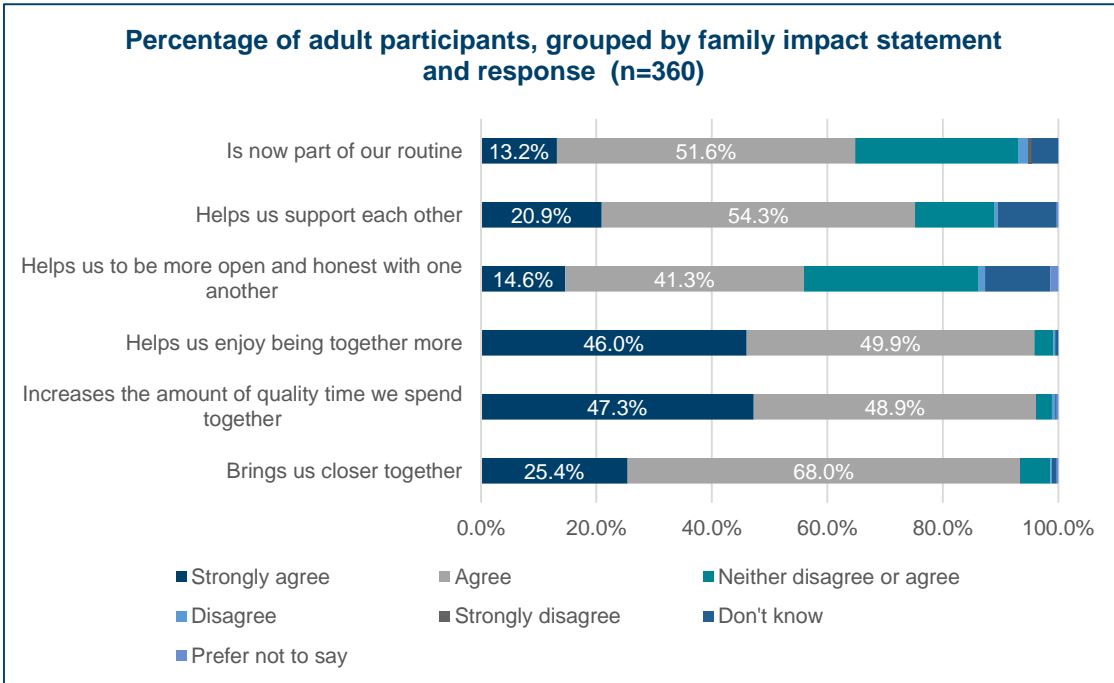
Projects' impacts on family lives



In terms of **impacts on families' lives together**, the survey results indicate that **over 90% of adults strongly agree/agree** that projects have:

- Brought them **closer together** with their families
- **Increased** the amount of **quality time** they spend together
- Helped them to **enjoy being together more**

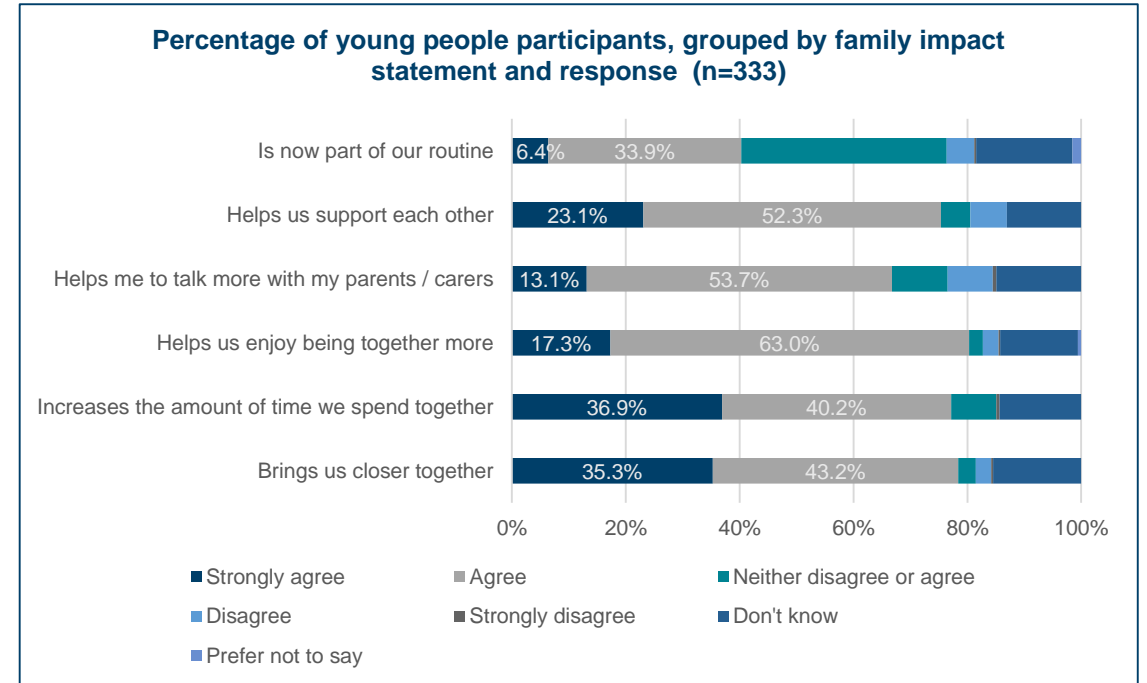
75% of adults also strongly agreed/agreed that projects have **helped them to support each other**, whilst **56%** strongly agreed/agreed that projects have helped their families to be **more open and honest with one another**.



The survey results also show that **over 75%** of young people strongly agreed/agreed that doing physical activities as a family had:

- Brought them **together** as a family
- Increased the amount of **time they spent together**
- Helped their family to **support one another**

Just over two thirds of young people also strongly agreed/agreed that doing physical activities with their families **'helps me to talk more with my parents/carers'**.



substance.