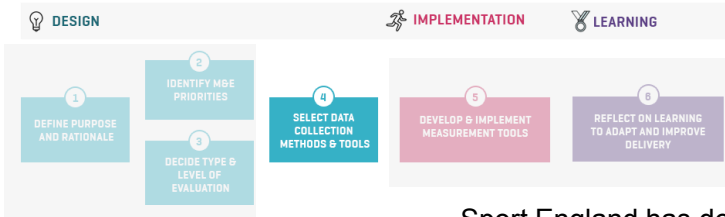


### Sport England Question Bank

Sport England has developed a standard ‘Question Bank’ for use by partners and the wider sport sector. If the information or outcomes detailed here are relevant to your project, please use the questions and response options provided to collect this data

#### QUESTION BANK - STRATEGIC OUTCOMES

OUTCOME	QUESTION(S)	RESPONSE OPTIONS
<b>Physical wellbeing</b> (activity level): <b>1. Single item measure (SIM)</b>	In the past week, on how many days have you done a total of 30 mins or more of physical activity, which was enough to raise your breathing rate? This may include sport, exercise and brisk walking or cycling for recreation or to get to and from places, but should not include housework or physical activity that is part of your job.	0 days; 1 day; 2 days; 3 days; 4 days; 5 days; 6 days; 7 days
<b>Physical wellbeing</b> (activity level): <b>2. IPAQ</b>	The ‘International Physical Activity Questionnaire’ (IPAQ) is a more detailed measure of an individual’s physical activity over the last 7 days. Click <a href="#">here</a> to open the questionnaire. <i>Note: Sport England is currently reviewing a range of physical activity measures and will provide further guidance on how to collect this information later in 2017</i>	
<b>Mental wellbeing</b> (subjective wellbeing)	On a scale of 0-10, where 0 is not at all satisfied and 10 is completely satisfied, overall, how satisfied are you with your life nowadays? On a scale of 0-10, where 0 is not at all happy and 10 is completely happy, overall, how happy did you feel yesterday? On a scale of 0-10, where 0 is not at all anxious and 10 is completely anxious, overall, how anxious did you feel yesterday? On a scale of 0-10, where 0 is not at all worthwhile and 10 is completely worthwhile, overall, to what extent do you feel the things you do in your life are worthwhile?	0 (not at all satisfied); 1; 2; 3; 4; 5; 6; 7; 8; 9; 10 (completely satisfied); Don’t know; Prefer not to say 0 (not at all happy); 1; 2; 3; 4; 5; 6; 7; 8; 9; 10 (completely happy); Don’t know; Prefer not to say 0 (not at all anxious); 1; 2; 3; 4; 5; 6; 7; 8; 9; 10 (completely anxious); Don’t know; Prefer not to say 0 (not at all worthwhile); 1; 2; 3; 4; 5; 6; 7; 8; 9; 10 (completely worthwhile); Don’t know; Prefer not to say
<b>Individual Development</b> (self-efficacy)	To what extent do you agree with the statement ‘I can achieve most of the goals I set myself?’	Strongly agree; Agree; Neither agree nor disagree; Disagree; Strongly disagree; Don’t know; Prefer not to say
<b>Social &amp; Community Development</b> (social trust)	To what extent do you agree or disagree that most people in your local area can be trusted?	Strongly agree; Agree; Neither agree nor disagree; Disagree; Strongly disagree; Don’t know; Prefer not to say
<b>Economic Development</b>	Data required to measure economic development cannot be obtained via individual self-report measures. The best way to measure this outcome would be to commission a specific study to calculate the contribution of a project or intervention to the economy.	



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#### QUESTION BANK - DEMOGRAPHICS

DEMOGRAPHIC	QUESTION(S)	RESPONSE OPTIONS
<b>Gender</b>	What is your sex?	Male; Female; Other; Prefer not to say
<b>Age</b>	What is your age?	<i>Entered by respondent</i>
<b>Ethnicity</b>	Which one of the following best describes your ethnic group or background? (Please select one option)	White; Mixed; Asian or Asian British; Black or Black British; Other Ethnic Group
<b>Disability</b>	Do you have any physical or mental health conditions or illnesses that have lasted or are expected to last 12 months or more? Do these physical or mental health conditions or illnesses have substantial effect on your ability to do normal daily activities? Does this disability or illness affect you in any of the following areas?	Yes; No; Prefer not to say Yes; No; Prefer not to say Long term pain; Chronic health condition; Mobility; Dexterity; Mental health; Visual; Breathing; Memory; Hearing; Learning; Speech; Behavioural; Other; None of these; Prefer not to say
<b>Religion</b>	What is your religion, even if you are not currently practising?	Christian (including Church of England, Catholic, Protestant and all other Christian denominations); Buddhist; Hindu; Jewish; Muslim; Sikh; Any other religion ; No religion; Don't know; Prefer not to say
<b>Identity</b>	Which of the following options best describes how you think of yourself?	Heterosexual or straight; Gay or lesbian; Bisexual; Other; Don't know
<b>Socio-economic status</b>	What is your postcode?*	<i>Entered by respondent</i>
	*Postcodes can be used to find out the IMD deprivation status of the area where a person lives using this <a href="#">online tool</a>	