

More about the 2012 Survey

Since the last survey, the GoWell team have shared your opinions from the first survey with people in the Scottish Government, Glasgow City Council, Clyde Gateway and other public services.

We would be particularly pleased to come and speak with community-based groups and housing associations who would like more information.

If you are interested in learning more about findings from the 2012 GoWell East survey, you can find a report on the East End study page of the GoWell website at <http://www.gowellonline.com>



Keeping in touch

We aim to speak to you again, in 2014 and 2016, and we are currently planning for the 2014 survey. We are committed to keeping you informed about the survey findings and will send a further update later this year. In the meantime, you can contact us by:

Phone: 0800 389 2129

Web: www.gowellonline.com

Email: survadmin@sphsu.mrc.ac.uk



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Welcome to the second GoWell newsletter for East End survey participants.

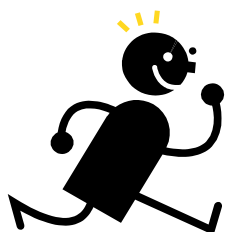


This edition focuses on sporting activities and your opinions about local amenities which might support health and wellbeing.

We would also like to thank you again for taking part in the 2012 survey – we really appreciate all your help. The GoWell East survey is special because it's not just a 'one-off', so each time our interviewers visit you can tell them about what sorts of things have changed and whether or not you think these changes are having good or bad effects on you and your neighbourhood.



Staying active



Regular exercise

34% of participants had been taking regular, weekly exercise for more than 6 months but 26% did not take regular exercise and had no plans to start doing so.

Sports participation

58% of adults in the survey had participated in sports activity in the last four weeks.

Women and physical activity

The most popular activities for women were swimming (24%), aerobics (18%), dancing (17%), running/jogging (14%) and the gym (13%).

Men and physical activity

The most popular activities for men were the gym (23%), running/jogging (19%), cycling (18%), football/rugby (16%) and swimming (16%).



Participants also told us how they rated the quality of local amenities

46% of participants rated parks and green spaces as 'very good' and 35% visited a park or green space at least once a month. However, 10% of people surveyed considered their local parks and green spaces to be 'very poor'.

Children's play areas were rated as 'very good' by 18% and an equal percentage rated them 'very poor'. Youth and leisure services were considered 'very good' by only 8% of participants and 'very poor' by 14%

41% said they intend to use new or improved sports facilities linked to the Commonwealth Games.

The main reasons people gave for not doing any/ more sport in the last 4 weeks were:

- Difficult to find time (36%)
- Health not good enough (27%)
- Costs too much (18%)
- Not really interested (14%)