

## APPENDIX 3

### Further information for OPDSC regarding Glasgow Sports: disability sports

Glasgow Life's focus in relation to disability sport is in the public programme that it delivers rather than in elite athlete performance and support. In terms of the general physical activity and sports programme for disabled children and adults, in 2018 Glasgow Life's Sports and Physical Activity Cohesion Team undertook a survey with participants and disability organisations who were involved in their disability sports programme. This was primarily with the aim of designing the future programme of sessions using the information supplied; taking into account the ideas for activities and preferred times and days of the week for session delivery. However, this survey also did go some way in measuring perceived health improvements for those who participated.

The results showed that while almost half the participants did not notice a change in weight, there were reported improvements in other physical health domains such as mobility, strength, and flexibility and general health and wellbeing. There were also evidence of improvements in psychological factors such as confidence, independence and motivation.

See relevant extract from survey results below for details (the full survey is available on request).

| 7. Since taking part in our sessions, have you notice any change in the following:- |               |               |               |               |               |                |
|---|---------------|---------------|---------------|---------------|---------------|----------------|
|   | Not at all    | A little      | Some          | Quite a bit   | A lot         | Response Total |
| Health, pain levels, ability to manage my health condition or disability            | 31.9%<br>(30) | 16.0%<br>(15) | 23.4%<br>(22) | 21.3%<br>(20) | 7.4%<br>(7)   | 94             |
| Mobility, strength or flexibility   | 13.8%<br>(13) | 18.1%<br>(17) | 31.9%<br>(30) | 24.5%<br>(23) | 11.7%<br>(11) | 94             |
| General health & wellbeing, energy levels   | 14.9%<br>(14) | 11.7%<br>(11) | 29.8%<br>(28) | 27.7%<br>(26) | 16.0%<br>(15) | 94             |
| Weight  | 48.9%<br>(46) | 13.8%<br>(13) | 29.8%<br>(28) | 1.1%<br>(1)   | 6.4%<br>(6)   | 94             |
| Ability to do everyday tasks (housework, getting around, at work)                   | 35.1%<br>(33) | 13.8%<br>(13) | 34.0%<br>(32) | 12.8%<br>(12) | 4.3%<br>(4)   | 94             |
| Confidence  | 5.3%<br>(5)   | 19.1%<br>(18) | 21.3%<br>(20) | 27.7%<br>(26) | 26.6%<br>(25) | 94             |
| Independence  | 19.1%<br>(18) | 19.1%<br>(18) | 26.6%<br>(25) | 23.4%<br>(22) | 11.7%<br>(11) | 94             |
| Motivation  | 11.7%<br>(11) | 12.8%<br>(12) | 22.3%<br>(21) | 30.9%<br>(29) | 22.3%<br>(21) | 94             |
|   |               |               |               |               | answered      | 94             |
|   |               |               |               |               | skipped       | 70             |

## Matrix Charts






| 7.1. Health, pain levels, ability to manage my health condition or disability |             |      |                 |      | Response Percent   | Response Total |    |
|---|-------------|------|-----------------|------|--------------------|----------------|----|
| 1   | Not at all  |      |                 |      | 31.9%              | 30             |    |
| 2   | A little    |      |                 |      | 16.0%              | 15             |    |
| 3   | Some        |      |                 |      | 23.4%              | 22             |    |
| 4   | Quite a bit |      |                 |      | 21.3%              | 20             |    |
| 5   | A lot       |      |                 |      | 7.4%               | 7              |    |
| <b>Analysis</b>   | Mean:       | 2.56 | Std. Deviation: | 1.33 | Satisfaction Rate: | 39.1           |    |
|   | Variance:   | 1.76 | Std. Error:     | 0.14 |                    |                |    |
|   |             |      |                 |      |                    | answered       | 94 |






| 7.2. Mobility, strength or flexibility |             |      |                 |      | Response Percent   | Response Total |    |
|--|-------------|------|-----------------|------|--------------------|----------------|----|
| 1                                      | Not at all  |      |                 |      | 13.8%              | 13             |    |
| 2                                      | A little    |      |                 |      | 18.1%              | 17             |    |
| 3                                      | Some        |      |                 |      | 31.9%              | 30             |    |
| 4                                      | Quite a bit |      |                 |      | 24.5%              | 23             |    |
| 5                                      | A lot       |      |                 |      | 11.7%              | 11             |    |
| <b>Analysis</b>                        | Mean:       | 3.02 | Std. Deviation: | 1.2  | Satisfaction Rate: | 50.53          |    |
|  | Variance:   | 1.45 | Std. Error:     | 0.12 |                    |                |    |
|  |             |      |                 |      |                    | answered       | 94 |






| 7.3. General health & wellbeing, energy levels |             |      |                 |      | Response Percent   | Response Total |    |
|--|-------------|------|-----------------|------|--------------------|----------------|----|
| 1  | Not at all  |      |                 |      | 14.9%              | 14             |    |
| 2  | A little    |      |                 |      | 11.7%              | 11             |    |
| 3  | Some        |      |                 |      | 29.8%              | 28             |    |
| 4  | Quite a bit |      |                 |      | 27.7%              | 26             |    |
| 5  | A lot       |      |                 |      | 16.0%              | 15             |    |
| <b>Analysis</b>                                | Mean:       | 3.18 | Std. Deviation: | 1.26 | Satisfaction Rate: | 54.52          |    |
|  | Variance:   | 1.59 | Std. Error:     | 0.13 |                    |                |    |
|  |             |      |                 |      |                    | answered       | 94 |




| 7.4. Weight |             |  |  |  | Response Percent | Response Total |
|-------------|-------------|--|--|--|------------------|----------------|
| 1           | Not at all  |  |  |  | 48.9%            | 46             |
| 2           | A little    |  |  |  | 13.8%            | 13             |
| 3           | Some        |  |  |  | 29.8%            | 28             |
| 4           | Quite a bit |  |  |  | 1.1%             | 1              |
| 5           | A lot       |  |  |  | 6.4%             | 6              |



| 7.4. Weight |           |      |                 |      |                    | Response Percent | Response Total |    |
|-------------|-----------|------|-----------------|------|--------------------|------------------|----------------|----|
| Analysis    | Mean:     | 2.02 | Std. Deviation: | 1.18 | Satisfaction Rate: | 25.53            | answered       | 94 |
|             | Variance: | 1.4  | Std. Error:     | 0.12 |                    |                  |                |    |

| 7.5. Ability to do everyday tasks (housework, getting around, at work) |             |   |                 | Response Percent | Response Total     |       |          |    |
|--|-------------|---|-----------------|------------------|--------------------|-------|----------|----|
| 1  | Not at all  |  |                 | 35.1%            | 33                 |       |          |    |
| 2  | A little    |  |                 | 13.8%            | 13                 |       |          |    |
| 3  | Some        |  |                 | 34.0%            | 32                 |       |          |    |
| 4  | Quite a bit |  |                 | 12.8%            | 12                 |       |          |    |
| 5  | A lot       |  |                 | 4.3%             | 4                  |       |          |    |
| Analysis   | Mean:       | 2.37  | Std. Deviation: | 1.2              | Satisfaction Rate: | 34.31 | answered | 94 |
|  | Variance:   | 1.45  | Std. Error:     | 0.12             |                    |       |          |    |

| 7.6. Confidence |             |   |                 | Response Percent | Response Total     |       |          |    |
|-----------------|-------------|---|-----------------|------------------|--------------------|-------|----------|----|
| 1               | Not at all  |    |                 | 5.3%             | 5                  |       |          |    |
| 2               | A little    |  |                 | 19.1%            | 18                 |       |          |    |
| 3               | Some        |  |                 | 21.3%            | 20                 |       |          |    |
| 4               | Quite a bit |  |                 | 27.7%            | 26                 |       |          |    |
| 5               | A lot       |  |                 | 26.6%            | 25                 |       |          |    |
| Analysis        | Mean:       | 3.51  | Std. Deviation: | 1.22             | Satisfaction Rate: | 62.77 | answered | 94 |
|                 | Variance:   | 1.48  | Std. Error:     | 0.13             |                    |       |          |    |

| 7.7. Independence |             |   |                 | Response Percent | Response Total     |       |          |    |
|-------------------|-------------|---|-----------------|------------------|--------------------|-------|----------|----|
| 1                 | Not at all  |  |                 | 19.1%            | 18                 |       |          |    |
| 2                 | A little    |  |                 | 19.1%            | 18                 |       |          |    |
| 3                 | Some        |  |                 | 26.6%            | 25                 |       |          |    |
| 4                 | Quite a bit |  |                 | 23.4%            | 22                 |       |          |    |
| 5                 | A lot       |  |                 | 11.7%            | 11                 |       |          |    |
| Analysis          | Mean:       | 2.89  | Std. Deviation: | 1.28             | Satisfaction Rate: | 47.34 | answered | 94 |
|                   | Variance:   | 1.65  | Std. Error:     | 0.13             |                    |       |          |    |

| 7.8. Motivation |            |   |  | Response Percent | Response Total |
|-----------------|------------|---|--|------------------|----------------|
| 1               | Not at all |  |  | 11.7%            | 11             |
| 2               | A little   |  |  | 12.8%            | 12             |
| 3               | Some       |  |  | 22.3%            | 21             |

| 7.8. Motivation |             |   |                 |      |                    | Response Percent | Response Total |
|-----------------|-------------|---|-----------------|------|--------------------|------------------|----------------|
| 4               | Quite a bit |  |                 |      |                    | 30.9%            | 29             |
| 5               | A lot       |  |                 |      |                    | 22.3%            | 21             |
| <b>Analysis</b> | Mean:       | 3.39  | Std. Deviation: | 1.28 | Satisfaction Rate: | 59.84            | answered       |
|                 | Variance:   | 1.64  | Std. Error:     | 0.13 |                    |                  |                |