



English Federation  
of Disability Sport



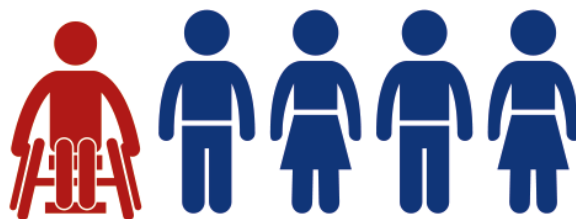
## Know your audience



These statistics provide you with an overview, which can help you to build a picture of the number of disabled people in our population. As well as sport participation and the number of people with certain impairments, it outlines key statistics on barriers.

**1 in 5** people in England  
have an impairment  
or health condition

**9.4 million**  
disabled people



<sup>1</sup>

The prevalence  
of disability  
rises with age



**5.0 million** are over state pension age

**6.0 million** are adults of working age

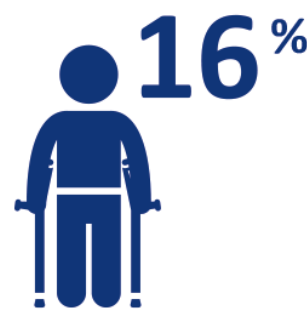
**0.9 million** are children

<sup>2</sup>

In England,  
disability is more  
prevalent in  
**women** than men



**19%**



**16%**


<sup>1</sup>

## Impairment Statistics

The following facts show the numbers of disabled people in the UK with different types of impairments.


**75%**  
of disabled people have  
**more than one impairment**

<sup>3</sup>




Around  
**8.5 million**  
people in England have  
some sort of **hearing loss**  
(limiting and non-limiting)

<sup>4</sup>



Less than **8%**  
of disabled people  
**use wheelchairs**  
across the UK.  
That's around  
**1.2 million**

<sup>5</sup>



There are **1.5 million**  
people in the UK with  
**sight loss**  
that has a significant  
impact on their  
daily lives.  
That's almost **1 in 30** people

<sup>6</sup>




Between **4500 & 6000**  
people are believed to have  
**dwarfism** or  
**restricted growth conditions**  
**1 in 1000**  
babies are born  
with **dwarfism**

<sup>7</sup>




**Cerebral palsy**  
is a relatively rare condition  
affecting approximately  
**0.2% to 0.25%**  
of the population

<sup>8</sup>




**1 in 400**  
 children are born with **cerebral palsy**  
 (estimated 30,250 in the UK)

with **1,800** babies  
 being diagnosed with the  
 condition each year



8

There are about  
**1.4 million**  
 people in the  
 UK who have a  
**learning  
 disability**  
 (around 2%)



9


**1 in 4**  <sup>10</sup>  
 British adults  
 experience at least one diagnosable  
**mental health problem**  
 in any one year

**1 in 6** experiences this at  
 any given time

There are approximately <sup>11</sup>  
**450,000**  
 adults with **autistic spectrum  
 disorders** in England

  **1/2** of whom  
 have a  
**learning  
 disability**

**30%** <sup>12</sup>  
 of people with  
 a **long-term  
 physical health  
 condition** also  
 have a **mental  
 health problem**



**Health Condition Statistics** <sup>13</sup>

Condition	People
Cancer	1,512,478
Stroke	966,093
Dementia	685,812
Cardiovascular disease	5,881,900
Arthritis or rheumatism	8,402,700*

<sup>8</sup> Scope. <sup>9</sup> Papworth Trust. <sup>10</sup> The Office for National Statistics Psychiatric Morbidity report 2001. <sup>11</sup> Department of Health. <sup>12</sup> Long term conditions and mental health - the cost of co-morbidities. The King's Fund and Centre for Mental Health. 2012. <sup>13</sup> The Inclusive and Accessible Stadia Report September 2015, Department for Culture Media and Sport, Department for Work and Pensions, Office for Disability Issues.

**7 in 10**

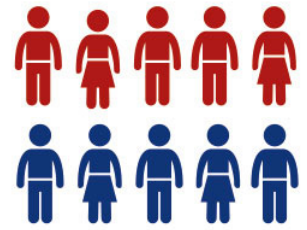


disabled people have **not taken part** in any physical activity in the last month

compared to

**5 in 10**

non-disabled people



**7 in 10**

disabled people want to do **more sport**



**Psychological barriers**

play the biggest role in preventing disabled people taking part in sport



<sup>14</sup> Sport England APS9. <sup>15</sup> EFDS Lifestyle Report. <sup>16</sup> EFDS Barriers to Participation Report.