



Easy
Read

**activity
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disability
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What is the social value of disabled people being active?



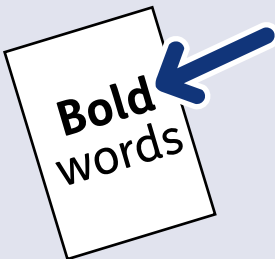
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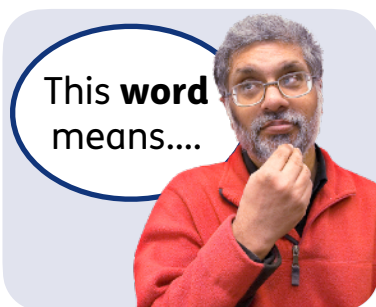
This is an Easy Read version of some information. It may not include all of the information but it will tell you about the important parts.



This Easy Read booklet uses easier words and pictures. Some people may still want help to read it.



Some words are in **bold** - this means the writing is thicker and darker. These are important words in the booklet.



Sometimes if a bold word is hard to understand, we will explain what it means.



Blue and underlined words show links to websites and email addresses. You can click on these links on a computer.

What is in this booklet

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About this report

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This report from early 2024 was made by **Activity Alliance**.



Activity Alliance is a charity that helps disabled people take part in sports and activities.



We looked at information about disabled people taking part in sports and activities.

We worked with **State of Life**, an organisation that gave us information about:



- Disabled people in sports.



- The importance of treating disabled people fairly.

How active disabled people are



We looked at information collected between 2018 and 2022 about how active disabled people are.



We understand disabled people are less likely to be active than non-disabled people.



We also understand that disabled people are less likely to live happy lives.



Being active can help disabled people be happier.

How much money is spent on wellbeing



WELLBY is a tool that looks at people's wellbeing and **social value**.

Social value is about working out the importance of changes in people's lives.

We use the UK government's advice and the WELLBY tool to understand:



- How happy people are with their lives on a scale of 1 to 10 points.



- If someone's happiness goes up by 1 point, it should be worth £15,300 in social value in 2023.



We wanted to know how disabled people's happiness changed because of changes in how active they were.

We looked at what may have an effect, like:



- How old they are.



- If they have a job, or how much money they have.

What we found out

We found out that the social value for disabled people who:



- Do exercise for at least 150 minutes a week is £6,200 per person per year.



- Do exercise for 1 to 149 minutes a week is £4,500 per person per year.



- Do light exercise is £4,400 per person per year.



We also found out that many disabled people feel better when they do light exercise, like gentle walking.

Why disabled people should be as active as non-disabled people



Disabled people who are active in England have a social value of £35.9 billion.



£3.5 billion of this comes from disabled people who only do light exercise.



But disabled people are not as active as non-disabled people.



The country would be better off and have more social value if disabled people were as active as non-disabled people.



You can read the full report on our website here:

www.activityalliance.org.uk