

PARTICIPANTS



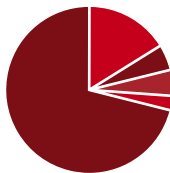
7,740 Students



145 Institutions



62% Female 36% Male



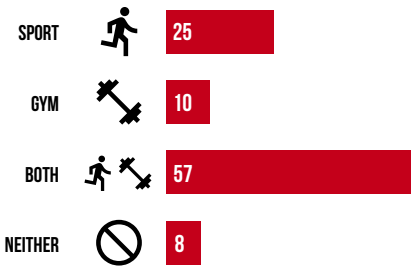
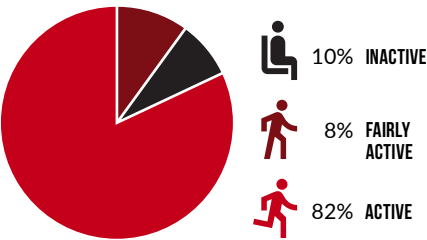
16% Asian
5% Black
5% Mixed
3% Other
71% White

ACTIVITY LEVELS

Activity levels of the survey participants

Of those who are active,
72% take part in university sport.

Active students' types of activity (%)

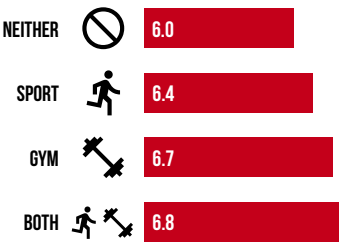
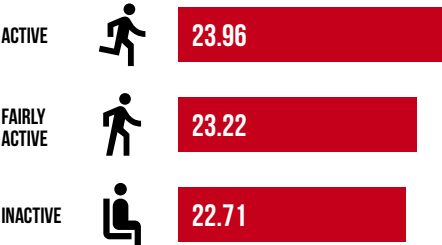


"Joining these activities really reduced my loneliness because it's really created a sense of community."

MENTAL WELLBEING

Mental wellbeing by activity levels (out of 35)

Average happiness scores by activity type (out of 10)



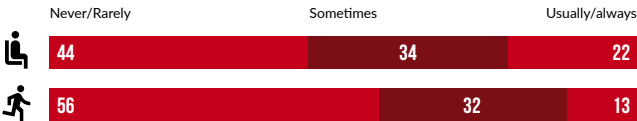
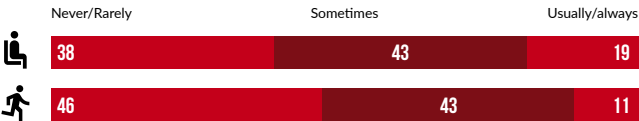
"Since going to the gym, I've actually got to know a lot more people and we have this common interest."

"Every time when I leave the club, I feel very relaxed and it seems like all of my stress has gone with my sweat."

SOCIAL INCLUSION (%)

"I feel left out."

"I feel isolated from others."



"I feel that people barely know me."

"I feel that people are around me but not with me."

