

Wellbeing Index City Spotlight

Sheffield

Sheffield remains behind other cities when it comes to wellbeing, maintaining its position at number 17 (and in last place) in the latest Wellbeing Index city league table.

Sheffield residents tend to exercise less and lead more sedentary lifestyles than their counterparts in other cities. Less than half of people aren't offered any physical activity provision by their employer, providing the city's businesses with a unique opportunity to step up and make a real and positive impact on wellbeing in the city.



Exercise overview:

Sheffield is under-performing in comparison to other active cities when it comes to getting the recommended 150 minutes of exercise a week.

22% of people rarely get the weekly recommended amount of exercise compared to a 18% average.

17% of respondents say that they do get the weekly recommended amount of exercise, but this is still lower than the 21% average

1 in 5 people reported they never exercise at all.

Main barriers for exercise:



Lack of time



Lack of energy



Low mood

81% of people in Sheffield are not members of a gym and with no similar facilities available through work, this may contribute to their low wellbeing score.

32% of people in Sheffield say they sit for an average 9-12 hours a day (the average is 23%), making them the most sedentary city in the UK.

67% of respondents are worried about the impact their sedentary lifestyle has on their health.

In the workplace:

43% Just 43% of people in Sheffield are offered facilities at work, less than the average of 54%.

Most common facilities:



Showers



Changing rooms



Bike park

These facilities are popular among workers, with 18% using them every day and 25% using them once a week. More access to facilities may mean more activity for employees.



only 2% of employers offer exercise classes and an on-site gym.



25% of respondents say embarrassment of working out with colleagues is a barrier to exercising at work, as is low mood and low energy.

28% of respondents said they feel that support from their employer for their physical wellbeing is below average or poor.

17% feel above average supported by their employer. A positive outcome, but still lower than the average of 24%.

75% of people agree that employers have a responsibility to support employees' physical wellbeing and fitness.