

Wellbeing Index City Spotlight

Cardiff

Wellbeing levels in Cardiff aren't as strong as they could be, with the Welsh capital maintaining 15th place in the latest Wellbeing Index city league table.

When it comes to physical activity, lack of time is the main barrier for Cardiff residents. Over half of people in the city aren't offered any physical activity provision by their employer, providing an opportunity for businesses to step up and improve wellbeing in the city.



Exercise overview:

Although many residents in Cardiff aren't aware of the recommended guidelines of weekly exercise, many of them still manage to fulfill the quota.

35% only 35% knew the NHS guidelines of 150 minutes of exercise a week.

21% of people in Cardiff get more than the recommended amount of exercise a week, compared with an average 16%.

16% Only 16% never get the recommended amount of exercise a week.

Employer support:

51% have no facilities available to them at work.

30% Of those that do have facilities, 30% use them more than twice a week and only 18% never use them.

21% of people in Cardiff said they feel excellently supported by their employer for physical wellbeing, the highest city to rate their employer for this.

With facilities being so popular for those who have access, if more employers offered these tailored benefits it could improve the cities wellbeing and overall position in the leaderboard.

Main barriers for exercise:



Lack of time



Lack of energy



Low mood



Cardiff is the most embarrassed city nationally as they are the most likely to be put off by the prospect of working out with colleagues.

37% strongly agree that employers have a responsibility to support staff with physical wellbeing.



Cardiff is the best performing city nationally for a non-sedentary lifestyle, as 15% sit for less than 4 hours a day.



This leads to the fact they are less worried about the impact of a sedentary lifestyle than the national average.

With less worry, they are the least motivated to change how much time they spend sitting down. 23% said they are not motivated at all so won't make any changes.



Cardiff has more industrial workers and less office workers which may be why they're less worried about a sedentary lifestyle.