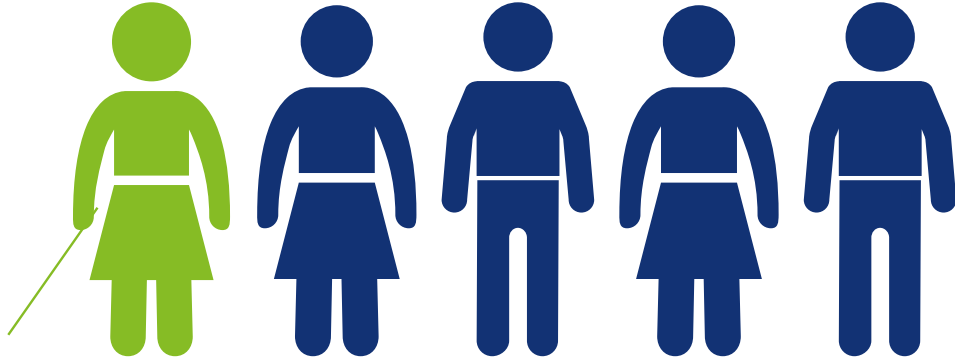


Know your audience

These statistics provide you with an overview, which can help you to build a picture of disabled people in our population.

As well as activity levels and the number of people with certain impairments, this sheet highlights facts on barriers.



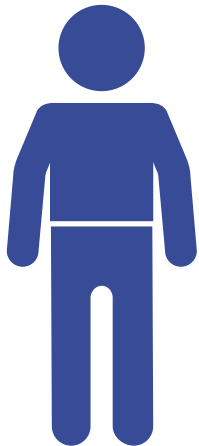


One in five people (**21%**) in England have an impairment or health condition - around **11.5 million** disabled people.

(ONS, 2017)

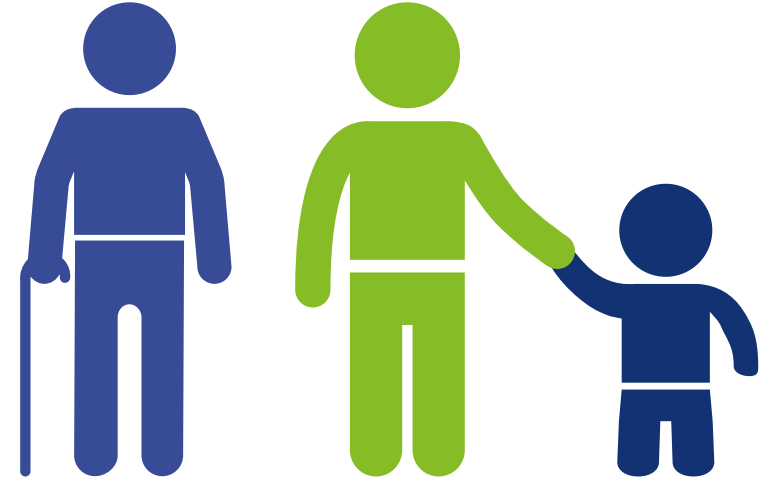
20% of men are disabled in the UK.

(ONS, 2017)



23% of women are disabled in the UK.

(ONS, 2017)



4.4 million of disabled people in England are over state pension age (**45%**).

(ONS, 2017)

6.6 million of disabled people in England are adults of working age (**19%**).

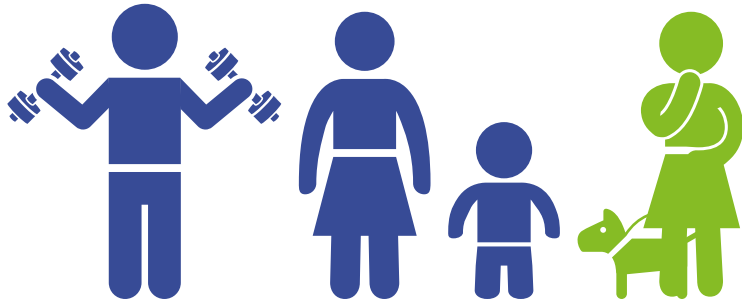
(ONS, 2017)

800,000 of disabled people in England are children (**8%**).

(ONS, 2017)

Impairment statistics

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



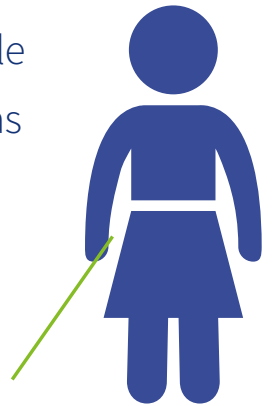
75% of people have more than one impairment.

(Sport England, 2016)

More than **2 million** people in the UK are living with sight loss that has a significant impact on their daily lives.

That is almost **1 in 27** people.

(Royal National Institute of Blind People, 2018)



9.2 million

people in England have hearing loss.

(ONS, 2016)



8% of disabled people in the UK use wheelchairs. That's around

1.2 million.

(NHS England, 2016)

An estimated **6000** people are living with a restricted growth condition in the UK. (Restricted Growth UK, 2019)

1 in 400

babies in the UK are born with cerebral palsy, with up to **1,800** children being diagnosed each year.

(Cerebral Palsy UK, 2019)



There are **700,000** people on the autism spectrum in the UK – more than **1 in 100**.

Between **44%** and **52%** of autistic people have a learning disability.

(National Autistic Society, 2019)



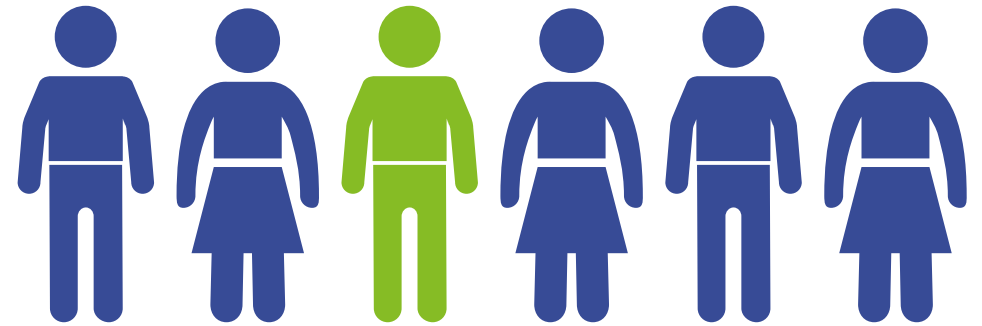
There are **1.4 million**

people in the UK with a learning disability.

(Mencap, 2019)

24,620 people in England have cerebral palsy. This is **0.45%** of the population.

(Sport England, 2016)



1 in 6 (**17%**) adults in England have a diagnosable mental health condition. Nearly half (**43%**) think they have had a diagnosable mental health condition.

(NHS Digital, 2014)

30% of people with a long-term physical health condition also have a mental health problem.

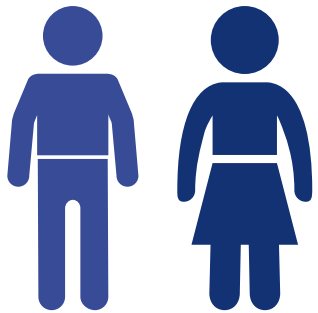
(The King's Fund, 2012)



2.5 million

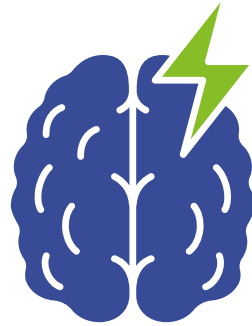
people in the UK have a cancer diagnosis.

(Macmillan, 2017)



850,000 people are living with dementia in the UK.

(Alzheimer's Society, 2014)



Over **1.2 million**

people in the UK have had a stroke.

(Stroke Association, 2018)



7 million people are living with cardiovascular disease in the UK.

(British Heart Foundation, 2018)



17.8 million

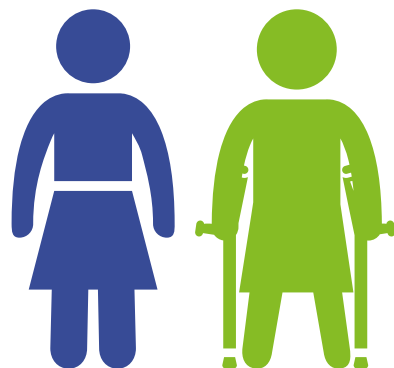
people live with a musculoskeletal condition in the UK, including inflammatory conditions, musculoskeletal pain, and osteoporosis.

(Arthritis Research UK, 2018)

Inactivity

is more common for disabled people (**43%**) than non-disabled people (**21%**).

(Sport England, 2018)



7 in 10 disabled people want to do more sport and physical activity.

(Activity Alliance, 2013)



Psychological barriers

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

(Activity Alliance, 2012)

Find all our research on our website, this sheet is part of our engagement resource.

Read all the sheets here activityalliance.org.uk/engagement

 activityalliance.org.uk  **01509 227750**  info@activityalliance.org.uk

This document is available in Word format. Please contact us if you need support. Activity Alliance is the operating name for the English Federation of Disability Sport. Registered Charity no. 1075180