

Throughout the cost-of-living crisis, the higher education sport sector has shown resilience but challenges remain. We spoke to 2,334 students and 80 staff members from across 140 UK institutions.

65%

of students said the cost-of-living situation has had a **negative impact** on their ability to take part in **sport and physical activity**.



HAVING TO JUST THINK MORE ABOUT THE FACT THAT BILLS ARE GOING UP...THAT DOES SOMEWHAT LIMIT YOUR ENGAGEMENT. - student



88% of institutions reported that the cost-of-living situation has had some **negative impact** on students' engagement with **sport and physical activity**.



STUDENTS ARE BEING FORCED TO CHOOSE BETWEEN TAKING ON MORE PART TIME WORK AND EXTRA-CURRICULAR ACTIVITY. - staff



Half of students (52%) said that the cost-of-living situation has had a **negative impact** on their **mental health**.

70%

of students said that the cost-of-living situation has had a **negative impact** on their **social life**.

50%

of students with a **disability** said their **physical health/fitness** had suffered during the cost-of-living situation.



YOU SEE A LOT MORE MONEY LEAVING THAN COMING IN. - student



87% of students reported the amount of money they spend had **increased** in the last six months.



THE COST-OF-LIVING CRISIS HAS HAD AN IMPACT ON EDI WITHIN SPORT, WIDENING THE PARTICIPATION GAP BETWEEN PEOPLE FROM HIGH AND LOW SOCIO-ECONOMIC BACKGROUNDS. - staff