

Supplementary File 3. Active Lives Survey responses to twice-monthly sport or physical activity participation, applied to Office for National Statistics mid-year population estimates of adults (16 years+), in England and Wales to produce a 6-year estimate of population at risk of severe sport-related injury overall, by Broad Activity.

|  | November 2016-17<br>(ALS 2) | November<br>2017-18<br>(ALS 3) | ONS MYE-<br>weighted ALS<br>Y2 & 3 | Annual population estimates |            |            |            |            |            | 6-year total<br>population at<br>risk |
|--|-----------------------------|--------------------------------|------------------------------------|-----------------------------|------------|------------|------------|------------|------------|---------------------------------------|
|  | Rate (%)                    | Rate (%)                       | Rate (%)                           | 2012                        | 2013       | 2014       | 2015       | 2016       | 2017       |                                       |
| ONS England and Wales 16+<br>population                  |                             |                                |                                    | 45,881,018                  | 46,183,826 | 46,550,257 | 46,925,010 | 47,295,038 | 47,547,364 |                                       |
| All adults physically active twice<br>monthly (aged 16+) | 77.2%                       | 77.5%                          | 77.3%                              | 35477863                    | 35712012   | 35995357   | 36285138   | 36571265   | 36766378   | 216808013                             |
| Broad Activities   |                             |                                |                                    |                             |            |            |            |            |            |                                       |
| Walking  | 58.2%                       | 59.8%                          | 59.1%                              | 27093032                    | 27271842   | 27488222   | 27709516   | 27928020   | 28077020   | 165567654                             |
| Cycling  | 17.3%                       | 16.6%                          | 17.08%                             | 7790201                     | 7841615    | 7903832    | 7967462    | 8030289    | 8073132    | 47606531                              |
| Creative or artistic dance                               | 2.1%                        | 2.0%                           | 2.1%                               | 938474                      | 944668     | 952163     | 959828     | 967397     | 972558     | 5735089                               |
| Fitness activities                                       | 29.5%                       | 29.9%                          | 29.7%                              | 13627523                    | 13717462   | 13826299   | 13937608   | 14047513   | 14122459   | 83278863                              |
| Sporting activities                                      | 34.7%                       | 34.7%                          | 34.7%                              | 15932206                    | 16037356   | 16164599   | 16294732   | 16423225   | 16510845   | 97362963                              |