

# Research **1**

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## **Sports-Life Survey of People with Disabilities**

# I. Overview

## 1. Purpose

The purpose of this study is to investigate the level of participation of people with disabilities in sports, and to provide an evidence-based data to the government and relevant sectors for future policy development.

## 2. Data collection method

### (1) Method

Online survey

### (2) Questions

- Respondents attributes (disability types, possession of disabled ID card)
- Engagement in sports/recreation (activities, frequency, purpose)
- Barriers to engage in sports/recreation

### (3) Sample

Clients registered as internet monitors under one of the research companies in Japan and those who meet the following criteria;

- Have a disability or live with a person with a disability
- The person with a disability is at the age of 7 or older

There were 4,268 clients who responded. The following tables (Tables 1-1, 1-2, 1-3) are the respondents' attributes. If more than two people with disabilities are present, we asked them to answer the age of the oldest person. As a result, a total number of people with disabilities (themselves or other person with a disability in the family) was 5,381.

**Table 1-1 Living region**

(N=4,268)

Region	%
Hokkaido region	6.1
Tohoku region	5.8
Kanto region	33.9
Chubu region	19.4
Kinki region	19.0
Chugoku region	5.6
Shikoku region	2.6
Kyushu region	7.6

**Table 1-2 Age**

(N=4,268)

Age	%
Under 19	0.4
20s	6.7
30s	18.7
40s	32.9
50 ~ 64	35.1
65 ~ 74	5.2
75+	1.0

**Table 1-3 Gender**

(N=4,268)

Gender	%
Male	57.2
Female	42.8

(4) Timeframe

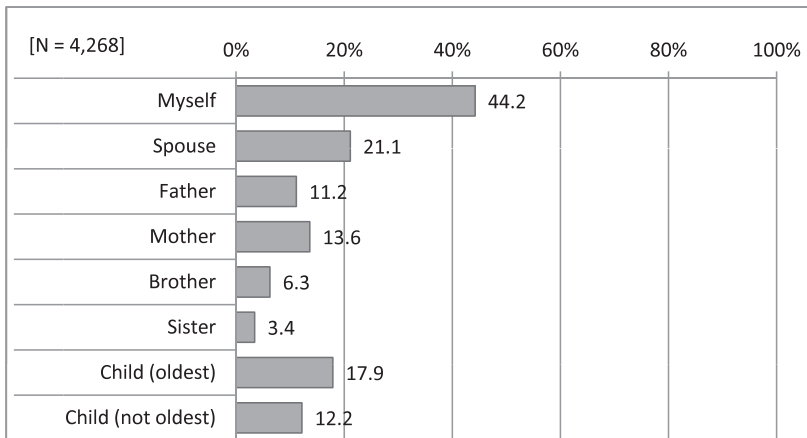
November 1, 2013 – November 15, 2013

## II. Survey Results

### 1. Respondents attributes

#### (1) The individual or a family member living together

As for whether or not the individual or a family member living together is a person with a disability, the most common response was “Myself” (44.2%) followed by “Spouse” (21.1%) and “A child (the oldest child)” (17.9%) (Figure 1-1).



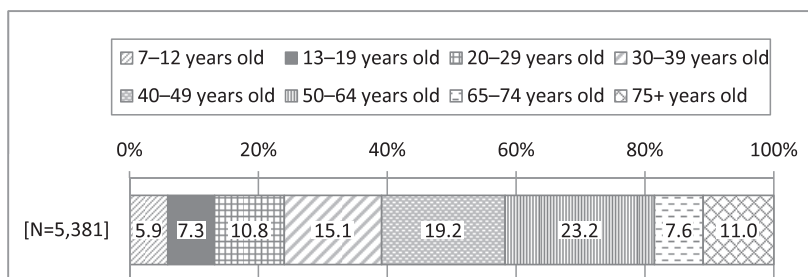
**Figure 1-1 Child or adult with a disability (multiple responses)**

The following report describes the results of 5,381 disabled respondents and family members with disabilities.

#### (2) Age

The age breakdown was: 7–19 years old = 13.2%; 20–64 years old = 68.3%; and 65+ years old = 18.6% (Figure 1-2). Population statistics from the Ministry of Internal Affairs and Communications (October 1, 2012) show the age breakdown to be 7–19 years old = 11.9%, 20–64 years old = 58.1%, and 65+ years old = 24.1%. The age distribution of people/children with disabilities who responded to this survey was thus found to contain a somewhat higher proportion of working age individuals than was seen in the national population data.

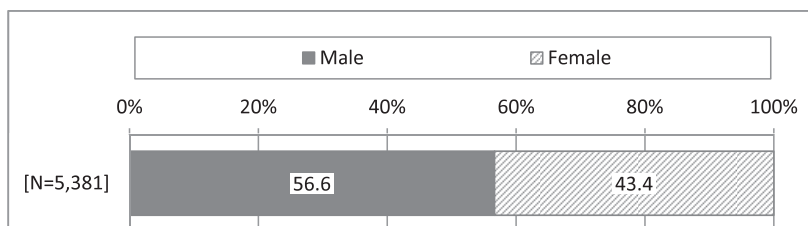




**Figure 1-2 Age**

### (3) Gender

Regarding gender, among respondents there were more men (56.6%) than women (43.4%) (Figure 1-3).

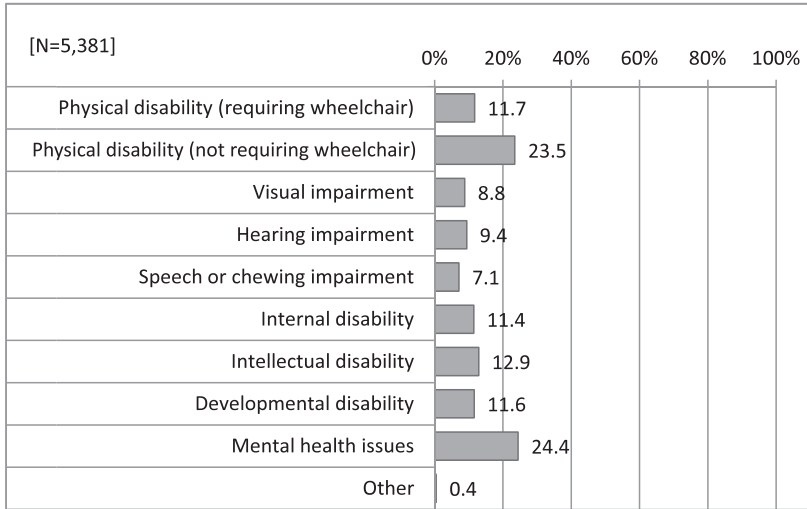


**Figure 1-3 Gender**

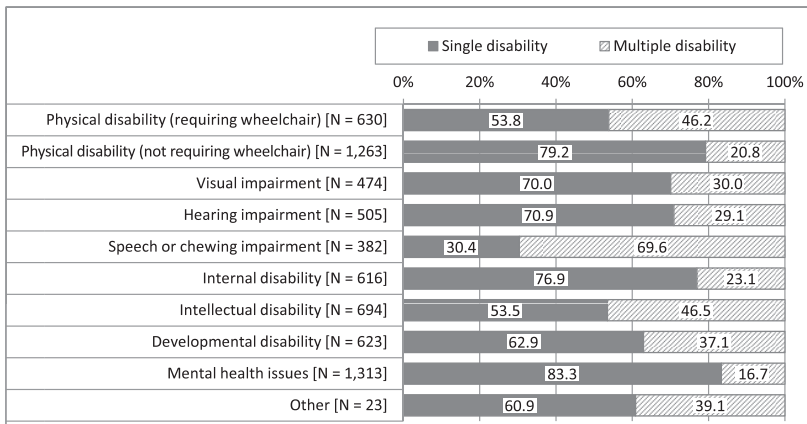
### (4) Disability types

The most common disability type was “Physical disability”, accounting for one-third of respondents (11.7% of those individuals require a wheelchair for daily life and 23.5% do not), followed by “Mental health issues” (24.4%), “Intellectual disability” (12.9%), and “Developmental disability” (11.6%) (Figure 1-4). According to the Cabinet Office’s “People with disabilities white paper” (2013), there are 3,663,000 physically-disabled children and adults in Japan (2.9% of the total population), 547,000 intellectually-disabled children and adults (0.4% of the total population), and 3,201,000 children and adults with mental health issues (2.5% of the total population). In this survey, physical disabilities and intellectual disabilities had the highest frequencies of appearance.

When viewing cases involving multiple disabilities according to disability type, the most common was “Speech or chewing impairment” with 69.6%, demonstrating a high percentage of multiple disabilities compared to other disability types such as “Intellectual disability” or “Physical disability (requiring wheelchair)” (Figure 1-5).



**Figure 1-4 Type of disability (multiple responses)**



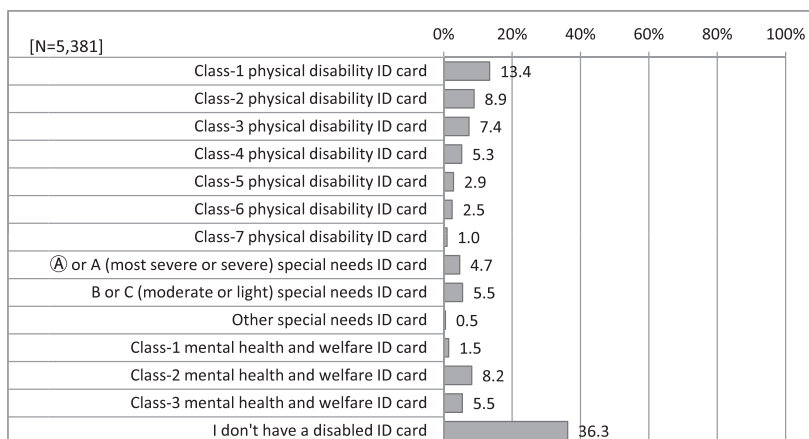
**Figure 1-5 Ratio of single/multiple disabilities**

Note: “requiring wheelchair / not requiring wheelchair” refers to whether or not a wheelchair is necessary for daily life.

(5) Possession of disabled ID cards

When asked whether or not they were in possession of a disabled ID card, 36.3% responded “I don’t have a disabled ID card”. Among individuals who have a disabled ID card, “Class-1 physical disability ID card” was the most common (13.4%) followed by “Class-2 physical disability ID card” (8.9%) and “Class-2 mental disability health and welfare ID card” (8.2%) (Figure 1-6). With physical disability ID cards, there was a tendency for the percentage of possession to increase as class level increased.

The results for disabled ID card possession by disability type tells us that some people have multiple disabled ID cards (Table 1-4). This result provides further evidence to support the high number of individuals with multiple disabilities in Figure 1-5.



**Figure 1-6 Possession of a disabled ID card (multiple responses)**

Note: please see Appendix 1 for determining the level of disability for each ID card

**Table 1-4 Possession of a disabled ID card (by disability type)**

(%)

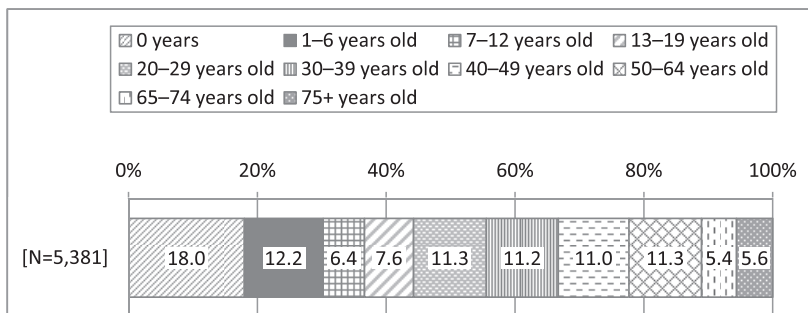
	Physical disability (requiring wheelchair)	Physical disability (not requiring wheelchair)	Visual impairment	Hearing impairment	Intellectual disability	Developmental disability	Mental health issues	Other (including an internal disability or a speech or chewing impairment)
	N = 630	N = 1,263	N = 474	N = 505	N = 694	N = 623	N = 1,313	N = 992
Class-1 physical disability ID card	41.1	8.6	17.1	10.5	13.8	3.7	2.7	38.8
Class-2 physical disability ID card	18.3	13.3	14.6	15.0	6.1	2.4	3.5	9.1
Class-3 physical disability ID card	7.0	13.3	7.8	8.1	2.9	2.6	3.1	12.1
Class-4 physical disability ID card	5.7	10.8	4.9	5.1	2.2	0.5	1.0	8.6
Class-5 physical disability ID card	3.7	7.0	5.3	3.8	1.0	0.8	0.6	2.1
Class-6 physical disability ID card	0.8	3.7	2.7	10.5	1.2	0.5	1.2	1.2
Class-7 physical disability ID card	0.8	1.4	1.7	3.8	0.6	0.6	0.7	0.5
Ⓐ or A (most severe or severe) special needs ID card	7.3	2.1	2.5	2.2	31.4	10.6	1.2	3.6
B or C (moderate or light) special needs ID card	0.8	1.1	0.8	2.4	30.7	20.2	2.1	2.2
Other special needs ID card	0.2	0.1	1.1	0.2	1.3	1.3	0.5	0.2
Class-1 mental health and welfare ID card	1.9	0.7	0.4	1.0	3.0	0.6	4.3	0.4
Class-2 mental health and welfare ID card	1.3	0.7	1.1	1.6	2.9	7.2	30.2	1.4
Class-3 mental health and welfare ID card	0.8	0.8	0.8	1.0	1.3	6.3	19.0	0.8
I don't have a disabled ID card	20.2	40.1	44.7	40.2	15.0	47.4	34.1	24.7

Note 1: “requiring wheelchair / not requiring wheelchair” refers to whether or not a wheelchair is necessary for daily life.

Note 2: Samples include all applicable disability types in cases of multiple disabilities.

(6) Age at which the disability occurred

Regarding the age at which the disability occurred, the prenatal/birth periods and the pre-elementary-school period accounted for about 30% overall, with “0 years” at 18.0% and “1–6 years old” at 12.2% (Figure 1-7). Also, the percentage of individuals who acquired their disabilities after the age of 40 exceeded 30%, revealing that disabilities occur at different ages.



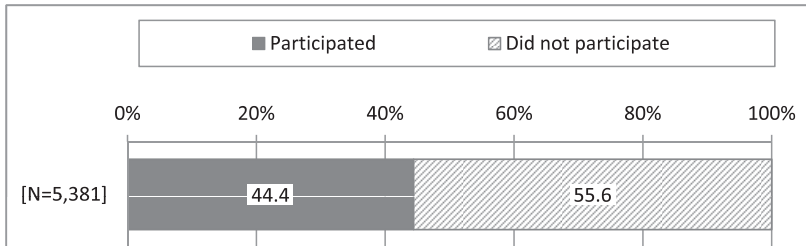
**Figure 1-7 Age at which the disability occurred**

Note: When multiple disabilities are present, responses are for the age at which the first disability occurred.

## 2. Engagement in sports/recreation

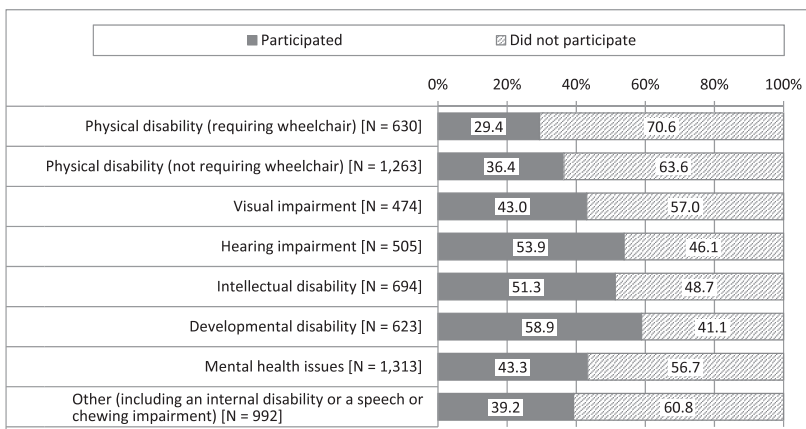
### (1) Engagement in sports/recreation in the past year

When asked whether or not the individuals engaged in sports/recreation in the past year, 44.4% responded “Yes” (Figure 1-8). According to Sasakawa Sports Foundation’s “National Sports-Life Survey” (2012), the percentage of adults who engage in exercise or sports at least once a year is 74.4%, which is higher than that of people/children with disabilities who engage in sports.



**Figure 1-8 Engagement in sports/recreation in the past year**

When viewed according to disability type, “Physical disability (requiring wheelchair)” (29.4%) and “Physical disability (not requiring wheelchair)” (36.4%) had the lowest proportions of individuals who engaged in sports/recreation, while the disabilities with the highest percentage were “Developmental disability” (58.9%), “Hearing impairment” (53.9%), and “Intellectual disability” (51.3%) (Figure 1-9).

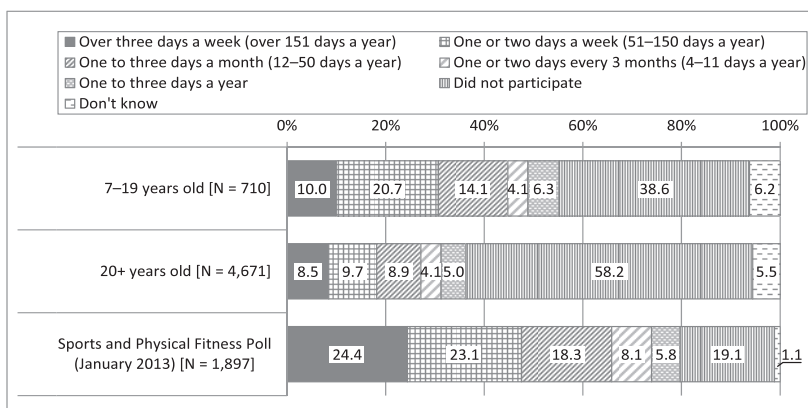


**Figure 1-9 Engagement in sports/recreation in the past year (by disability type)**

Note: “requiring wheelchair / not requiring wheelchair” refers to whether or not a wheelchair is necessary for daily life.

(2) Number of days engaged in sports/recreation in the past year

For the 7–19 age group, 30% of individuals engaged in sports/recreation at least one day a week, with “Over three days a week” totaling 10.0% and “One or two days a week” at 20.7%; the highest percentage was “Not doing sports/recreation” at 38.6%. The proportion of individuals in the 20+ age group who engaged in sports/recreation at least one day a week did not reach 20%, with approximately 60% responding “Not doing sports/recreation” (Figure 1-10). The Ministry of Education, Culture, Sports, Science, and Technology (MEXT)’s “Sports and Physical Fitness Poll” (January 2013) which targeted adults throughout Japan showed that around half (47.5%) of adults engage in sports at least one day a week, which means that there is a trend of lower sports participation among people with disabilities.



**Figure 1-10**

**Number of days engaged in sports/recreation in the past year**

Note: MEXT’s “Sports and Physical Fitness Poll” (January 2013) targeted Japanese nationals over the age of 20 from throughout Japan.

When viewed according to disability type, 7–19 year olds with a “Hearing impairment”, “Intellectual disability”, or “Developmental disability” had the highest number of days on which they engaged in sports (Table 1-5).

**Table 1-5 Number of days engaged in sports/recreation in the past year  
(by disability type and age group)**

(%)

		Over three days a week (over 151 days a year)	One or two days a week (51–150 days a year)	One to three days a month (12–50 days a year)	One or two days every 3 months (4–11 days a year)	One to three days a year	Did not participate	Don't know
Overall	7–19 years old [N = 710]	10.0	20.7	14.1	4.1	6.3	38.6	6.2
	20+ years old [N = 4,671]	8.5	9.7	8.9	4.1	5.0	58.2	5.5
Physical disability (requiring wheelchair)	7–19 years old [N = 58]	3.4	8.6	19.0	1.7	5.2	55.2	6.9
	20+ years old [N = 572]	6.1	5.9	4.9	3.7	3.8	72.2	3.3
Physical disability (not requiring wheelchair)	7–19 years old [N = 78]	3.8	15.4	7.7	1.3	0.0	64.1	7.7
	20+ years old [N = 1185]	7.0	9.4	7.3	3.1	4.3	63.5	5.4
Visual impairment	7–19 years old [N = 38]	7.9	13.2	15.8	2.6	5.3	39.5	15.8
	20+ years old [N = 436]	8.5	10.3	7.6	5.3	5.7	58.5	4.1
Hearing impairment	7–19 years old [N = 60]	15.0	18.3	21.7	5.0	3.3	31.7	5.0
	20+ years old [N = 445]	9.0	13.5	11.0	6.5	5.6	48.1	6.3
Intellectual disability	7–19 years old [N = 224]	9.4	25.4	14.3	5.4	6.3	34.4	4.9
	20+ years old [N = 470]	5.7	8.7	12.8	2.1	8.1	55.5	7.0
Developmental disability	7–19 years old [N = 335]	11.3	25.7	13.7	5.1	9.3	31.0	3.9
	20+ years old [N = 288]	9.0	10.1	10.4	4.5	5.6	52.8	7.6
Mental health issues	7–19 years old [N = 76]	7.9	9.2	7.9	7.9	5.3	53.9	7.9
	20+ years old [N = 1237]	9.8	9.3	9.6	3.8	4.4	56.8	6.2
Other (including an internal disability or a speech or chewing impairment)	7–19 years old [N = 80]	5.0	17.5	17.5	3.8	6.3	42.5	7.5
	20+ years old [N = 912]	8.8	9.3	8.1	3.2	4.4	62.4	3.8
Sports and Physical Fitness Poll (January 2013) [N = 1,897]		24.4	23.1	18.3	8.1	5.8	19.1	1.1

Note 1: “requiring wheelchair / not requiring wheelchair” refers to whether or not a wheelchair is necessary for daily life.

Note 2: MEXT’s “Sports and Physical Fitness Poll” (January 2013) targeted Japanese adults over the age of 20.



The items in sections (3) through (5) below were implemented in a survey targeting 2,390 individuals who engaged in some sort of sports/recreation in the past year.

### (3) Sport/activity participated in over the past year

For the types of sport/activity engaged in by people who responded “Yes” for sports participation in the past year, we consolidated the ranking of each activity by disability type along with the average number of activities each person engaged in. Overall and among adults (20+), light sports/recreation activities such as “Strolling”, “Walking”, and “Calisthenics (light calisthenics, radio calisthenics, etc.)” were the most common (Table 1-6, Table 1-8). In addition to these activities, “Swimming” also had a high participation rate among the 7–19 age group, occupying the top rank for “Physical disability (not requiring wheelchair)”, “Hearing impairment”, “Intellectual disability”, and “Developmental disability” (Table 1-7).

The average number of activities each person engaged in varied according to disability type. Overall, “Developmental disability” had the highest number of activities at 3.1 activities, with “Physical disability (requiring wheelchair)” totaling 1.5 activities, which is less than half of “Developmental disability” (Table 1-6).

**Table 1-6 Sport/activity participated in in the past year (by disability type; overall, N=2,390) (multiple responses) (%)**

	Physical disability (requiring wheelchair)	Physical disability (not requiring wheelchair)	Visual impairment	Hearing impairment	Intellectual disability	Developmental disability	Mental health issues	Other (including an internal disability or a speech or chewing impairment)
	N=185	N=460	N=204	N=272	N=356	N=367	N=569	N=389
#1	Strolling Callisthenics (light callisthenics, radio callisthenics, etc.)	27.3 Walking 27.0 Strolling	27.0 Walking 19.6 Strolling	28.3 Walking 19.9 Strolling	34.0 Strolling 28.1 Swimming	31.9 Walking 28.1 Strolling	33.0 Walking 31.9 Strolling	33.7
#2	Ice skating	Callisthenics (light callisthenics, radio callisthenics, etc.)	16.2 Callisthenics (light callisthenics, radio callisthenics, etc.)	Callisthenics (light callisthenics, radio callisthenics, etc.)	Callisthenics (light callisthenics, radio callisthenics, etc.)	Callisthenics (light callisthenics, radio callisthenics, etc.)	Callisthenics (light callisthenics, radio callisthenics, etc.)	19.0
#3	Walking	Callisthenics (light callisthenics, radio callisthenics, etc.)	16.5 Strength training	10.3 Swimming 9.8 Strength training	21.1 Walking 16.0 Bowling	18.5 Swimming 16.9 Strength training	12.3 Swimming 11.6 Strength training	14.1
#4	Strength training	Strength training	11.7 Sea bathing 8.3 Fishing	11.4 Bowling 7.7 Hiking	16.0 Bowling 12.9 Bowling	16.9 Strength training 13.9 Jogging/running	11.6 Strength training 8.9 Fishing	9.8
#5	Sea bathing	Fishing	8.0 Fishing 6.9 Swimming	6.9 Bowling	9.8 Hiking 6.7 Jogging/Running	9.8 Jump rope	7.2 Bowling	7.5
#6	Swimming	Golf (on a course)	5.9 Sea bathing	5.9 Sea bathing	6.7 Jogging/Running	9.5 Hiking	6.9 Bowling	7.2
#7	Aquatic exercise (walking/moving in water)	Golf (driving range)	5.7 Jogging/Running	6.6 Sea bathing	6.7 Jogging/Running	6.7 Hiking	6.9 Sea bathing	7.2
#8	Fishing	Bowling	Aquatic exercise (walking/moving in water)	Badminton	6.3 Jump rope	Jogging/Running	6.5 Fishing	6.4
#9	Balloon volleyball	Sea bathing	5.0 Playing catch	Table tennis (including sound table tennis)	Basketball	Dodgeball	8.4 Cycling	5.7
#10	Boccia	Aquatic exercise (walking/moving in water)	4.6 Bowling	Hiking	5.9 Dancing (ballroom dancing, folk dancing, hula dancing, etc.)	Soccer	Table tennis (including sound table tennis)	5.1
#11	Wheelchair tennis	Jogging/Running	4.3 Baseball	4.4 Cycling	5.5 Mountain climbing	Fishing	Hiking	4.4
#12	Table tennis (including sound table tennis)	Mountain climbing	3.7 Camping	Playing catch	Playing catch	Mountain climbing	Mountain climbing	4.4
#13	Yoga	Tennis (regulation tennis)	3.9 Yoga	Jogging/Running	Table tennis (including sound table tennis)	Table tennis (including sound table tennis)	7.4 Yoga	4.1
#14	Wheelchair basketball	Yoga	2.8 Ice skating	4.4 Camping	Soccer	Playing catch	Dancing (ballroom dancing, folk dancing, hula dancing, etc.)	3.7
#15	Badminton	Bowling			Balloon volleyball			
Average number of activities each person engaged in	1.5	1.9	1.9	2.4	2.5	3.1	2.2	2.2

Note: "requiring wheelchair / not requiring wheelchair" refers to whether or not a wheelchair is necessary for daily life.





### Column. Efforts of the Japan Swimming Club Association

The Japan Swimming Club Association (JSCA) periodically tallies the programs offered by affiliated clubs. As of December 2013, about 200 of its 1,060 affiliated clubs have implemented programs aimed at people with disabilities (Table 1-9). Although they didn't offer programs specifically intended people with disabilities, some clubs accepted them into programs such as instructor-less free courses, with a focus on people with light intellectual disabilities. Presently, people with disabilities are projected to be participating in an even greater number of swimming clubs.

**Table 1-9 Number of clubs registered with the JSCA**

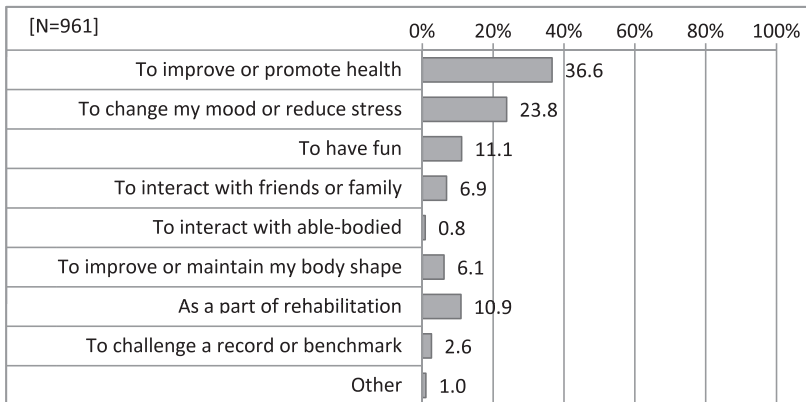
(N = 1,060)

Support Category	Number of clubs	%
People with disabilities (disability types not specified)	108	10.2
People with intellectual disabilities	80	7.5
People with physical disabilities	6	0.6
Total	194	18.3

Since 2010, the JSCA has held swimming workshops throughout Japan for people with intellectual disabilities. In addition to making an effort to train instructors and increase the number of clubs that accept people with disabilities, the association has been proactive in promoting swimming among people with disabilities through avenues such as the JSCA National Swimming Competition for People with Intellectual Disabilities, which is first held in 2011.

## (4) Main purpose of engaging in sports/recreation

Regarding the main purpose of engaging in sports/recreation, the most common response was “To improve or promote health” (36.6%) followed by “To change my mood or reduce stress” (23.8%) and “To have fun” (11.1%) (Figure 1-11). The most common responses in MEXT’s “Sports and Physical Fitness Poll” (January 2013) were “To build health and physical fitness” and “To have fun or relax”, showing a similar trend as the results of this survey. Some distinction was observed according to disability type, with “As a part of rehabilitation” responses being the most numerous for physical disabilities (Table 1-10).



**Figure 1-11 Main purpose of engaging in sports/recreation**

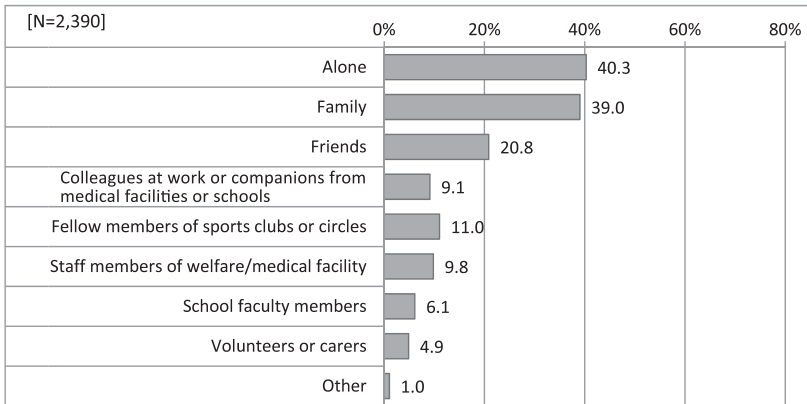
**Table 1-10 Main purpose of engaging in sports/recreation  
(by disability type)**

(%)

	Physical disability (requiring wheelchair)	Physical disability (not requiring wheelchair)	Visual impairment	Hearing impairment	Intellectual disability	Developmental disability	Mental health issues	Other (including an internal disability or a speech or chewing impairment)
	N = 61	N = 273	N = 92	N = 110	N = 13	N = 46	N = 322	N = 186
To improve or promote health	26.2	36.7	38.0	36.4	30.8	45.7	34.2	39.2
To change my mood or reduce stress	13.1	16.5	23.9	29.1	15.4	26.1	30.7	21.0
To have fun	18.0	11.0	10.9	15.5	15.4	4.3	8.1	11.8
To interact with friends or family	8.2	6.8	8.7	7.3	0.0	6.5	5.6	6.5
To interact with able-bodied	3.3	0.4	0.0	0.0	7.7	0.0	1.2	1.1
To improve or maintain my body shape	4.9	3.0	6.5	6.4	7.7	4.3	9.0	3.8
As a part of rehabilitation	21.3	22.8	7.6	1.8	7.7	8.7	8.4	14.0
To challenge a record or benchmark	4.9	2.1	3.3	3.6	15.4	4.3	1.6	1.1
Other	0.0	0.8	1.1	0.0	0.0	0.0	1.2	1.6

(5) Companions when engaging in sports/recreation

Regarding the companions when engaging in sports/recreation, the most common response was “Alone” (40.3%) followed by “Family” (39.0%) and “Friends” (20.8%) (Figure 1-12). “Intellectual disability” and “Developmental disability” had a higher percentage of individuals engaging in sports/recreation together with “Family” or “School faculty members” than other disability types. “Physical disability (requiring wheelchair)” and “Intellectual disability” had the highest percentages of individuals who participated together with “Staff members of welfare/medical facility staff” (Table 1-11).



**Figure 1-12 Companions when engaging in sports/recreation (multiple responses)**

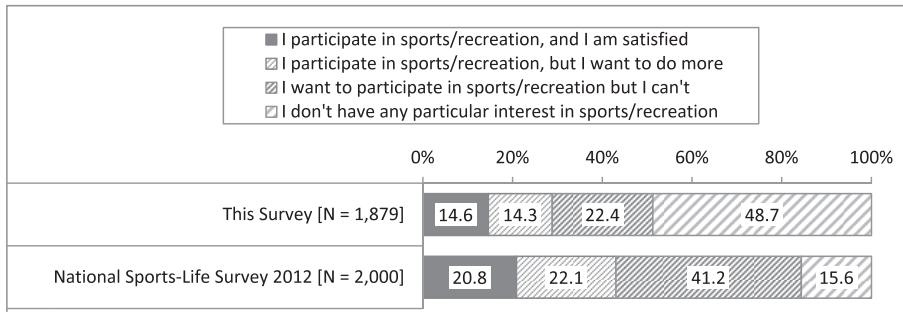
**Table 1-11 Companions when engaging in sports/recreation (by disability type)**

	Physical disability (requiring wheelchair)	Physical disability (not requiring wheelchair)	Visual impairment	Hearing impairment	Intellectual disability	Developmental disability	Mental health issues	Other (including an internal disability or a speech or chewing impairment)
	N = 185	N = 460	N = 204	N = 272	N = 356	N = 367	N = 569	N = 389
Alone	20.0	50.0	43.1	36.4	14.6	24.3	56.1	44.5
Family	37.8	35.2	34.8	39.0	50.6	49.0	34.8	40.6
Friends	14.6	22.2	24.0	29.0	15.2	20.4	14.2	23.9
Colleagues at work or companions from medical facilities or schools	11.4	5.9	9.3	7.7	19.1	11.4	8.1	7.5
Fellow members of sports clubs or circles	14.6	8.5	10.8	15.1	10.7	15.3	8.1	12.6
Staff members of welfare/medical facility	25.4	7.2	10.3	6.6	28.7	12.0	7.9	7.5
School faculty members	6.5	2.8	3.9	6.3	14.6	20.2	2.8	4.1
Volunteers or carers	9.7	3.5	4.4	3.7	14.3	7.6	2.8	3.1
Other	1.1	1.1	1.0	0.7	0.8	1.1	1.1	1.3

## (6) Current level of participation in sports/recreation

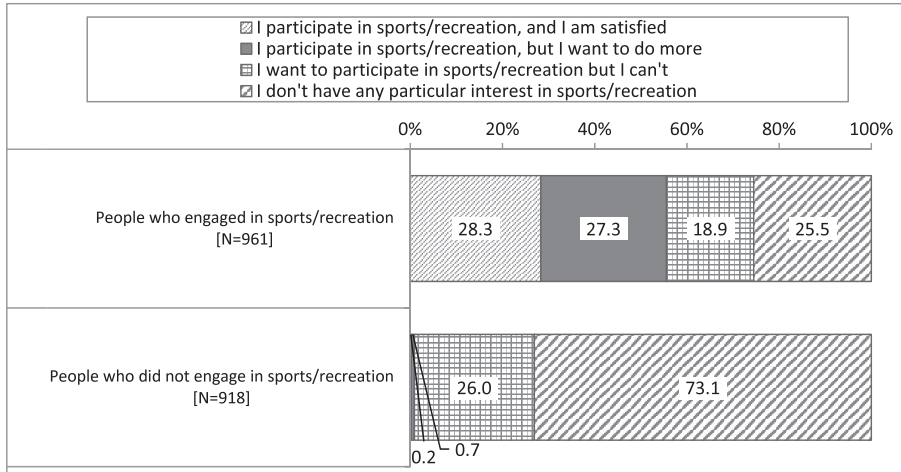
When asked about the current level of participation in sports/recreation, the most common response was “I don’t have any particular interest in sports/recreation” (48.7%) followed by “I want to participate in sports/recreation but I can’t” (22.4%) (Figure 1-13). Compared to Sasakawa Sports Foundation’s “National Sports-Life Survey” (2012), a greater proportion of people showed indifference by answering “I don’t have any particular interest in sports/recreation”.

Although this indifferent group contained many individuals who did not engage in sports/recreation, it also included some people who did participate in the past year (Figure 1-14). On the other hand, a total of 26.0% of people who did not engage in sports or recreation responded “I want to participate in sports/recreation but I can’t”, indicating that there are also some underlying needs with regard to sports and recreation.



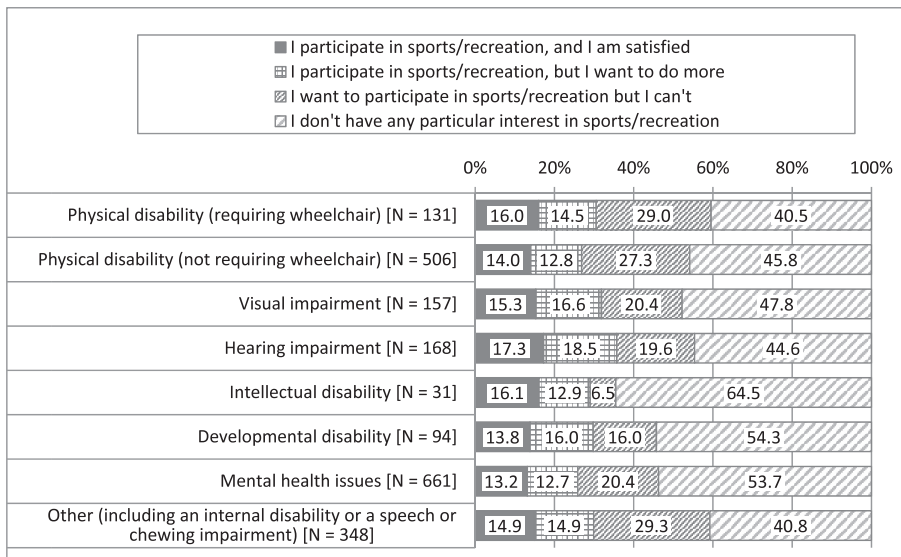
**Figure 1-13 Current level of participation in sports/recreation**





**Figure 1-14 Current level of participation in sports/recreation (by engagement)**

When viewed according to disability type, the percentage of “I want to participate in sports/recreation but I can’t” responses was relatively low for “Intellectual disability” compared to the other disability types, while the percentage of “I don’t have any particular interest in sports/recreation” responses was high (Figure 1-15).

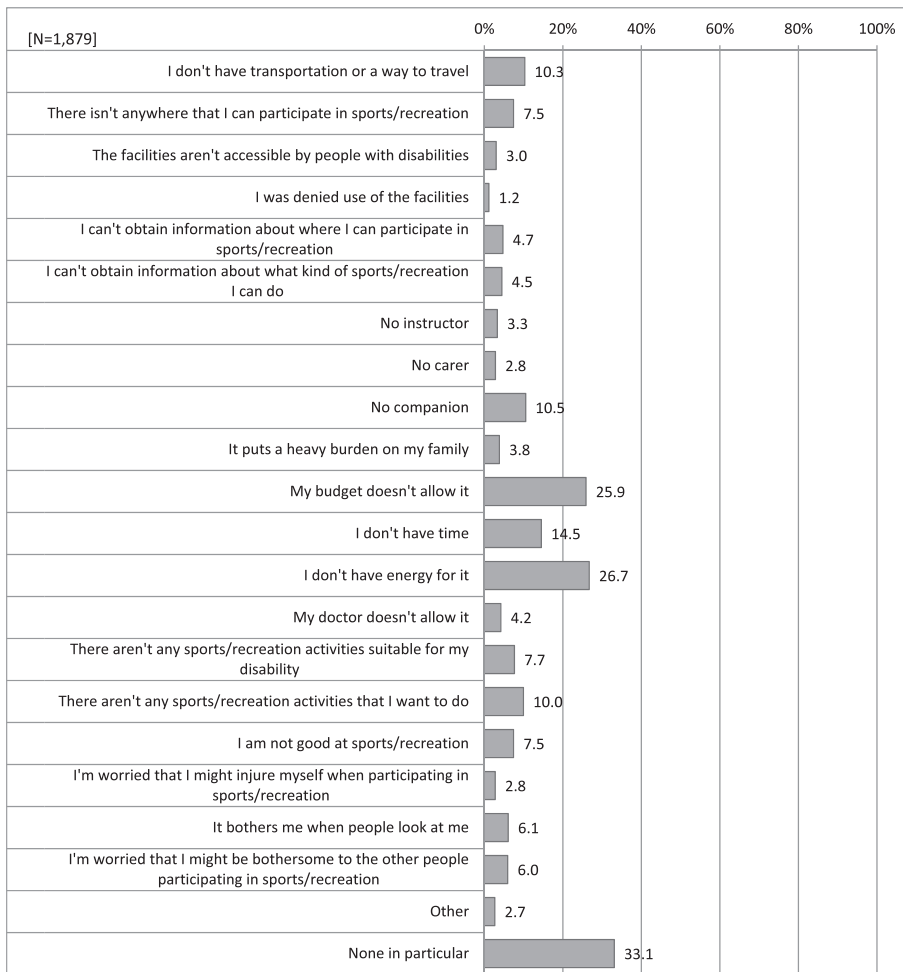


**Figure 1-15 Current level of participation in sports/recreation (by disability type)**

## (7) Barriers to engaging in sports/recreation

Regarding barriers to engaging in sports/recreation, 33.1% of individuals responded “None in particular”. Among those who responded that there are barriers, the most common response was “I don’t have energy” (26.7%) followed by “My budget doesn’t allow it” (25.9%) and “I don’t have time” (14.5%) (Figure 1-16).

When viewed according to disability type, “Physical disability (requiring wheelchair)” had higher percentages of “I don’t have transportation or a way to travel”, “There isn’t anywhere that I can participate in sports/recreation” and “It puts a heavy burden on my family” than other disability types (Table 1-12).



**Figure 1-16 Barriers to engaging in sports/recreation (multiple responses)**

**Table 1-12 Barriers to engaging in sports/recreation (by disability type)**

		(%)													
	Physical disability (requiring wheelchair)	Physical disability (not requiring wheelchair)		Visual impairment		Hearing impairment		Intellectual disability		Developmental disability		Mental health issues		Other (including an internal disability or a speech or chewing impairment)	
		[N=131]	[N=506]	[N=157]	[N=168]	[N=31]	[N=94]	[N=661]	[N=348]						
#1	I don't have the stamina for it	23.7	I don't have the stamina for it 25.5	My budget doesn't allow it 19.7	My budget doesn't allow it 17.9	My budget doesn't allow it 17.9	My budget doesn't allow it 25.8	My budget doesn't allow it 40.4	My budget doesn't allow it 36.2	I don't have the stamina for it 35.3					
#2	My budget doesn't allow it	20.6	My budget doesn't allow it 23.9	I don't have the stamina for it 19.1	I don't have time 15.5	I don't have transportation or a way to travel 16.1	I don't have the stamina for it 28.7	I don't have the stamina for it 33.4	My budget doesn't allow it 21.6						
#3	I don't have transportation or a way to travel	19.8	There aren't any sports/recreation activities suitable for my disability 15.0	I don't have time 14.6	I don't have the stamina for it 11.3	No companion 11.3	I don't have time 22.3	No companion 16.8	I don't have time 16.4						
#4	There isn't anywhere that I can participate in sports/recreation	15.3	I don't have time 13.8	I don't have transportation or a way to travel 14.0	No companion 7.1	I can't obtain information about where I can participate in sports/recreation 12.9	No companion 17.0	I don't have time 14.7	My doctor doesn't allow it 10.3						
#5	It puts a heavy burden on my family		I don't have transportation or a way to travel 10.9	No companion 10.2	I don't have transportation or a way to travel 6.5	I can't obtain information about what kind of sports/recreation I can do 11.7	There aren't any sports/recreation activities that I want to do 13.9	There aren't any sports/recreation activities suitable for my disability 10.1							
	None in particular	29.8	None in particular 33.0	None in particular 33.8	None in particular 39.3	None in particular 45.2	None in particular 25.5	None in particular 30.7	None in particular 28.4						