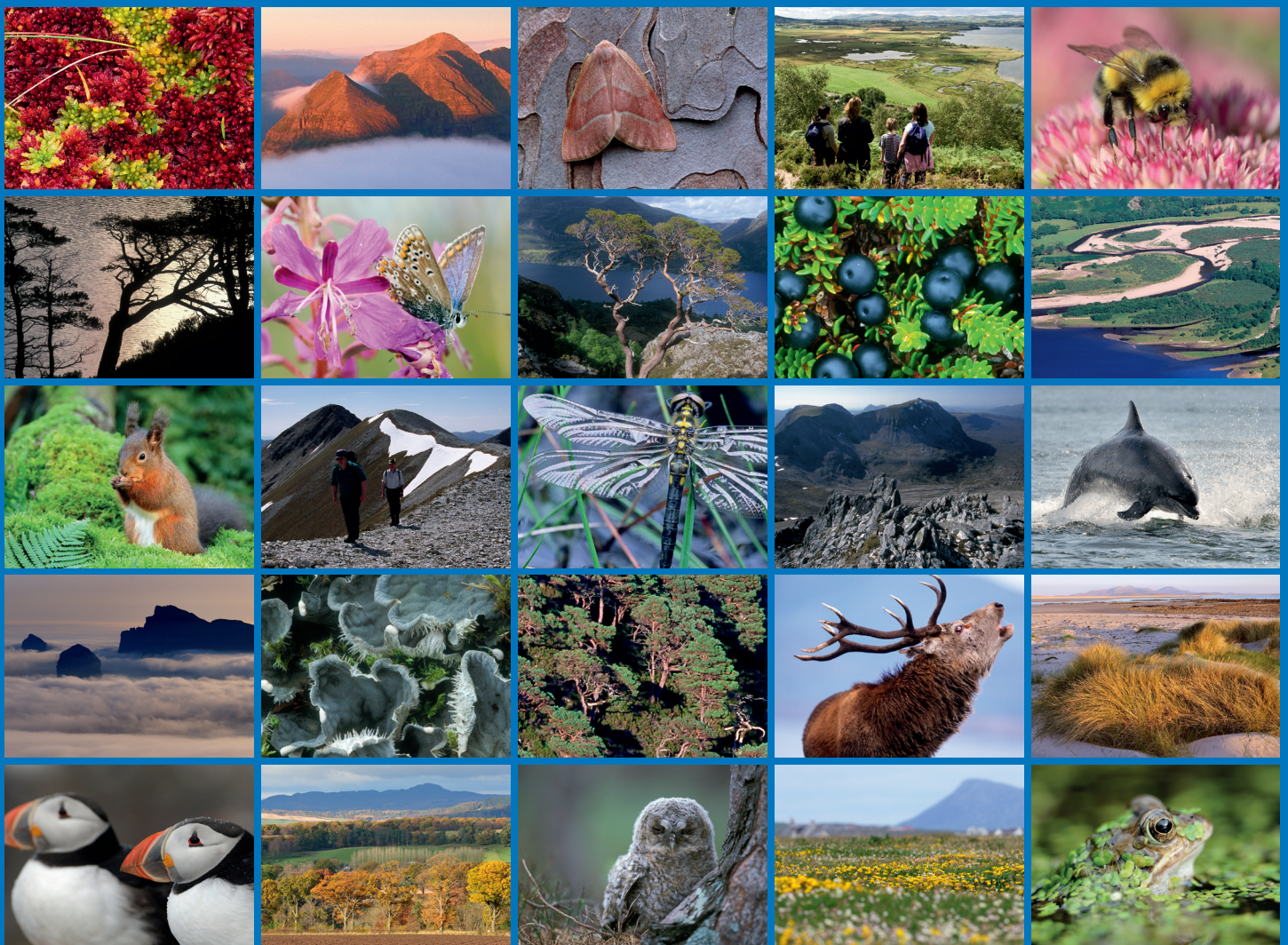


# Enjoying the Outdoors: Monitoring the impact of Coronavirus and social distancing Wave 2 survey results (September 2020)



**NatureScot**

Scotland's Nature Agency  
Buidheann Nàdair na h-Alba

# RESEARCH REPORT

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**Research Report No. RR1255**

**Enjoying the Outdoors:  
Monitoring the impact of Coronavirus and  
social distancing  
Wave 2 survey results (September 2020)**

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# RESEARCH REPORT

# Summary

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## Enjoying the Outdoors: Monitoring the impact of Coronavirus and social distancing – Wave 2 survey results (September 2020)

**Research Report No: RR1255**  
**Project No: 113832**  
**Contractor: 56 Degree Insight**  
**Year of publication: 2020**

### Keywords

visits to the outdoors; visits to the natural environment; participation in outdoor recreation; physical activity outdoors; benefits of visiting the outdoors; COVID-19; Coronavirus; lockdown; social distancing

### Background and approach

In response to the Coronavirus pandemic, Scotland entered the first stage of lockdown on the 23rd March 2020 when a series of measures were put in place to slow the spread of the virus. At this point a stay at home message was central with only essential travel to be undertaken, outdoor visits for exercise limited to one per day and time to be spent only with other household members. This initial stage of lockdown lasted until the 28th May 2020 when rules were relaxed to allow travel outside of local areas and for people from different households to meet outdoors whilst maintaining physical distancing.

This research was commissioned to provide an understanding of outdoor visit behaviour and engagement with nature in Scotland during the Coronavirus crisis. Two waves of online surveying have been undertaken to date. The first involved 1,008 online interviews with a representative sample of adults in Scotland undertaken during the first week of June 2020, with respondents asked to focus on the initial period of lockdown from 23rd March to 28th May 2020. The second wave of research followed a comparable approach with 1,003 on-line interviews undertaken with a representative sample of the adult population plus 100 additional interviews with members of the BAME<sup>1</sup> population (1,103 interviews in total). Fieldwork for this second wave of research ran from 5th to 12th September 2020, with respondents asked to focus on outdoor visits and engagement with nature during the preceding 4 weeks, from around mid-August 2020. This report presents the findings from this more recent wave of research and includes comparisons with the first wave where appropriate.

### Key findings

*The population continues to engage with nature more often than in 2019*

During the August to September period, four fifths of adults in Scotland took visits to the outdoors at least once a week (80%), a higher percentage than during the initial period of

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<sup>1</sup> Black, Asian and Minority Ethnic



lockdown from March to May (71%) and a higher percentage than recorded by NatureScot's Scotland's People and Nature Survey<sup>2</sup> (SPANS) in August 2019 (64%).

Correspondingly, a large percentage of the population (39%) reported spending more time outdoors during the previous 4 weeks than in the same period in 2019. People most likely to state that this was the case included those aged under 25, those with children in their household and women. Factors influencing increased participation levels included a desire to stay fit and healthy, relaxation, having an increased amount of free time and the lack of alternative leisure pursuits to do.

However, around a quarter of the population (24%) stated that they were spending less time outdoors than a year ago with older people and those in poor health more likely to state that this was the case. The main factor causing some people to spend less time outdoors was an ongoing desire to avoid taking any health risks while the virus was still active. The proportion of people spending less time outdoors has, however, decreased from the level recorded in the June 2020 survey (in relation to the initial March to May lockdown period) when 40% reported spending less time outdoors than a year ago.

How and where people spent their leisure time outdoors during August and early September also changed compared to the March to May period. During the earlier lockdown period, time outdoors was predominantly spent close to home on roadside pavements and in local parks. During August and early September a much wider range of places was visited and a wider variety of activities was undertaken as the population ventured further afield. Correspondingly, the percentage of the population taking outdoor visits by car more than doubled, from 27% in March to May to 59% in August and early September.

Compared to the same period in 2019, the September 2020 survey also picked up some changes in the amount of time people spent participating in individual activities, with the largest increases reported for birdwatching, other wildlife watching, running and jogging and playing with children outdoors. There was also a net increase in visits taken to a variety of types of greenspaces, most notably paths and tracks away from roads, local parks and woodland.

Encouragingly, participation levels in a number of the nature engagement activities which many people reported doing more often during the initial March to May lockdown period were sustained into late summer. Specifically, 45% of adults spent more time relaxing in their garden than a year ago, 41% increased the amount of time they spent enjoying nature in their garden and 40% spent more time enjoying nature or wildlife from indoors (for example, through a window).

#### *Continued benefits from time spent outdoors and in nature*

Looking after both physical and mental wellbeing continued to be major factors influencing people's decision to spend time outdoors. During August and early September, 62% of adults were motivated to visit the outdoors by health and exercise reasons while 56% wanted to relax and unwind. Compared to the earlier March to May lockdown period (and reflecting the relaxation of restrictions), an increasing proportion of people also spent time outdoors so that they could be with family or other household members (34%) or because they wanted to visit a place they liked (31%).

During August and early September increased proportions of the population reported health and wellbeing benefits gained from the time they spent outdoors. Seventy per cent indicated that their outdoor visits and engagement with nature helped them to de-stress, relax and

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<sup>2</sup> [Scotland's People and Nature Survey 2019/20](#)

unwind (up from 63% in March to May), 60% found that the experience made them feel energised and revitalised (up from 58% in March to May) and 56% agreed that it improved their physical health (up from 47% in March to May).

Most people also continued to see positive changes in their local area although some of these were at lower levels than recorded in the June 2020 survey wave. Specifically, 54% had noticed reduced pollution in their local area (down from 61% in June) and 60% noticed a reduction in noise levels (down from 73% in June).

An increased proportion of adults agreed that nature had become more important to their health and wellbeing during August and early September (55% compared to 49% in the June survey wave) or that they'd enjoyed not using their car so much (53% compared to 42% in June).

#### *Problems encountered as lockdown eases*

While many people have continued to obtain benefits from time spent outdoors during the Coronavirus crisis and most of the population have had positive experiences, some people have experienced problems while visiting the outdoors during this period.

In common with the March to May period, the most common issues encountered in August and early September were cyclists on pavements (39%), difficulties maintaining social distancing while outside (36%) and other people behaving inconsiderately (35%).

With the easing of lockdown measures a number of other issues were also experienced by a significant minority of people including finding litter, fly tipping or human waste (33%) and a lack of public toilet facilities (32%).

#### *Looking to the future*

The percentage of the population who expect to spend more time outdoors for recreation in future than they did before the Coronavirus crisis has remained at a similar level to that reported in the June survey.

Overall, 49% of the population expect to increase their time outdoors in future, including 20% would like to spend 'a lot more' time outdoors.

The people most likely to expect to spend more time outdoors in future included people with children (62%), people aged under 35 (56%) and dog owners (58%).

Interest in making other positive life changes has also remained at the high level recorded in June. Most significantly, over two thirds of adults would like to encourage their children to spend more time outdoors (69%) and/or continue to travel less for non-essential journeys (66%).

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## 1. BACKGROUND

In response to the Coronavirus pandemic, Scotland entered the initial phase of lockdown on 23<sup>rd</sup> March 2020 with a series of measures put in place to slow the spread of the virus.

A 'stay at home' message was central with only essential travel to be undertaken, outdoor visits for exercise limited to one per day, and this time to be spent alone or with other household members only.

A relaxation in these restrictions was announced on 10<sup>th</sup> May 2020 permitting people to go outdoors for exercise as many times a day as they wished whilst continuing to go only to local places.

This initial lockdown period was in place continuously from 23<sup>rd</sup> March until 28<sup>th</sup> May 2020 when some restrictions were eased as Scotland entered Phase One of the Route Map out of the crisis. With these eased restrictions it became possible for visits to the outdoors to be taken to places outside of local areas and for people from different households to meet outdoors whilst maintaining physical distancing.

### 1.1 Objectives

During the early weeks of lockdown, anecdotal evidence suggested that more people than usual were spending time in nature and visiting local greenspaces and countryside close to home, with increased usage driven by the substitution of indoor leisure pursuits with outdoor exercise and a desire to obtain health and wellbeing benefits.

To understand, measure and track this perceived change, NatureScot, in partnership with Scottish Forestry, Cairngorms National Park Authority and Paths for All, commissioned 56 Degree Insight to undertake a survey of a representative sample of adults living in Scotland.

To date two separate waves of surveying have been conducted to provide an accurate measure of outdoor visit behaviour and engagement with nature during the period since 23 March 2020. The first wave took place at the start of June 2020 and focused on the initial period of lockdown between 23 March and 28 May 2020. The second wave took place in mid-September 2020 focusing on the period from mid-August to early September 2020.

Specific areas addressed in each wave of surveying included the following:

*How behaviour changed during the Coronavirus crisis:*

- Frequency of visiting the outdoors
- Amount of time spent outdoors
- Profile of outdoor visitors
- Details of visits (places, activities, distances travelled, party composition).

*How attitudes to the outdoors changed during the Coronavirus crisis:*

- Motivations for spending time outdoors
- The benefits obtained from spending time outdoors
- Experience of local outdoor places
- The importance of having access to a garden/other outdoor space

*How other engagement with nature changed during the Coronavirus crisis:*

- Noticing and enjoying everyday nature
- How is engagement with nature benefitting people?

*What longer term changes might we see in the future?*

- How will people use their local greenspaces when lockdown rules are eased?
- How will people engage with nature when lockdown rules are eased?
- How can NatureScot and partners help people to continue with positive behaviours started during lockdown?

## **1.2 Methodology**

Each wave of surveying was undertaken using an online approach with demographic quotas applied to provide a nationally representative sample of the adult population aged 16 and over. The second wave also included a 'booster' sample to increase the number of people in the BAME population included in the survey sample.

To correct for any variations which existed between the sample and the Scottish adult population, demographic weighting was applied at the analysis stage using target weights based on gender, age, socio-economic status, region of residence and (in Wave 2 only) ethnicity. Table 1 shows the final unweighted and weighted sample profile during each survey wave.

Data collection was delivered in partnership with consumer panel provider Dynata with a total of 1,008 on-line interviews conducted in the first wave between Friday 29<sup>th</sup> May and Friday 5<sup>th</sup> June 2020 and 1,103 in the second wave between Saturday 5<sup>th</sup> September and Saturday 12<sup>th</sup> September 2020.

During the first wave respondents were asked questions about their outdoor visit behaviour and engagement with nature during the initial lockdown period from 23<sup>rd</sup> March to 28<sup>th</sup> May 2020, prior to the move to Phase One of the Route Map out of the crisis. In the second wave respondents were asked to respond in relation to the 4 weeks prior to the interview from around mid-August to early September 2020.



Table 1. Unweighted and weighted sample profile by key demographics

	Survey wave 1 (29 <sup>th</sup> May to 5 <sup>th</sup> June 2020)		Survey wave 2 (5 <sup>th</sup> to 12 <sup>th</sup> September 2020)	
	Unweighted sample	Weighted sample profile	Unweighted sample	Weighted sample profile
<b>Gender</b>				
Male	477 (47%)	48%	517 (47%)	48%
Female	528 (52%)	52%	586 (53%)	52%
Prefer not to say	3 (<1%)	<1%	-	-
<b>Age band</b>				
16-34	274 (27%)	29%	305 (28%)	29%
35-54	331 (31%)	32%	380 (34%)	32%
55+	403 (40%)	39%	418 (38%)	39%
<b>Socio-economic group</b>				
ABC1	519 (51%)	52%	621 (56%)	52%
C2DE	489 (49%)	48%	482 (44%)	48%
<b>Region</b>				
West	448 (44%)	45%	448 (41%)	45%
South	49 (5%)	5%	58 (5%)	5%
East	358 (36%)	35%	404 (37%)	35%
North	153 (15%)	15%	193 (17%)	15%
<b>Ethnicity</b>				
White	n/a	n/a	964 (87%)	95%
BAME			139 (13%)	5%
<b>Total sample</b>	1,008 (100%)		1,103 (100%)	

During data analysis respondent postcodes were matched with a number of publicly available classifications. Specifically, respondents were classified as follows:

- *Scottish Index of Multiple Deprivation (SIMD)*<sup>3</sup> - respondents were grouped on the basis of residency in the 10% most deprived areas, the 10% least deprived areas and the middle 11% to 89% areas.
- *Scottish Government urban/rural classification*<sup>4</sup> – respondents were classified using the six-fold classification ranging from large urban populations to remote rural populations.
- *Central Scotland Green Network (CSGN)*<sup>5</sup> – respondents were coded to identify if they lived within the CSGN area.

A number of other demographic variables were recorded in the survey and also used in the analysis of results. The full questionnaire used is included in Annex 1.

<sup>3</sup> <https://www.gov.scot/collections/scottish-index-of-multiple-deprivation-2020/>

<sup>4</sup> [https://www2.gov.scot/Topics/Statistics/About/Methodology/UrbanRuralClassification#:~:text=The%20Scottish%20Government%20Urban%20Rural,Postcode%20Address%20File%20\(PAF\).](https://www2.gov.scot/Topics/Statistics/About/Methodology/UrbanRuralClassification#:~:text=The%20Scottish%20Government%20Urban%20Rural,Postcode%20Address%20File%20(PAF).)

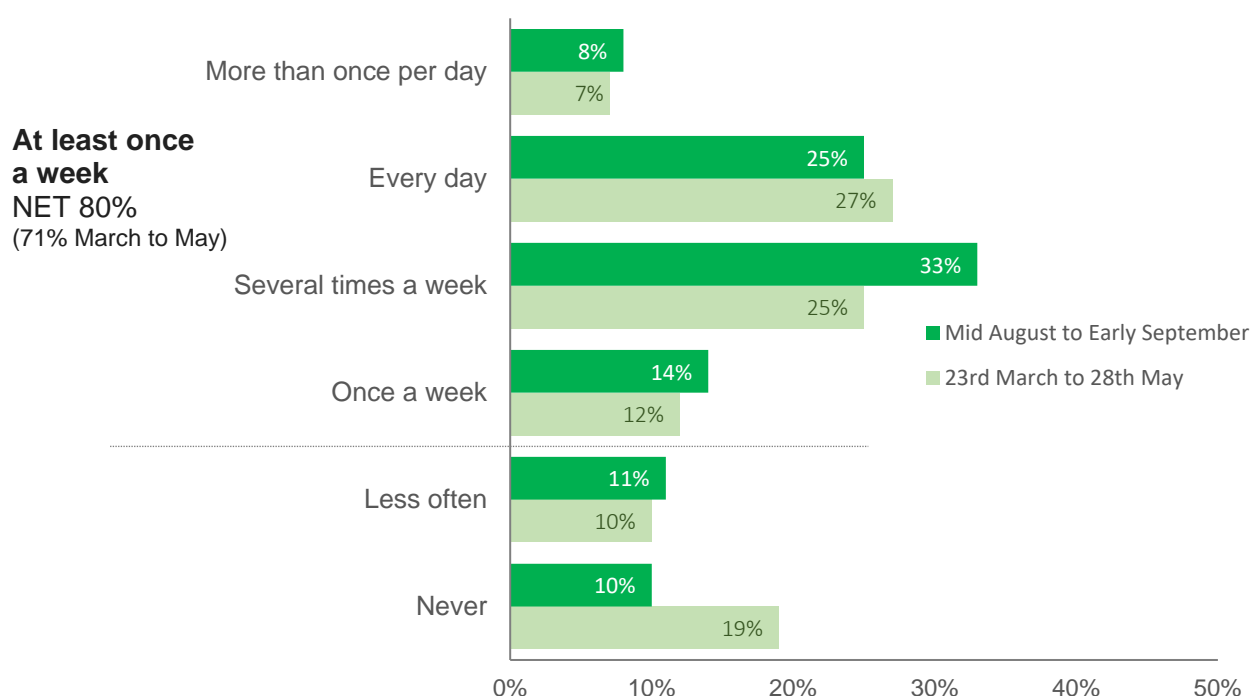
<sup>5</sup> <http://www.centuralscotlandgreennetwork.org/>

## 2. PARTICIPATION IN OUTDOOR RECREATION DURING LOCKDOWN

### 2.1 Frequency of outdoor visits during lockdown

As illustrated in Figure 1 below, frequency of participation in visits to the outdoors (for leisure, recreation or exercise) during the mid-August to early September 2020 period was higher than recorded during the initial lockdown period (when only essential travel was permitted and outdoor visits for exercise only were limited to one per day). Eighty per cent of the population took visits at least once a week in mid-August/early September 2020 compared to 71% during March to May 2020.

Correspondingly, while 19% of adults took no visits at all to the outdoors in the March to May period, this percentage almost halved to 10% during mid-August and early September.



*Figure 1. Frequency of visits to the outdoors for leisure, recreation or exercise during lockdown/ last 4 weeks. Base: All respondents (Wave 1 - 1,008, Wave 2 -1,103)*

Figure 2 shows frequency of visit taking by a number of demographic groups during the mid-August to early September period. Residents of the least deprived areas, members of the more affluent socio-economic groups, dog owners and people who reported having good health were most likely to take visits on a regular basis.

Conversely, those aged 70 and over, those living in the most deprived areas and those not in good health were most likely to have taken no outdoor visits at all.

The table under Figure 2 illustrates the increase in weekly participation that occurred as lockdown rules eased, with the greatest increases in participation occurring among people living in more deprived areas, women, older people and those in poorer health.

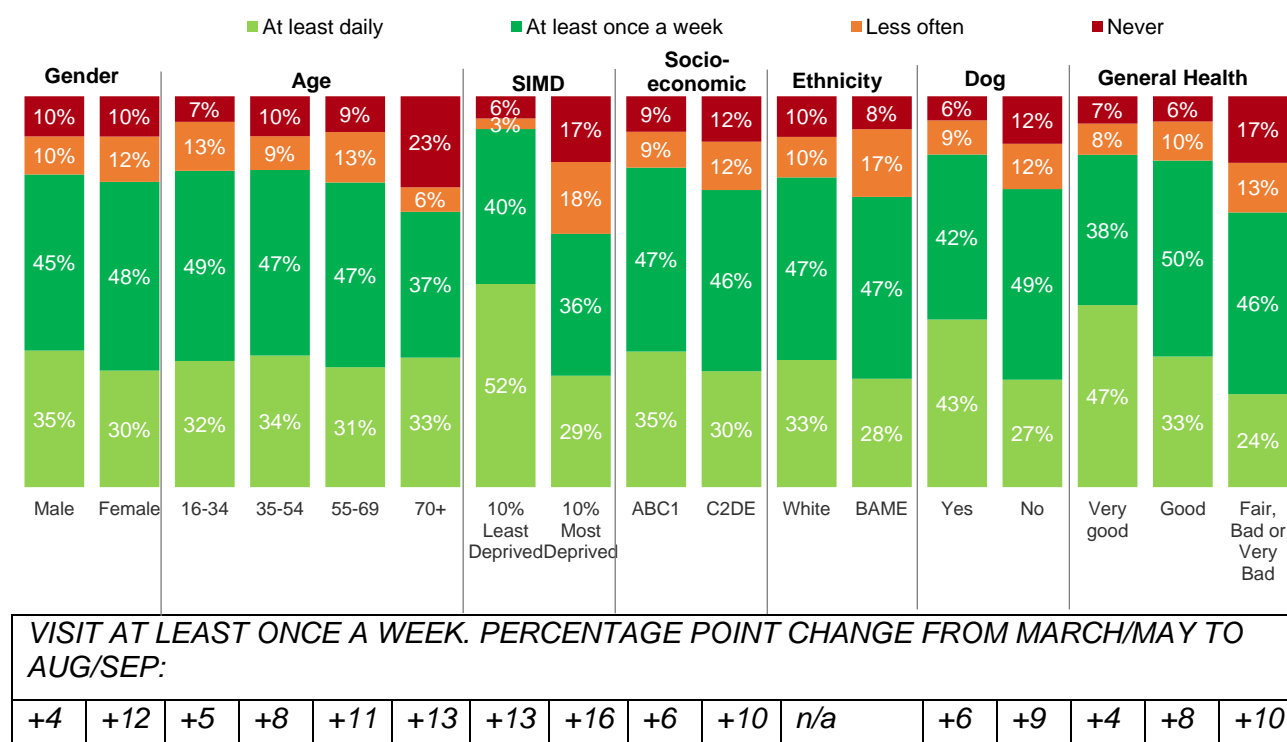
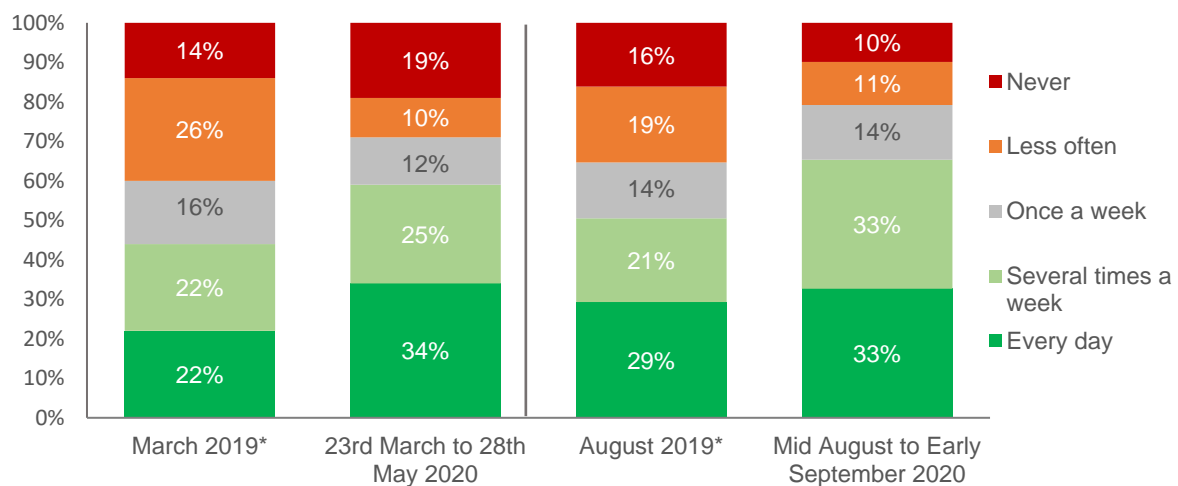


Figure 2. Frequency of visits to the outdoors for leisure, recreation or exercise during last 4 weeks. Base: All respondents (Wave 2 -1,103)

## 2.2 Changing outdoor visit behaviours during lockdown

Figure 3 compares reported frequency of visits to the outdoors during each of the 2020 survey periods with broadly comparable periods in 2019 from the most recent Scotland's People and Nature Survey<sup>6</sup> (SPANS). While some caution should be exercised when making comparisons (due to differences in the survey methodologies and question wording) this provides some indication of how visit taking levels have changed during 2020.

<sup>6</sup> [Scotland's People and Nature Survey 2019/20](#)



*Figure 3. Frequency of visits to the outdoors for leisure, recreation or exercise during last 4 weeks/ lockdown compared to March 2019 and August 2019. Base: All respondents (Wave 1 - 1,008, Wave 2 - 1,103). \*2019 data sourced from Scotland's People and Nature Survey 2019/20.*

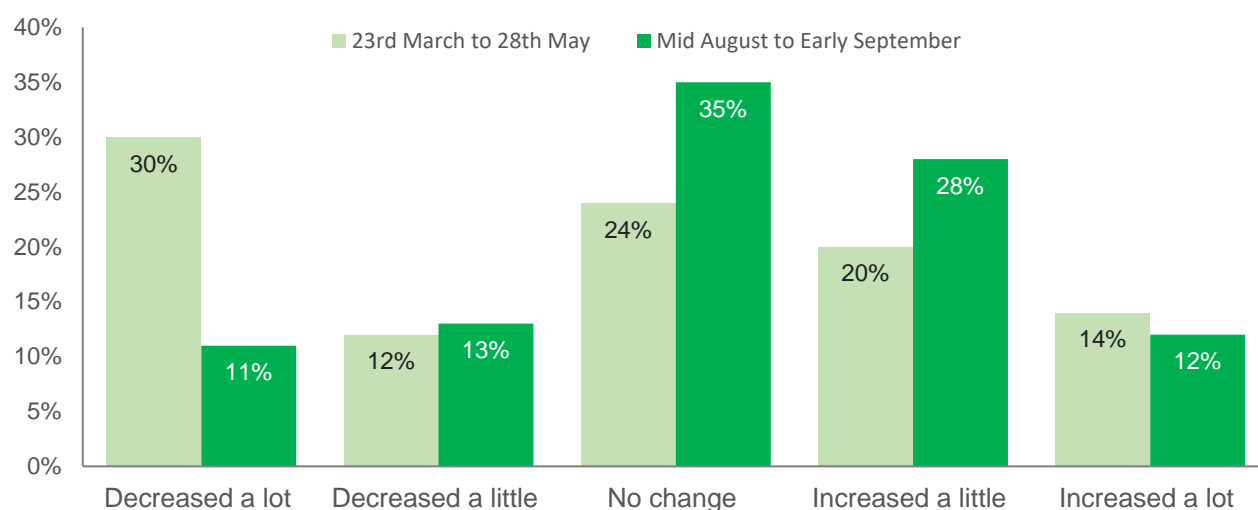
This comparison suggests that in the initial March to May lockdown period frequency of outdoor visit taking became much more polarised than normal with a significantly increased percentage of people taking visits every day (34% during March to May compared to 22% reported in SPANS in March 2019) but also an increased percentage of people taking no visits at all (19% during March to May compared to 14% reported in SPANS in March 2019).

Comparing frequency of visit taking in mid-August to early September 2020 with the SPANS result for August 2019, shows that, with the easing of lockdown restrictions, the percentage of people taking regular outdoor visits has increased while the percentage visiting infrequently or not at all is lower than might have been expected for the time of year.

Respondents were also asked if the amount of time they had spent outdoors for leisure, recreation or exercise during lockdown had increased or decreased compared to the same period in 2019.

As shown in Figure 4 below, during the mid-August to early September period, 40% of the population reported an increase in the amount of time they had spent outdoors during the previous four weeks compared to the same period last year (including 12% whose time outdoors had 'increased a lot'). Around a third (35%) reported no change and 24% reported spending less time outdoors (including 11% whose time outdoors had 'decreased a lot').

In comparison, during the initial March to May lockdown period, a much higher percentage of adults (30%) reported that the amount of time they had spent outdoors had 'decreased a lot'.

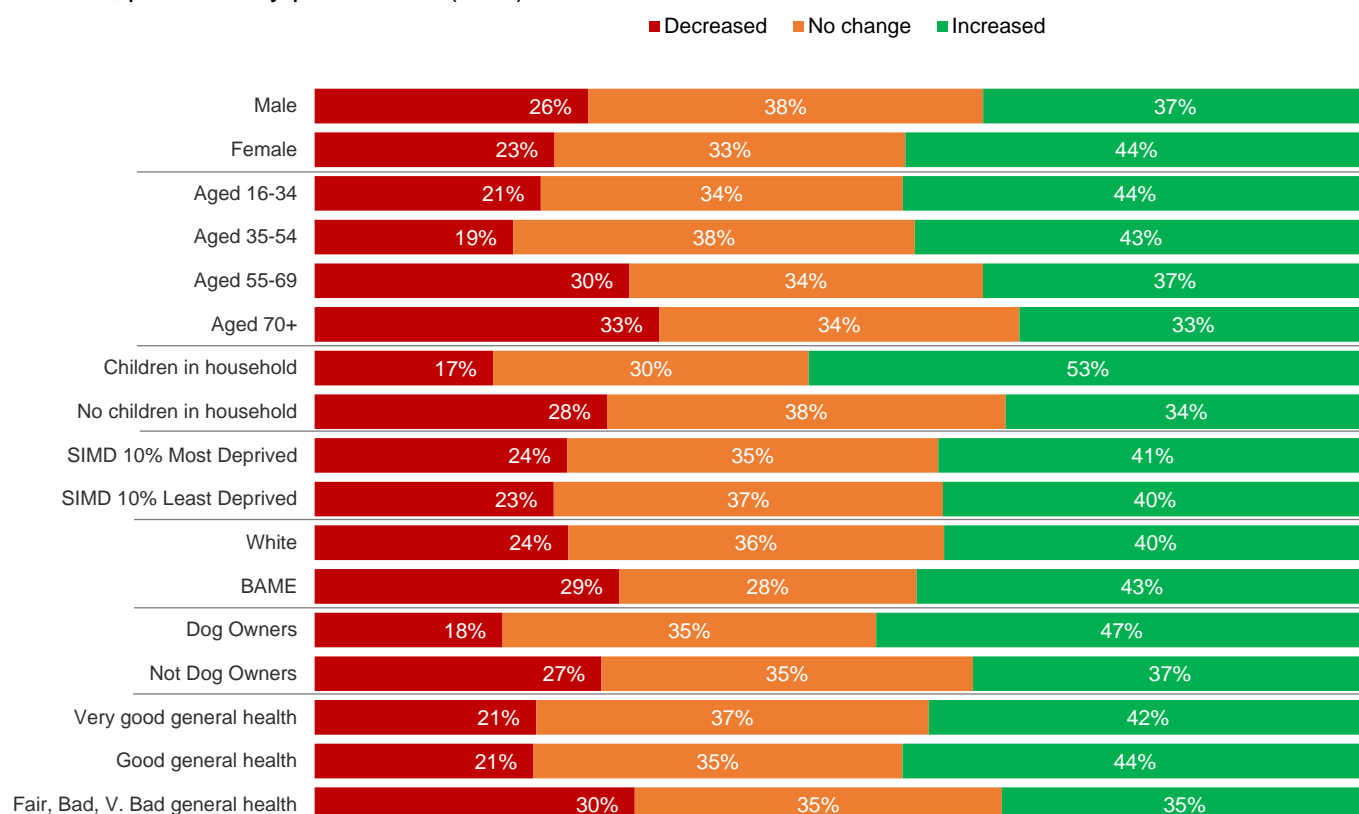


*Figure 4. Amount of time spent outdoors for leisure, recreation or exercise during the last 4 weeks/ lockdown compared to the same period a year ago. Base: All respondents (Wave 1 - 1,008, Wave 2 - 1,103).*



As shown in Figure 5 below, the groups most likely to report spending more time outdoors during the mid-August to early September period than in the same period in 2019 were women (44% increased a lot or a little), those with children in the household (53%) and dog owners (47%).

In contrast, the groups most likely to have decreased their time outdoors during this period included those aged 70 or over (33% decreased a lot or a little) and those who reported having fair, poor or very poor health (30%).



*Figure 5. Amount of time spent outdoors for leisure, recreation or exercise during the last 4 weeks compared to the same period a year ago by population group. Base: All respondents (Wave 2 - 1,103)*

Figure 6 compares the year on year net change in time spent outdoors during the initial March to May lockdown period with the more recent mid-August to early September period.

These figures are calculated by subtracting the percentage of the population in each group who spent less time outdoors than usual from the percentage who spent more time outdoors than usual (for example, 26% of men spent less time outdoors than normal in the mid-August to early September period while 37% spent more time outdoors so the net change is +11 (i.e.  $37-26=11$ )).

This comparison illustrates how during the mid-August to early September 2020 period the overall positive net change in time spent outdoors (compared to the equivalent period in 2019) across the population as a whole was +16%. However, the net change was much higher amongst younger age groups, people with children, dog owners and people in good health.

By comparison, in the initial March to May 2020 lockdown period, an overall negative net change in time spent outdoors (compared to the equivalent period in 2019) was recorded for the population as whole (-6%). Those groups with the most negative net change result in this period (i.e. those aged 70 and over and those with poorer health) reported a small net increase in visit taking during the more recent period as their behaviours returned to a more 'normal' level.

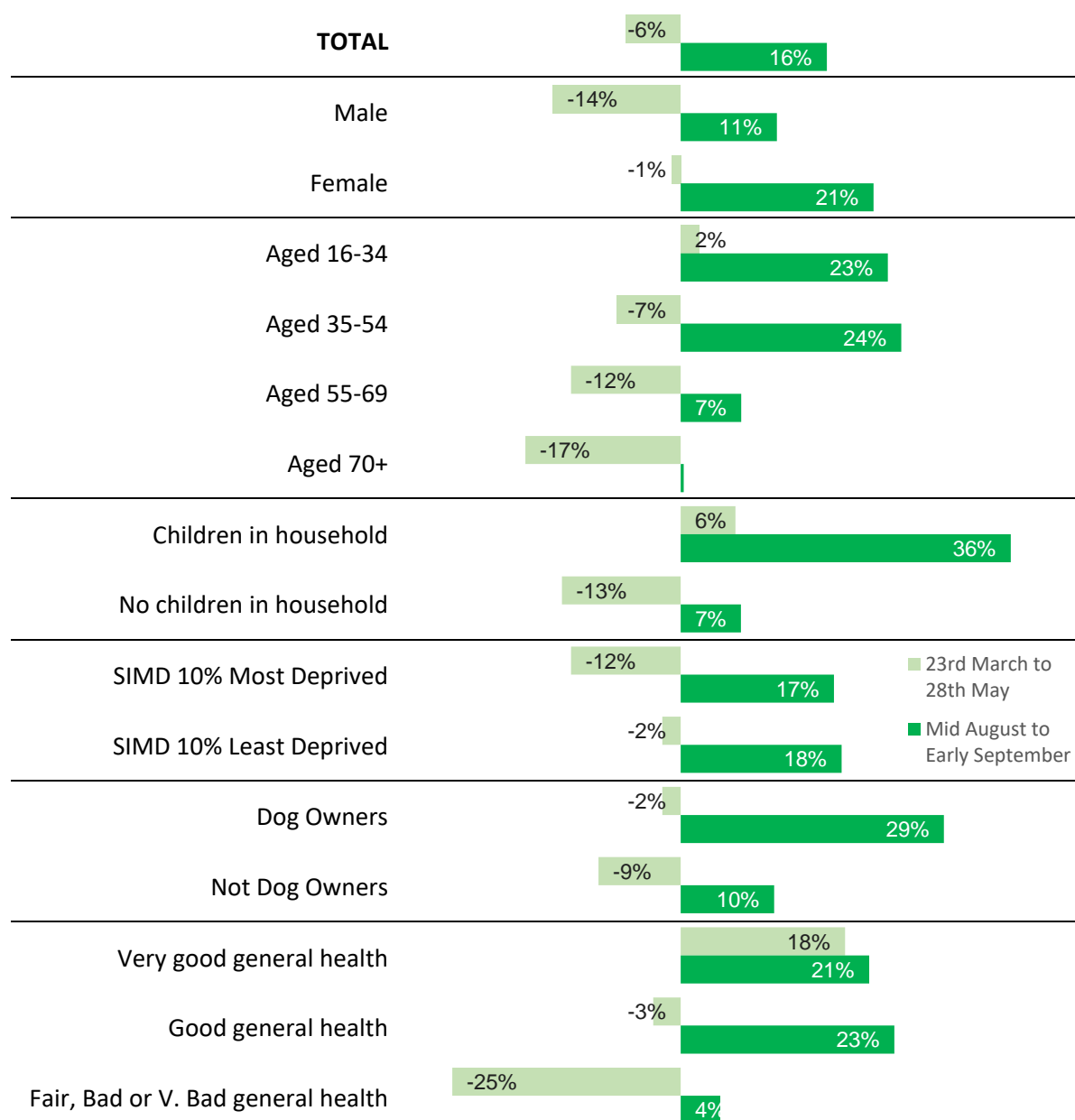
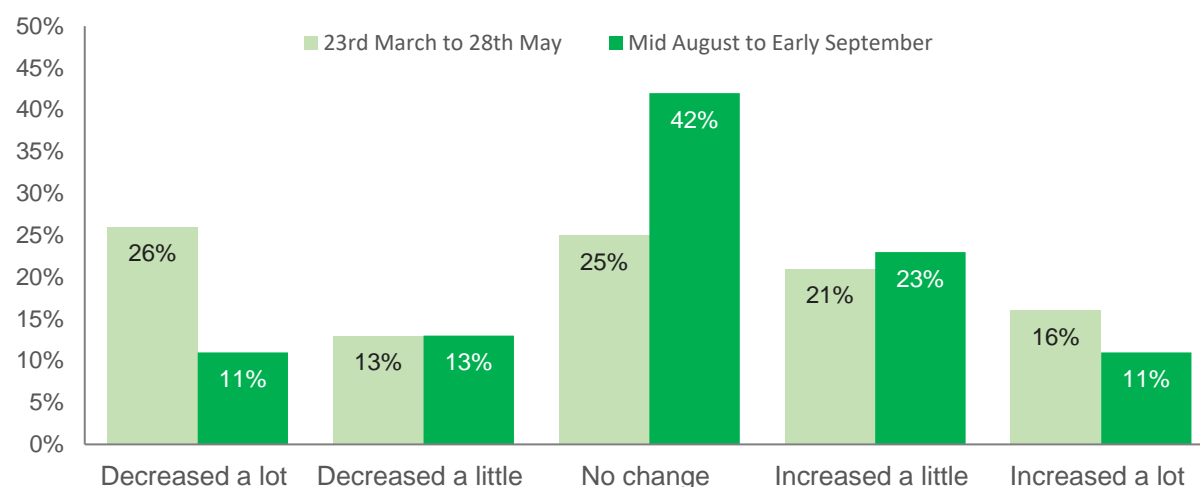


Figure 6. Net change in amount of time spent outdoors for leisure, recreation or exercise during the last 4 weeks/ lockdown compared to the same period a year ago by population group. Base: All respondents (Wave 1 - 1,008, Wave 2 - 1,103)

Respondents were also asked if the amount of time they spent outdoors within their local area had changed during the Coronavirus crisis. As shown in Figure 7 below, during the mid-August to early September period, 34% of adults reported spending more time outdoors within their local area than a year ago while 42% reported no change in their time spent outdoors locally. The remaining 24% had spent less time outdoors locally than in same period in 2019.

By comparison, during the March to May period there was a more polarised picture with larger proportions spending a lot less or a lot more time outdoors in their local area.



*Figure 7. Amount of time spent outdoors in local area for leisure, recreation or exercise during the last 4 weeks/ lockdown compared to the same period a year ago. Base: All respondents (Wave 1 - 1,008, Wave 2 - 1,103)*

When respondents were asked why the amount of time they spent outdoors between mid-August and early September had changed from the same period in 2019, a wide range of responses was provided. This question was asked in an open-ended format with responses coded into the categories shown in Figure 8; a selection of the full verbatim answers is provided on the following page.

Amongst those who spent **more** time outdoors during this period, the key reasons given were to exercise, enjoy the good weather, the availability of more free time and the easing of lockdown restrictions. There were some variations in the reasons given by different population groups including:

- *For exercise/ to get fit/ physically fitter* (12% overall) – higher amongst men (17%), those aged 55 and over (17%) and residents of the 10% least deprived areas (21%).
- *More free time* (10% overall) – higher amongst women (11%), those aged 35-54 (14%) and ABC1s (12%)

Amongst those who spent **less** time outdoors during this period, the key reasons given were continued adherence to rules and/or being nervous about going outside due to the risks of infection or transmission.

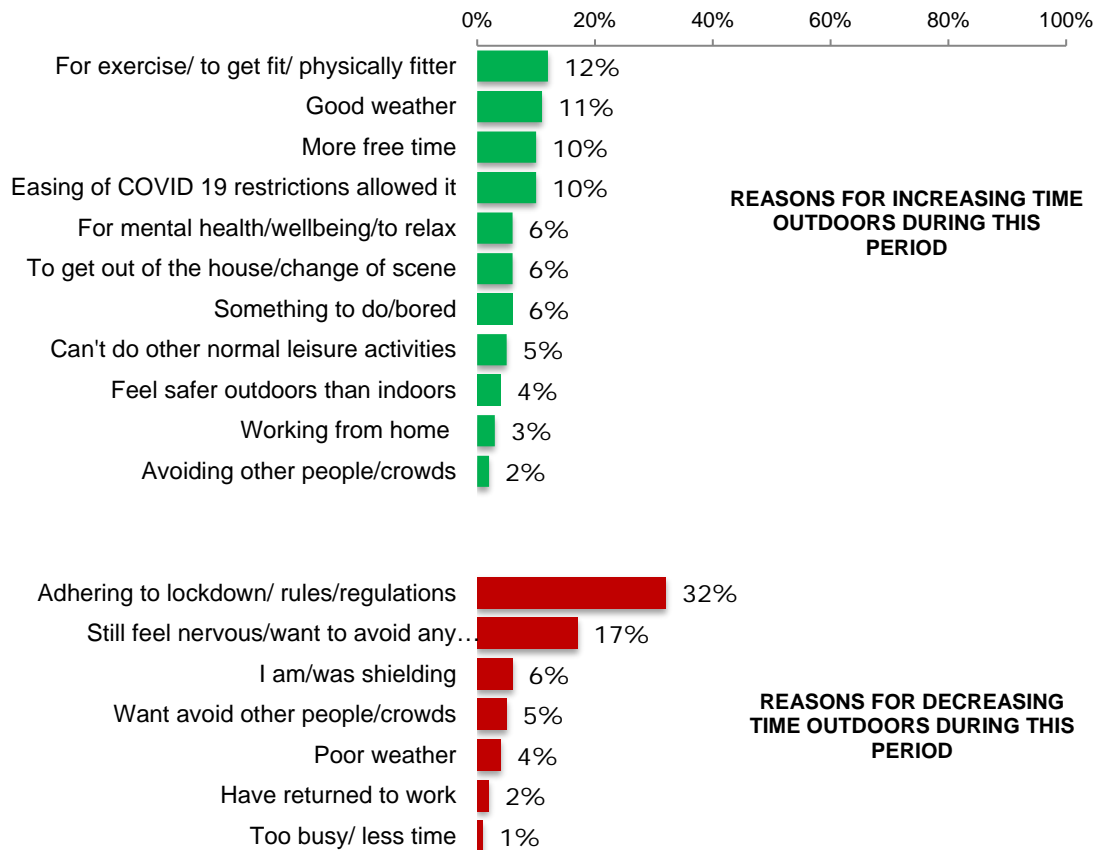


Figure 8. Reasons for changing amount of time spent outdoors during last 4 weeks compared to the same period last year. Base: All respondents (Wave 2 - 1,103)

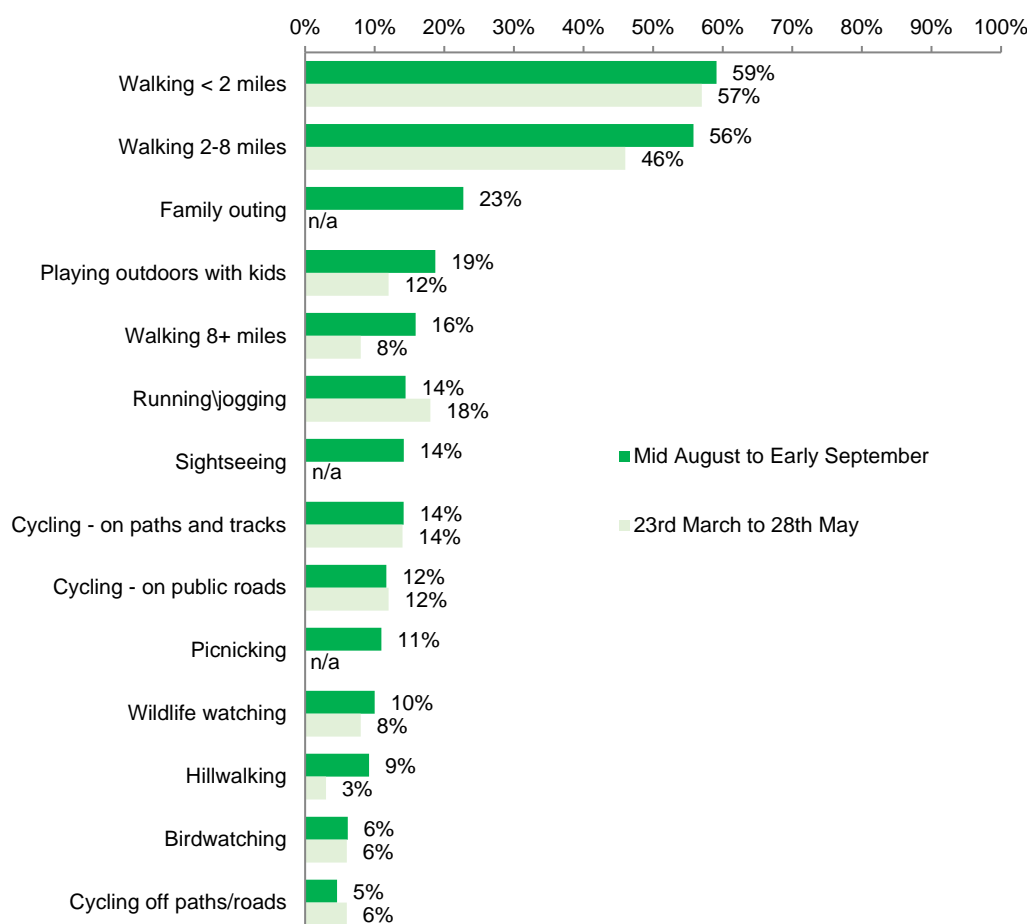
Some examples of the responses provided to this question are shown below:

REASONS FOR INCREASING TIME OUTDOORS		
<b>Sticking to a new routine</b> <i>"I got used to taking regular walks during lockdown and trying to keep it up for my health."</i> <i>"Since I'm back at work I promised myself to maintain some routine of when I had to fill my days in lockdown."</i> <i>"Now that I am working from home I tend to make more of an effort to go out and walk at lunchtimes."</i>	<b>Easing of lockdown</b> <i>"I hated being cooped up indoors and although I was doing a lot of home improvements, I kept running out of things to do. I was making up for the loneliness too."</i> <i>"It was like being set free to venture outside so I took advantage just in case of another lockdown."</i> <i>"Due to being only allowed out once a day during lockdown, when it was eased I walked outside as much as possible."</i>	<b>Increased confidence</b> <i>"Better rules in place and people using masks and social distancing"</i>
REASONS FOR DECREASING TIME OUTDOORS		
<b>Following the guidelines</b> <i>"Covid 19 and observing staying at home message and also worked from home."</i> <i>"..due to COVID 19 guidelines still in place."</i>	<b>Still feeling nervous</b> <i>"Because I'm very cautious about being round people at the moment and have been comfortable in my home."</i> <i>"Still worried about Covid."</i> <i>"Although the lockdown restrictions were eased I felt safer staying indoors or in close proximity to my home."</i>	

## 2.3 Activities undertaken

The 90% of respondents who had spent any time outdoors for leisure, recreation or exercise during the mid-August to early September period were asked a series of questions regarding their experiences.

Figure 9 below shows the types of outdoor activities undertaken during this period and, for comparison, during the initial lockdown period from 23<sup>rd</sup> March to 28<sup>th</sup> May.



*Figure 9. Activities undertaken outdoors for leisure, recreation, or exercise during last 4 weeks/lockdown. Base: All respondents who had taken any outdoor visits during last 4 weeks/lockdown (Wave 1=815; Wave 2=967)*

The vast majority of those visiting the outdoors between mid-August and early September took part in walking (88%), with similar percentages taking walks of less than 2 miles (59%) and/or walks of between 2 and 8 miles (56%). The other most frequently undertaken activities were family outings (23%) and playing outdoors with children (19% overall but 41% amongst those with children in the household).

Compared to the initial March to May lockdown period, the percentage of people taking part in longer walks, playing outdoors with children and hillwalking increased. The only activity (asked about in both waves of research) with reduced participation levels in the mid-August to early September period was running/jogging.



A comparison with SPANS data collected in broadly comparable periods in 2019 (Table 2) provides an indication of changes in participation in different types of outdoor activities during the Coronavirus crisis (although, as mentioned previously, caution should be exercised when making comparisons due to differences in survey methodologies and question wording).

This comparison suggests that during both the March to May and mid-August to early September periods, participation in walking, cycling and running were much higher than the 'norm'. During the mid-August to early September period the percentage of the population taking longer walks or going hill walking increased (compared to the equivalent period in 2019) to a greater degree than in the initial lockdown period.

*Table 2. Activities undertaken outdoors for leisure, recreation or exercise during last 4 weeks/ lockdown compared to May and July 2019. Base: All respondents who had taken any outdoor visits during lockdown/last 4 weeks (Wave 1=815, Wave 2=967)*

	May 2019*	March/ May 2020	Difference	July 2019*	Mid Aug/ Early Sep 2020	Difference
<b>Any Walking</b>	77%	<b>89%</b>	<b>+12</b>	80%	<b>89%</b>	<b>+9</b>
- Walking < 2 miles	34%	57%	+23	34%	59%	+25
- Walking 2-8 miles	40%	46%	+6	43%	56%	+13
- Walking 8 miles or more	4%	8%	+4	3%	16%	+13
- Hillwalking	3%	3%	-	4%	9%	+5
<b>Any Cycling</b>	8%	<b>22%</b>	<b>+14</b>	7%	<b>21%</b>	<b>+14</b>
<b>Running/ jogging</b>	5%	<b>18%</b>	<b>+13</b>	5%	<b>14%</b>	<b>+9</b>

\* May and July 2019 data sourced from Scotland's People and Nature Survey 2019/20

To obtain a clearer view on how levels of participation in specific outdoor activities changed during this period, respondents were also asked how much time they had spent doing each activity during the Coronavirus crisis compared to the same time last year.

The findings, shown in Figure 10 below, exclude those respondents who stated that a specific activity was 'not relevant' to them as they never participated. The net change (i.e. the proportion of respondents stating that they increased the amount of time participating minus the proportion who decreased the amount of time participating) is shown for the mid-August to early September period and, for comparison (and if included in the Wave 1 survey), the initial March to May lockdown period.

Overall, net positive changes were recorded in the mid-August to early September period for the majority of the activities asked about, most notably playing outdoors with children (+26%) and going for short walks of less than 2 miles (+21%).

In contrast, levels of participation in picnicking, family outings and sightseeing/visiting attractions recorded net decreases (-5%, -6% and -24% respectively).

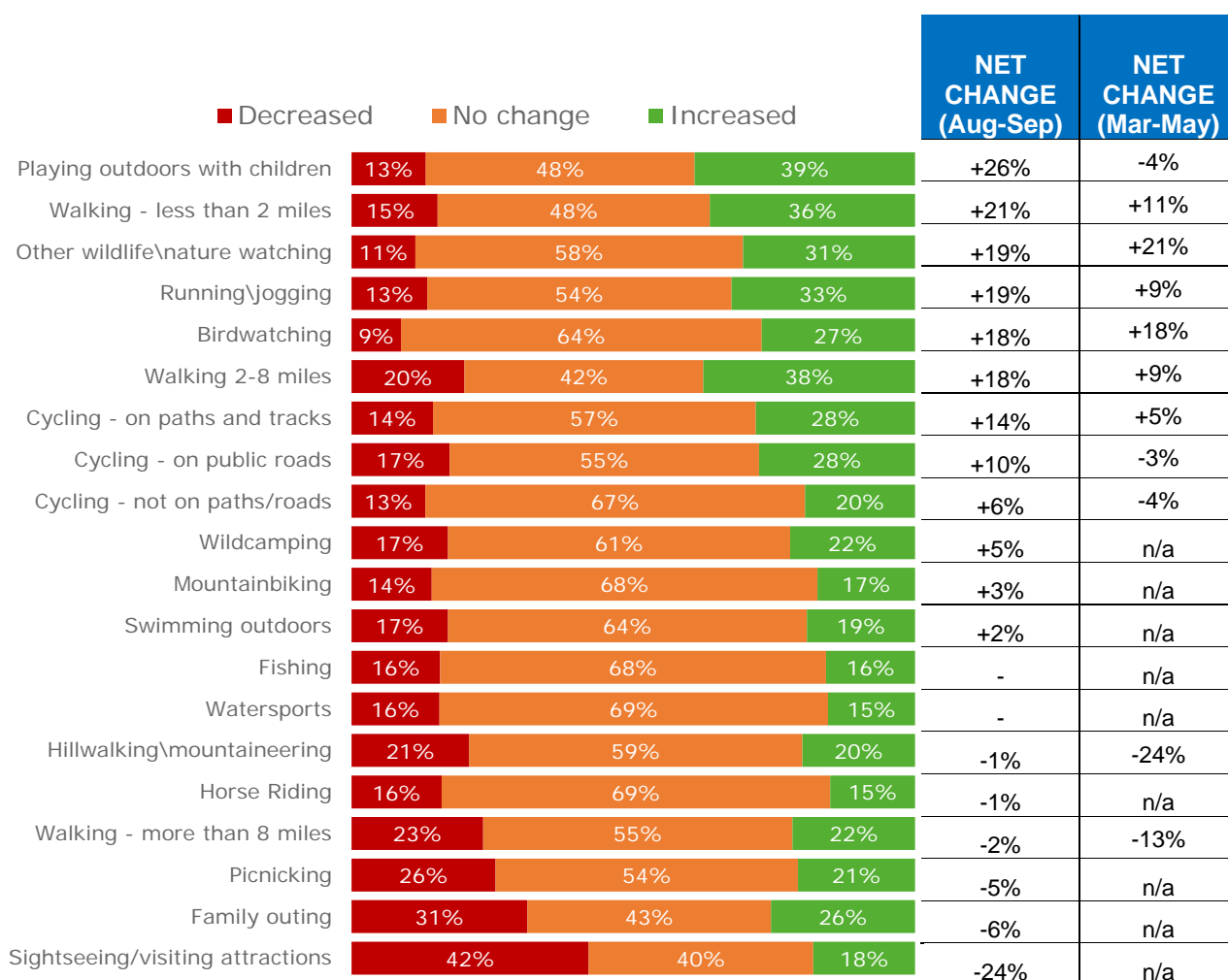


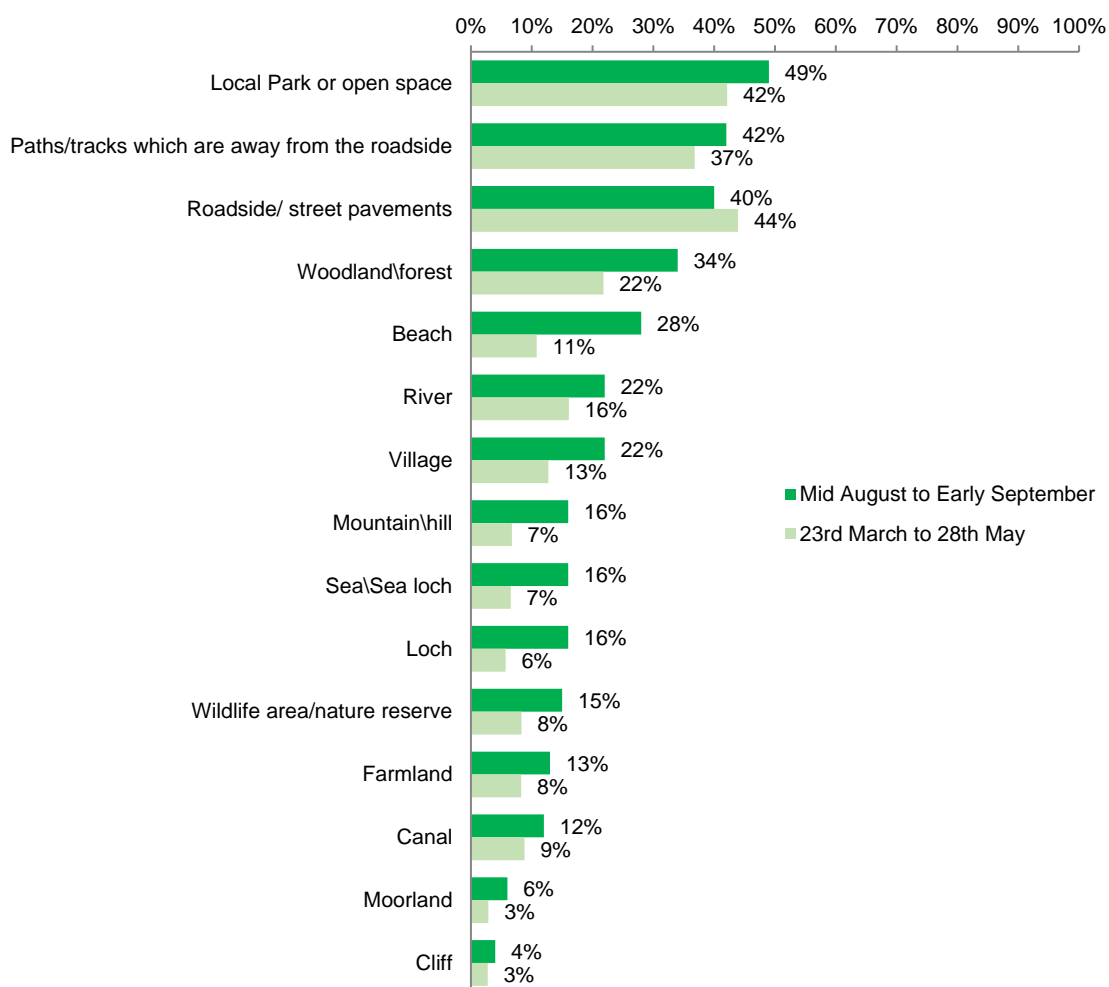
Figure 10. Amount of time spent undertaking outdoor activities during last 4 weeks compared to a year ago by population group. Base: All respondents who had taken any outdoor visits during last 4 weeks (Wave 2 - 967)

## 2.4 Places visited

Those who had spent any time outdoors for leisure, recreation or exercise during the Coronavirus crisis were also asked to indicate the types of places they had visited on these trips.

As illustrated in Figure 11, during the mid-August to early September period, the largest proportions of respondents had spent time outdoors in local parks and open spaces (49%), on paths and tracks away from a roadside (42%), on pavements alongside a road or street (40%), in woodland and forests (34%) or on beaches (28%).

Compared to the initial March to May lockdown period, the percentage of people spending time in some types of outdoor places increased significantly in mid-August to mid-September, most notably beaches, woodland and lochs.



*Figure 11. Places visited to take part in outdoor leisure, recreation or exercise during last 4 weeks/lockdown. Base: All respondents who had taken any outdoor visits during lockdown/last 4 weeks (Wave 1=815, Wave 2=967)*

Respondents were also asked how the amount of time they spent in different places during the Coronavirus crisis compared to the same period last year. The findings, shown in Figure 12 overleaf, exclude those respondents who stated that a specific place was 'not relevant' to them as they had never visited. The net change (i.e. the proportion of respondents stating that they increased the amount of time spent in different places minus the proportion who decreased the amount of time) is shown for the mid-August to early September period and, for comparison, the initial March to May lockdown period.

Overall, the largest positive net changes were recorded for path/tracks away from the roadside (+19%), local parks or open spaces (+16%), woodland and forests (+13%) and roadside/street pavements (+10%).

However there was a net decrease in the amount of time spent in a number of other types of outdoor places, most notably places by the sea including beaches (-5%), sea/sea lochs (-7%) and cliffs (-9%).

By comparison, during the March to May period there was a net decrease in time spent outdoors in a much wider range of places.

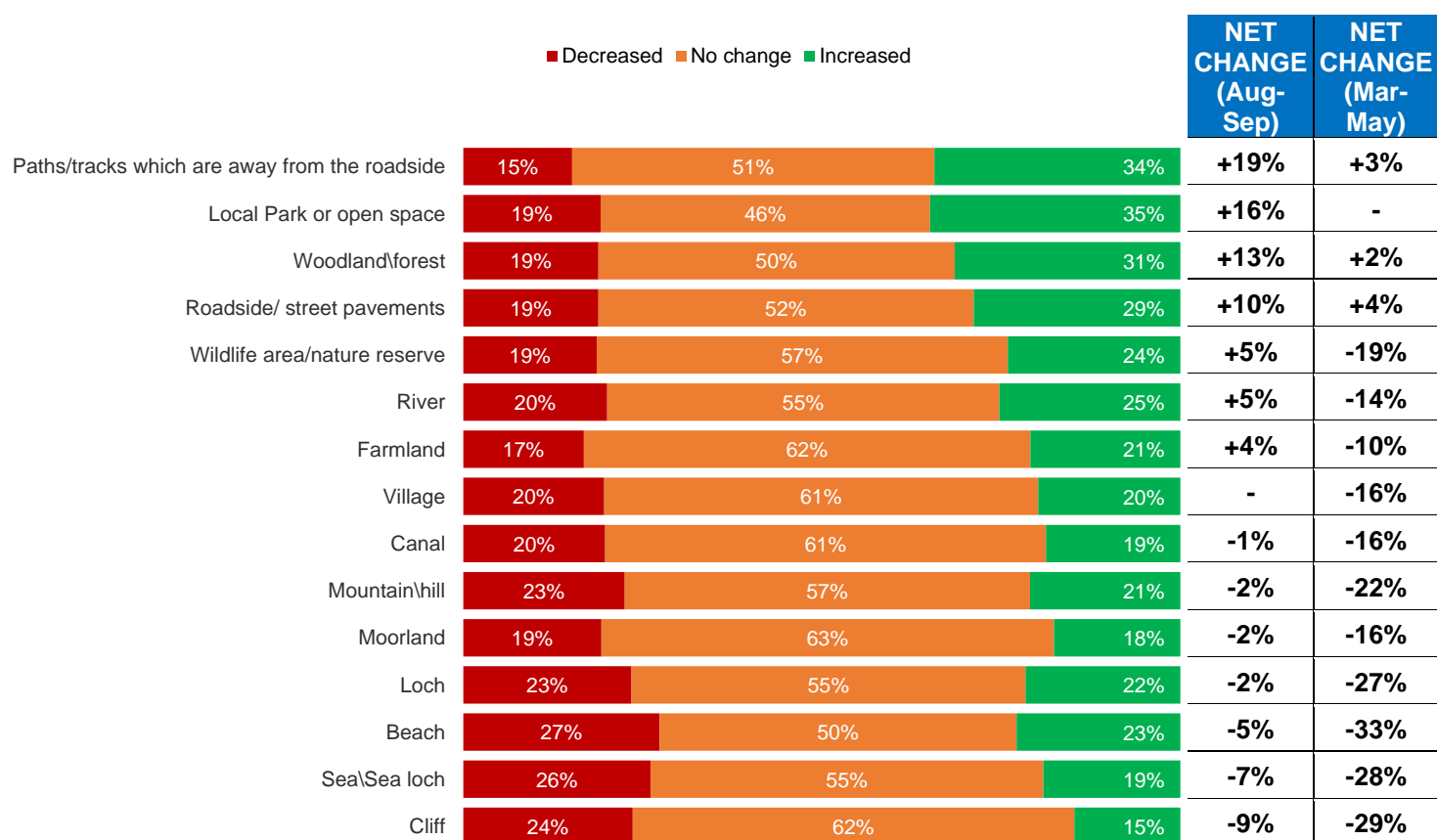
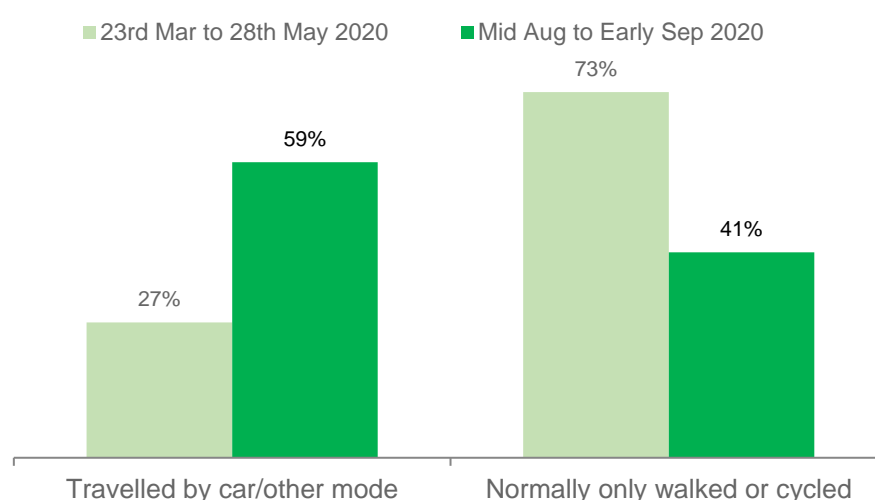


Figure 12. Amount of time spent visiting outdoor places during last 4 weeks compared to a year ago by population group. Base: All respondents who had taken any outdoor visits during last 4 weeks (Wave 2 - 967)

## 2.5 Transport and distances travelled

Respondents who had taken outdoor visits during the Coronavirus crisis were asked if, in general, they had used any forms of transport other than walking or cycling to travel to the places they had visited for leisure, recreation or exercise.

As shown in Figure 13 below, during the mid-August to early September period around 3 in 5 adults (59%) had travelled by car or another mode of motorised transport on their outdoor visits. This was a significantly higher percentage than recorded for the March to May period when the vast majority of people travelled only on foot when they took visits to the outdoors (73%).



*Figure 13. Forms of transport used on visits to outdoors taken for leisure, recreation or exercise during last 4 weeks/ lockdown. Base: All respondents who had taken any outdoor visits during lockdown/last 4 weeks (Wave 1 - 815, Wave 2 - 967)*

Those who travelled by car or another mode of transport were also asked how far these journeys for outdoor recreation or exercise had been.

As shown in Table 3, whilst in the initial March to May lockdown period the vast majority of those who had travelled by car stayed relatively local (73% travelled less than 5 miles), longer distances were travelled in mid-August to early September.

A quarter of those who had travelled by car in the mid-August to early September period stated that their journey was 20 miles or more. Those who took part in hillwalking and those who had visited lochs, mountainous areas or coastal locations were most likely to have travelled this distance (44%, 39%, 36% and 36% respectively).

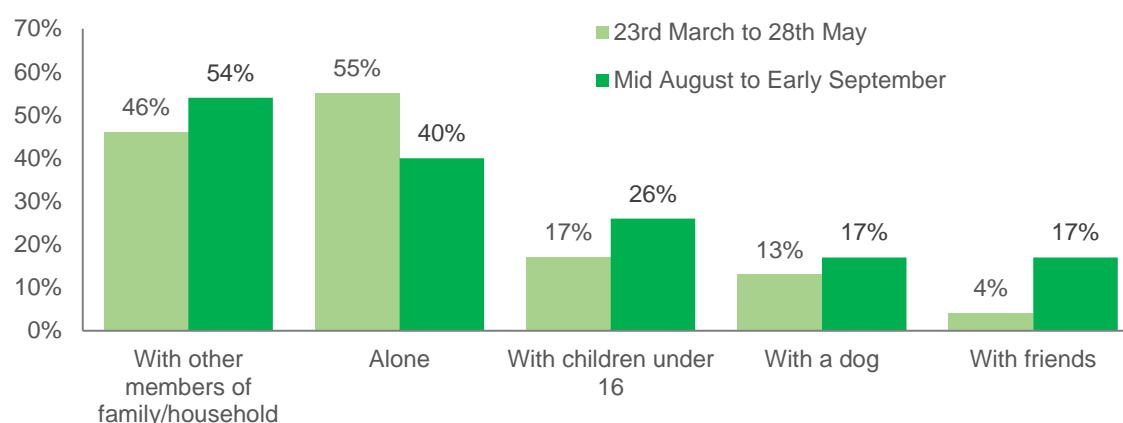


*Table 3. Distance travelled on outdoor visits for leisure, recreation or exercise during last 4 weeks/lockdown which involved use of a car. Base: All respondents who had taken any outdoor visits during lockdown/last 4 weeks involving use of a car (Wave 1 - 219, Wave 2 - 593)*

	March/May 2020	August/September 2020
Less than 2 miles	32%	8%
2-5 miles	41%	27%
6-10 miles	18%	23%
11-20 miles	6%	17%
More than 20 miles	4%	25%

## 2.6 Party composition

Those who took outdoor visits during this period were also asked about who they had spent this time with. The responses in Figure 14 total to more than 100% as it was possible for respondents to select more than one option, reflecting variations in party composition on different outdoor visits taken during this period.



*Figure 14. Party composition on outdoor visits taken for leisure, recreation or exercise during last 4 weeks/lockdown. Base: All respondents who had taken any outdoor visits during lockdown/last 4 weeks (Wave 1 – 815, Wave 2 - 967)*

During the mid-August to early September period, just over half of respondents had taken visits with other family or household members (54%). This percentage was higher amongst those aged 65+ (60%), members of the ABC1 socio-economic group (59%), those with car access (58%) and women (56%).

Forty percent had taken visits to the outdoors alone during this period. This percentage was higher amongst people with no car access (52%), men (45%), people aged 45 to 64 (45%) and people with no children in their household (45%).

Overall, 26% had taken visits with children aged under 16. This percentage was higher amongst women (33%) and, as would be expected, amongst people who had children at home (63%).

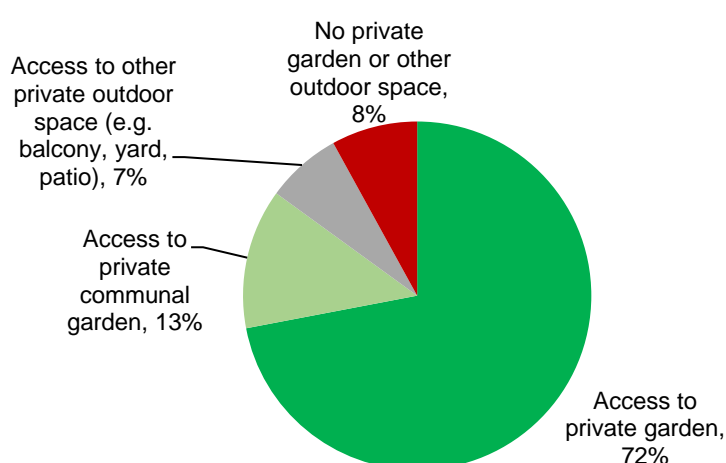
Compared to the initial March to May lockdown period, visits taken between mid-August and early September were more likely to be taken with family, friends or children and less likely to be taken alone.

### 3. OTHER ENGAGEMENT WITH NATURE

Other than visits to outdoor places, the survey also recorded other types of engagement with nature during lockdown.

To put this in context, respondents were asked about their access to a garden or other private outdoor space. As shown in Figure 15, 72% of the population in Scotland had access to their own private garden; in addition, 13% had access to a private communal garden and 7% to another type of private outdoor space such as a balcony or yard.

The percentage of people with access to a private garden was significantly lower amongst some population groups, most notably people aged under 45 (61%), members of the BAME population (56%), residents of the 10% most deprived areas (49%), residents of large urban areas (58%) and people with no access to a car (47%).



*Figure 15. Access to a private garden or other private outdoor space. Base: All respondents (Wave 2 - 1,103)*

Figure 16 overleaf illustrates how garden-based activities were undertaken by a large percentage of the population during the Coronavirus crisis. Overall, the vast majority of the population had taken part in at least one of the nature-based activities asked about (88% in the mid-August to early September period and 87% in March to May period).

Comparing the two survey periods, while sitting and relaxing in the garden or other open space attached to home remained the most frequently undertaken activity, the percentage of people undertaking this activity had decreased since the initial lockdown period (from 62% to 54%). Conversely, reflecting some of the changes described in the previous sections of this report, the percentage of people enjoying nature and wildlife while outdoors away from their home in their local area increased from 36% to 47%. There was also a small increase in the percentage of people enjoying nature or wildlife from indoors (e.g. from a window) from 30% to 35%.

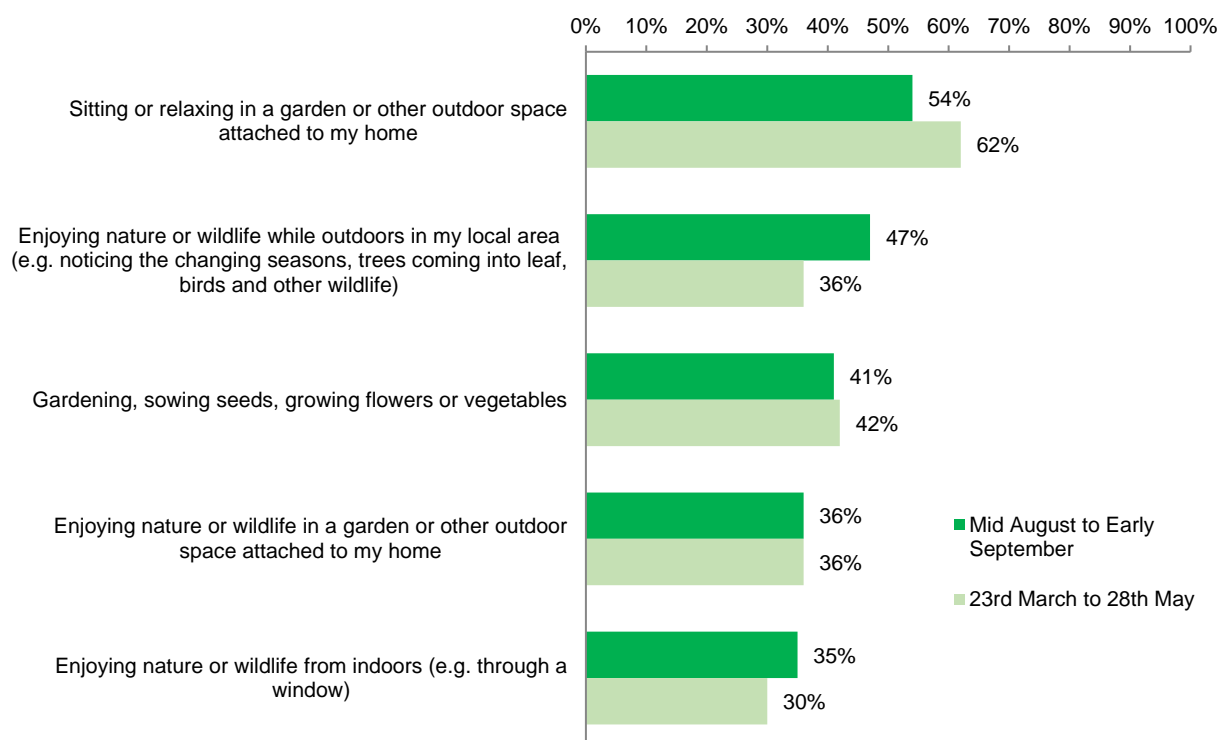


Figure 16. Participation in nature engagement activities during last 4 weeks/lockdown. Base: All respondents (Wave 1 - 1,008, Wave 2 - 1,103)

A comparison of levels of participation in these individual activities amongst different demographic and population group highlights some variations:

- *Sitting or relaxing in a garden or other outdoor space attached to my home (54% overall)* – higher participation amongst people aged 65 and over (61%), people with white ethnicity (55% vs 42% amongst BAME population) people who don't live in the 10% most deprived areas (58% vs 37% among people living in these areas) and people with car access (60% vs 32% with no car).
- *Enjoying nature or wildlife while outdoors in my local area (47% overall)* – higher participation amongst residents of less deprived areas (53% living in 10% least deprived vs 38% in 10% most deprived) and people with access to a car (50% vs 38% with no car).
- *Gardening, sowing seeds, growing flowers or vegetables (41% overall)* – higher participation amongst older age groups (56% aged over 65 vs 26% under 45), people with white ethnicity (41% vs 28% in BAME population), residents of 10% least deprived areas (51% vs 31% of most deprived areas) and people with access to a car (45% vs 23% with no car).
- *Enjoying nature or wildlife in a garden or other outdoor space attached to my home (36% overall)* – higher amongst older people (43% of over 65s vs 31% under 45) and residents of 10% least deprived areas (44% vs 33% in 10% most deprived areas).
- *Enjoying nature or wildlife from indoors (35% overall)* – higher amongst residents of areas defined as rural (55%) and residents of the North of Scotland (54%).

Around 1 in 8 of the population (12%) stated that they had done none of these activities. This percentage was higher amongst people who lived in the 10% most deprived areas (20% compared to 9% in least deprived areas) and amongst people with fair or bad health (18% compared to 8% with good or very good health).

As shown in Figure 17, respondents were also asked if the amount of time spent undertaking these activities during this period had changed compared to a year ago. The net change (i.e. the proportion of respondents stating that they increased the amount of time participating in an activity minus the proportion who decreased the amount of time participating) is shown for the mid-August to early September period and, for comparison, the initial March to May lockdown period.

In both periods, large percentages of respondents indicated that their participation had increased in all of the activities asked about. The greatest increase, in both periods, was recorded for sitting and relaxing in the garden (+ 37% in the mid-August to early September period and +44% in the earlier March to May period).

Reflecting results described in previous sections of the report, the level of increase in people enjoying nature or wildlife outdoors in their local area was higher during the more recent mid-August to early September period than in the initial March to May lockdown period.

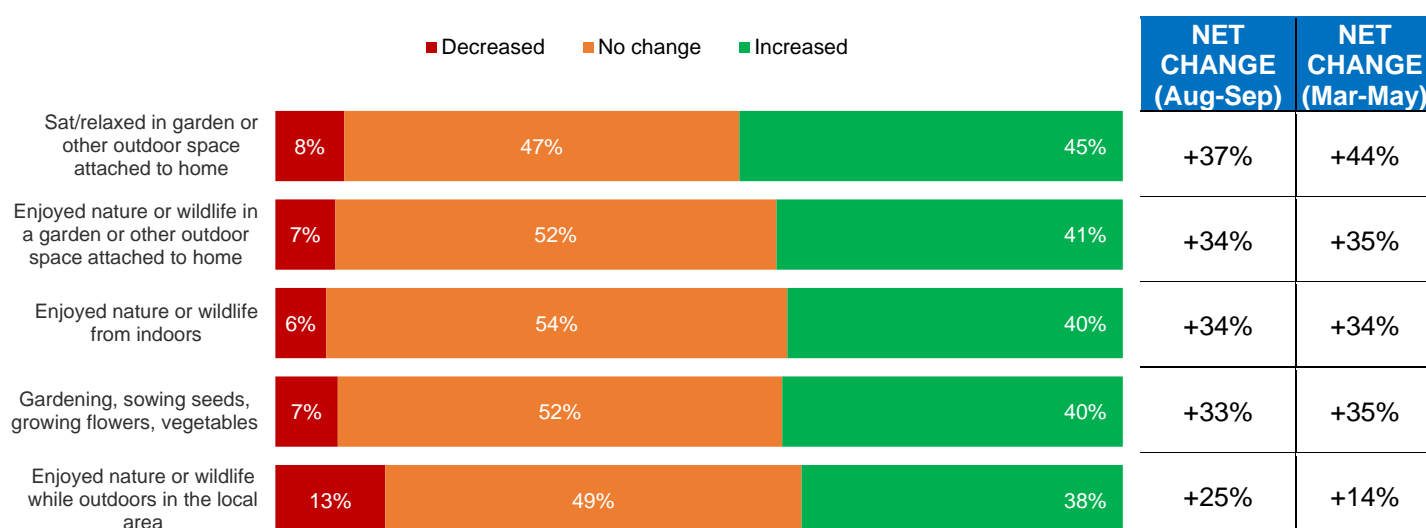


Figure 17. Engagement with nature during last 4 weeks compared to a year ago. Base: All respondents (Wave 2 - 1,103)



## 4. BENEFITS OF OUTDOOR VISITS AND ENGAGEMENT WITH NATURE

A series of questions aimed to explore the motivations behind, and benefits obtained from time spent outdoors and other engagement with nature during the Coronavirus crisis.

### 4.1 Reasons for taking outdoor visits during lockdown

Figure 18 shows the reasons people gave for taking outdoor visits during this time. In the mid-August to early September period, the most frequently selected reasons were health and exercise, enjoying fresh air and pleasant weather, and relaxing and unwinding. Other reasons mentioned by more than a third of outdoor visitors included spending time with family/friends, finding peace and quiet, and enjoying scenery and wildlife.

The easing of lockdown restrictions since spring 2020 and the changing seasons have had some impact on visit motivations. Most notably, compared to the March to May period, an increased proportion of visits were taken in the mid-August to early September period to spend time with family, to be somewhere liked, to enjoy scenery/wildlife or to relax and unwind. Conversely, a decreased proportion of people took visits to manage stress or improve mental wellbeing.



Figure 18. Motivations for visiting the outdoors for leisure, recreation or exercise during last 4 weeks/ lockdown. Base: All respondents who had taken any outdoor visits during lockdown/last 4 weeks (Wave 1=815; Wave 2=967)

People's motivations for spending time outdoors in the mid-August to early September period varied between demographic groups and included the following differences:

- *Health and exercise* – a motivation for 62% overall but higher amongst those aged 65 and over (74%), ABC1s (68%), people with white ethnicity (63%) and residents of the 10% least deprived areas (79%).
- *Fresh air and to enjoy pleasant weather* – a motivation for 58% overall but higher amongst those aged 65 and over (69%), ABC1s (62%), people with white ethnicity (58%), and residents of the 10% least deprived areas (74%).

- *To manage stress/improve mental wellbeing* - a motivation for 30% overall but higher amongst women than men (36% vs 24%).
- *To spend time with family/ members of my household* – a motivation for 34% overall but higher amongst women (39%), the 35 to 44 age group (45%), people with children in their household (49%) and people with access to a car (37%).
- *To exercise a dog* – a motivation for 23% overall but higher amongst people with white ethnicity (24%) and those with children in the household (31%).

## **4.2 Benefits of outdoor visits taken during lockdown**

Respondents were asked to reflect on their outdoor visits and engagement with nature during the Coronavirus crisis and to indicate the extent to which they agreed or disagreed with a series of statements about their experience. Answers were provided on a 5-point scale from 'Disagree Strongly' to 'Agree Strongly'.

As shown in Figure 19, during both survey periods levels of agreement were highest for the statements relating to mental health benefits, with 70% of adults stating that their outdoor visits and engagement with nature during mid-August to early September had helped them to de-stress, relax and unwind and 60% stating that their visits had made them feel energised and revitalised.

Also during this period just under 3 in 5 felt closer to nature (58%) and a similar proportion stated that their experiences had improved their physical health (56%).

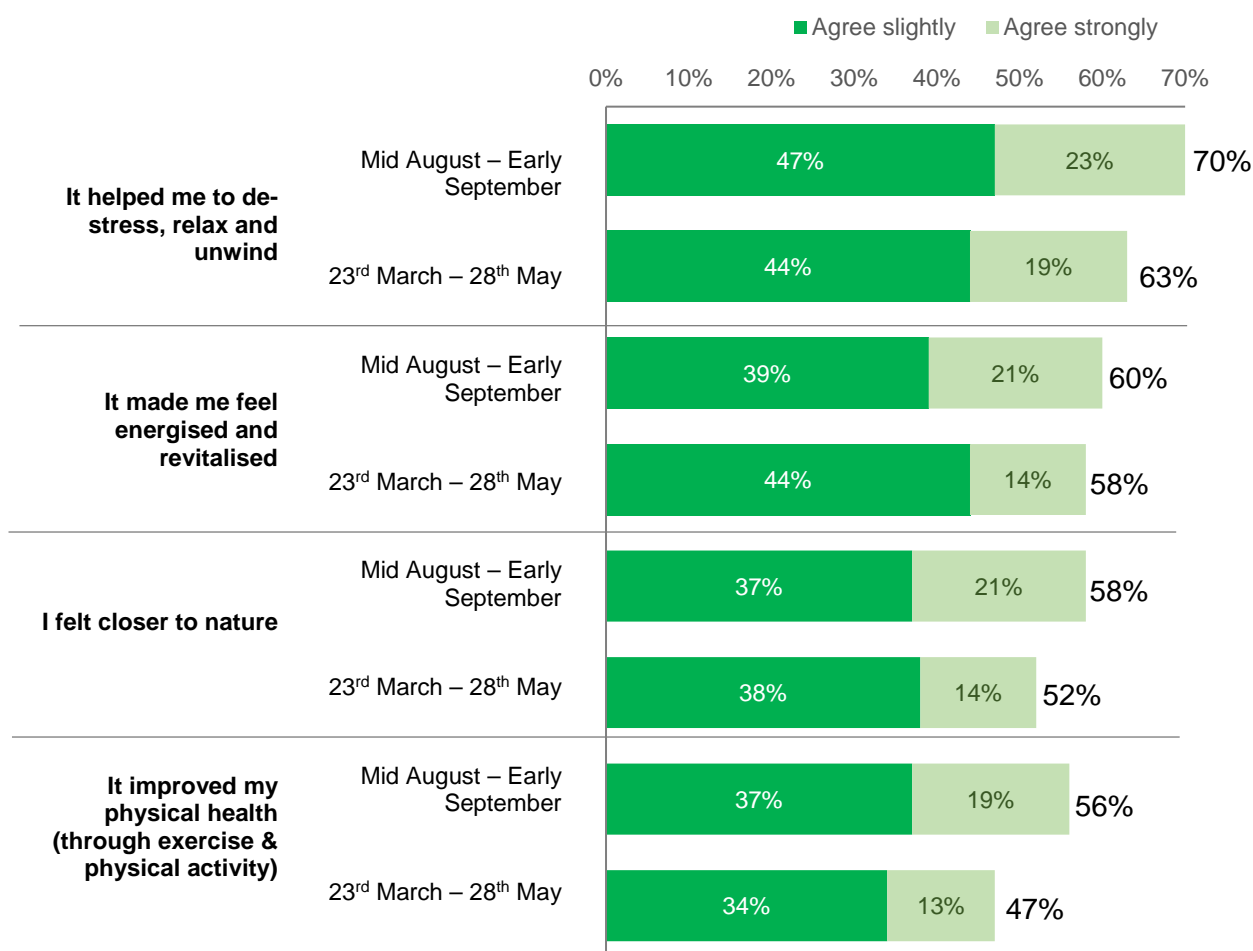


Figure 19. Benefits of outdoor visits and other engagement with nature during last 4 weeks/ lockdown (agree slightly + agree strongly responses). Base: All respondents (Wave 1 - 1,008, Wave 2 - 1,103)

To further explore experiences of lockdown, respondents were shown another series of statements and asked to what extent they agreed or disagreed with each one in relation to their experiences since the initial lockdown period began on 23<sup>rd</sup> March 2020. While answers were provided on a 5-point scale from 'Disagree Strongly' to 'Agree Strongly', Figure 20 shows only the percentages who agreed with each statement.

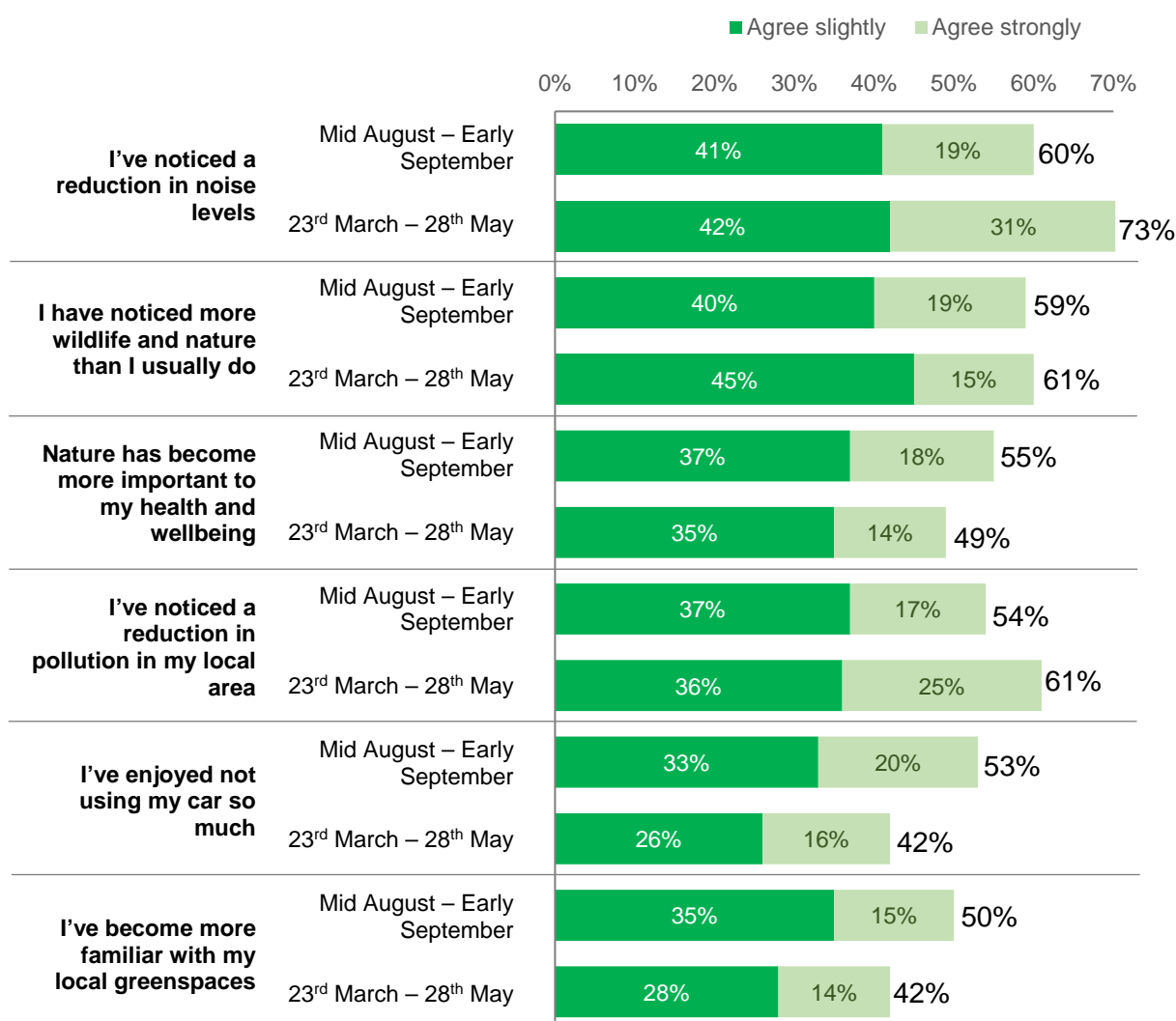


Figure 20. General experiences since lockdown began on 23<sup>rd</sup> March 2020) (agree slightly + agree strongly). Base: All respondents (Wave 1 - 1,008, Wave 2 - 1,103)

Reflecting on the whole period since March 23<sup>rd</sup> 2020, respondents were most likely to agree with the statements relating to noticing a reduction in noise levels (60% agreed) and noticing more wildlife and nature than normal (59% agreed).

Comparing responses from the June and September surveys, while the proportions of people who had noticed a reduction in noise levels or a reduction in pollution in their local area had decreased, an increased proportion stated that nature had become more important to their health and wellbeing, that they had enjoyed not using their car so much or that they had become more familiar with their local greenspaces.

During the more recent survey wave levels of agreement varied between population groups for some of the statements, suggesting different experiences of the period since lockdown began:

- *Noticed a reduction in noise levels* - 59% agreed overall but this was higher amongst those aged 45 and over (64%).

- *Noticed more wildlife and nature than I usually do* – 57% agreed overall but this was higher amongst women (63%), people with children in their household (65%) and dog owners (64%).
- *Nature has become more important to my health and wellbeing* – 54% agreed overall but this was higher amongst women (62%), people with children in their household (65%) and dog owners (63%).
- *Noticed a reduction in pollution in local area* - 53% agreed overall but this was higher amongst people with children in their household (60%)
- *Enjoyed not using car so much* - 44% agreed with this statement overall but this was higher amongst women (48%) and those with children in their household (58%).
- *Become more familiar with local greenspaces* - 48% agreed with this statement overall but this was higher amongst those aged 16 to 34 (62%), those with children in their household (61%) and members of the BAME population (59%).

## 5. PROBLEMS EXPERIENCED WHILE TAKING PART IN OUTDOOR VISITS

### 5.1 Issues experienced by outdoor visitors during lockdown

People who had taken any visits to the outdoors for leisure, recreation or exercise during the mid-August to early September period were asked whether they had experienced any of the issues shown in Figure 21, below, and if these problems had caused them to change where they went or made them less likely to revisit a particular place.

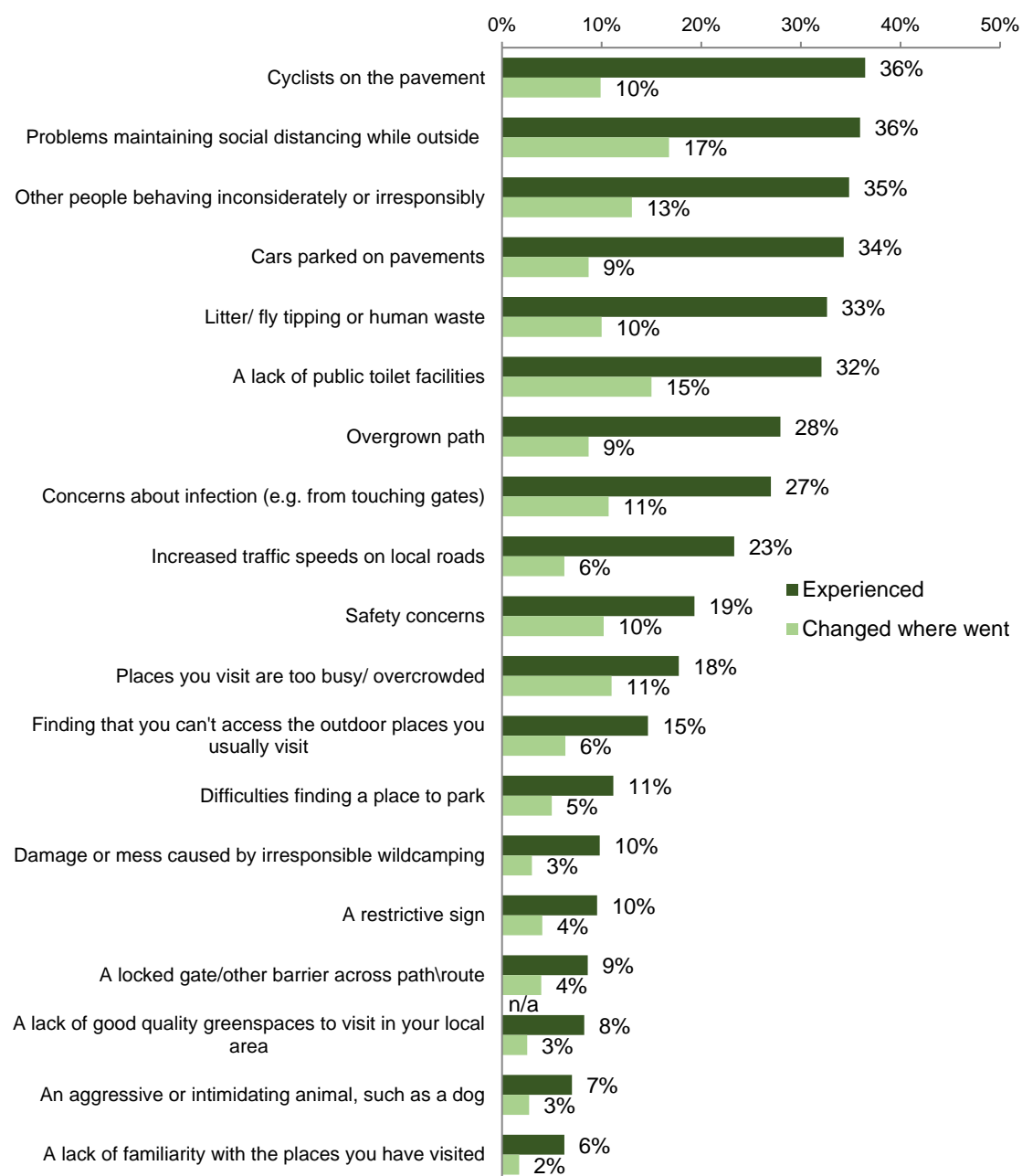


Figure 21. Problems experienced while visiting the outdoors for leisure, recreation or exercise during last 4 weeks. Base: All respondents who had taken any outdoor visits during the last 4 weeks (Wave 2 - 967)

The most commonly experienced issues during this period, each mentioned by over a third of outdoor visitors, were cyclists on pavements (36%), difficulties maintaining social distancing while outside (36%), seeing other people behaving inconsiderately or irresponsibly (35%) and cars parked on pavements (34%).

The issues most likely to have caused (a minority of) people to change where they went outdoors were problems maintaining social distancing (mentioned by 17%), a lack of public toilets (15%) and other people behaving inappropriately (13%)

Some of the issues people experienced varied according to demographics and geography, including the following differences:

- *16 to 34 year olds* were more likely to state that they couldn't visit places they usually visited, that there was a lack of good quality greenspaces in their local area, that they'd come across a restrictive sign, or that they felt unfamiliar with places they visited.
- *People aged 45 and over* were more likely to state that they had experienced cars parked on pavements, cyclists on the pavement, other people behaving inconsiderately, or that they had come across litter/fly tipping or human waste.
- *People with children in their household* were more likely to find that they couldn't visit places they usually visited, that they felt unfamiliar with places visited, that they had come across a restrictive sign or that there was a lack of good quality greenspaces in their local area.
- *Residents of the 10% most deprived areas* were more likely to report litter, fly tipping or human waste and a lack of good quality greenspaces to visit in their local area.

Table 4 compares how often each problem was encountered during each survey wave (and includes only those problems mentioned by 10% or more respondents and asked about in both survey waves). Between the March to May lockdown period and mid-August to early September, the percentage of people who had encountered other people behaving inconsiderately or irresponsibly or who had been unable to access outdoor places they usually visited decreased; over the same period, the proportion of people encountering cars parked on pavements or overgrown paths increased.

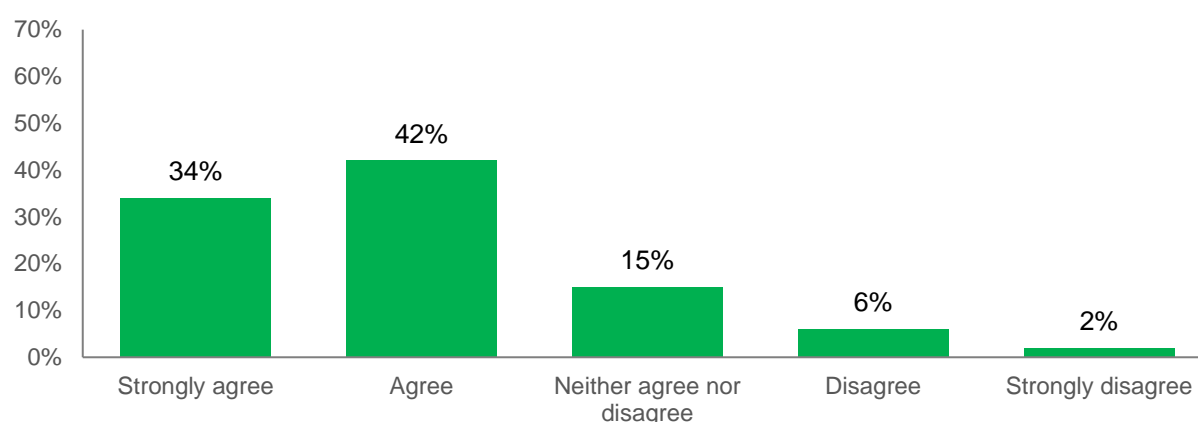
*Table 4. Problems experienced while visiting the outdoors for leisure, recreation or exercise during last 4 weeks/initial lockdown period. Base: All respondents who had taken any outdoor visits during lockdown/last 4 weeks (Wave 1 – 815, Wave 2 - 967)*

	March/ May 2020	Mid-August/ early September 2020
Cyclists on the pavement	39%	36%
Problems maintaining social distancing while outside	37%	36%
Other people behaving inconsiderately or irresponsibly	39%	35%
Cars parked on pavements	25%	34%
Overgrown paths	22%	28%
Concerns about infection (e.g. from touching gates)	30%	27%
Increased traffic speeds on local roads	21%	23%
Safety concerns	21%	19%
Finding that you can't access the outdoor places you usually visit	20%	15%
A restrictive sign – for example 'Private', 'No Entry', 'Keep Out'	10%	10%

## 5.2 Access to quality greenspaces

As shown in Figure 21 above, 8% of people who had spent any time outside during mid-August to early September for leisure, recreation or exercise, had experienced issues relating to a lack of good quality local greenspaces. This percentage was higher amongst people aged 16 to 34, people with children, residents of the 10% most deprived areas and those with a long term limiting illness or disability (14%, 13%, 18%, and 14%, respectively).

To explore this issue further, all respondents were asked to rate the quality of their local greenspaces by stating the extent to which they agreed with the following statement: *'My local greenspaces (e.g. parks, woods, paths and tracks) are within easy walking distance and of a high enough standard for me to want to spend time there'*



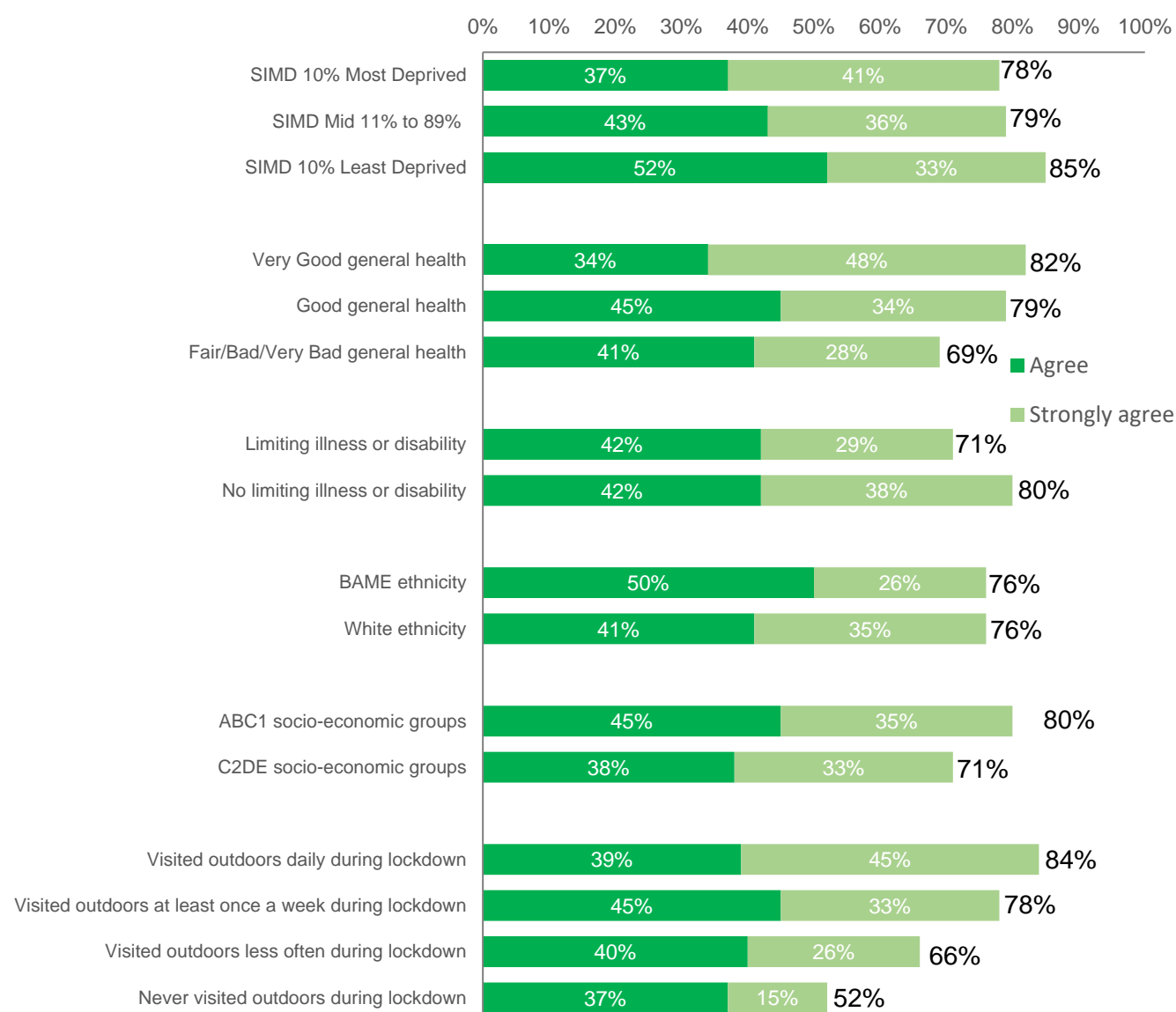
*Figure 22. Level agreement with statement: My local greenspaces (e.g. parks, woods, paths and tracks) are within easy walking distance and of a high enough standard for me to want to spend time there. Base: All respondents (Wave 2 - 1,103)*



While most of the population agreed with the statement (including 34% who agreed strongly), almost a quarter neither agreed nor disagreed or disagreed to some extent (23%).

As shown in Figure 23, the percentage of people who agreed slightly or strongly was highest amongst residents of the 10% least deprived areas (85%), people with very good general health (82%), people with no limiting illness or disability (80%) and members of the more affluent ABC1 socio-economic groups (80%).

There was also a clear relationship between how frequently people visited the outdoors during the mid-August to early September period and their perceptions about the accessibility and quality of local greenspaces. Eighty-four per cent of people who took visits at least daily agreed that their local places were within easy walking distance and appealing to visit but this percentage decreased to just 52% amongst those who never took visits.



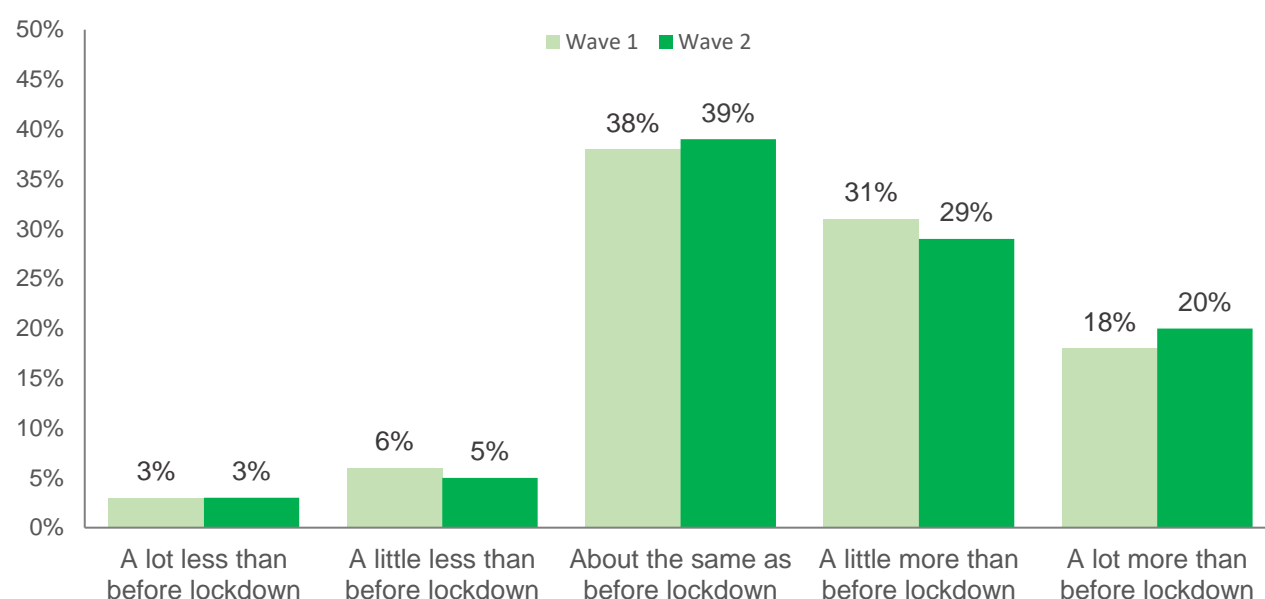
*Figure 23. Level of agreement with statement “My local greenspaces (e.g. parks, woods, paths and tracks) are within easy walking distance and of a high enough standard for me to want to spend time there” by demographics (agree + slight agree responses). Base: All respondents (Wave 2 - 1,103)*

## 6. LOOKING TO THE FUTURE

Finally, a series of questions was asked to obtain an indication of potential changes in people's behaviours and attitudes regarding outdoor visits and engagement with nature in the future.

As shown in Figure 24, in both survey waves around half of the population (49%) expected that the amount they visit the outdoors for leisure, recreation or exercise would be greater after the Coronavirus crisis than it had been before.

Around 2 in 5 respondents (38% in the June wave of the research and 39% in the September wave) expected to visit about the same amount as before lockdown, while a small minority (9% in the June wave, 8% in the September wave) expected to visit less than before.



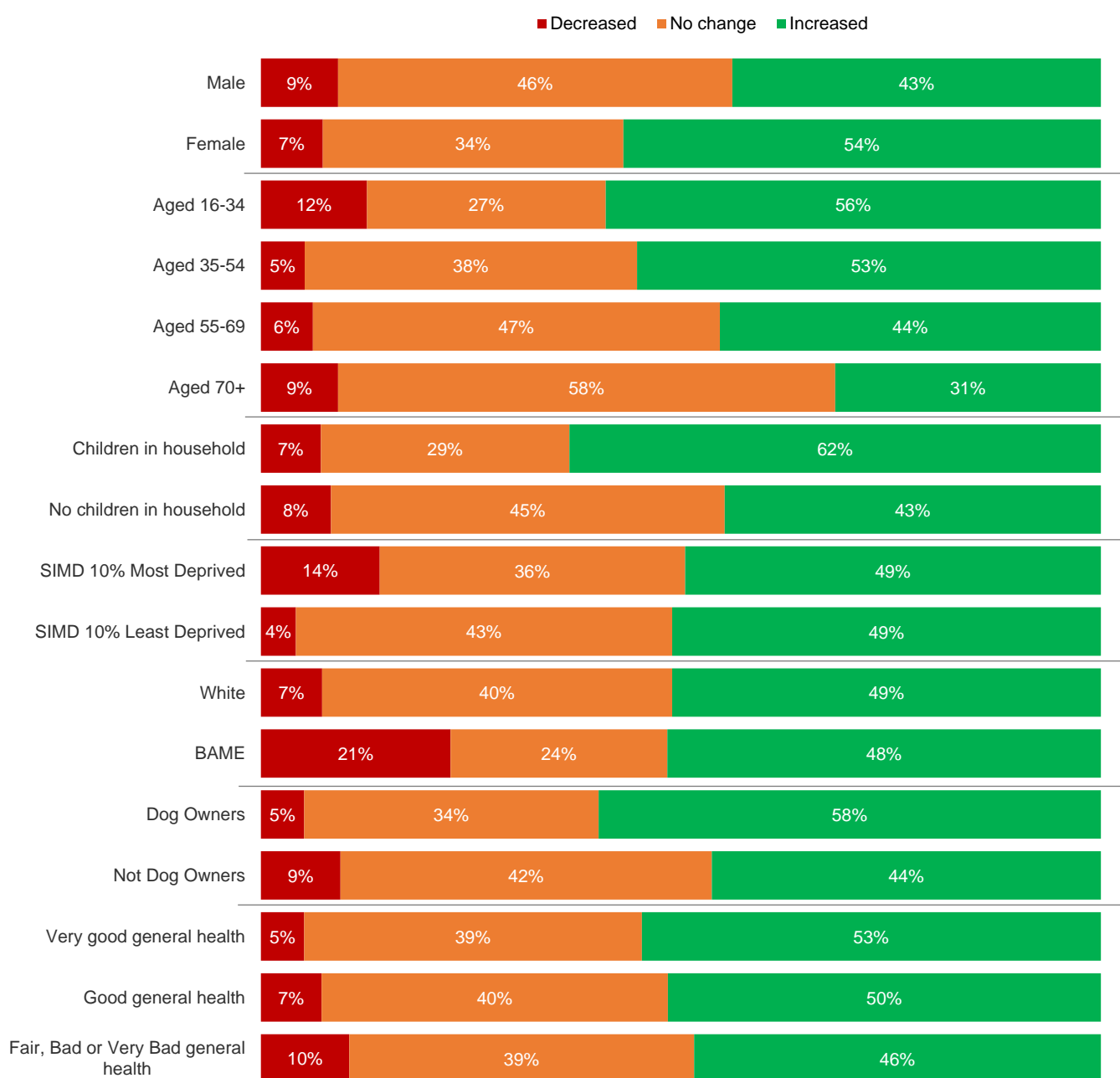
*Figure 24. Extent that people expect the amount they visit the outdoors for leisure, recreation or exercise to change after lockdown. Base: All respondents (Wave 1 - 1,008, Wave 2 - 1,103)*

As shown in Figure 25 overleaf, expectations about changes in the amount of time spent on outdoor visits in future varied between population groups.

The groups most likely to state that they expected to visit the outdoors more often after lockdown included women (54%), those aged under 35 (56%), people with children in their household (62%), dog owners (53%) and those with very good health (53%).

Conversely, people who lived in the 10% most deprived areas and members of the BAME population were the most likely to state that they expected to take fewer visits after lockdown (14% and 21% respectively).

The people most likely to state that they didn't expect to see any change in the amount they visited the outdoors included men, people with no children and older age groups.



*Figure 25. The extent people expect the amount they visit outdoors for leisure, recreation or exercise will change after lockdown by population group. Base: All respondents (Wave 2 - 1,103)*

To understand further potential changes in behaviours and attitudes into the future, respondents were shown a series of statements and asked to what extent they agreed or disagreed with each.

While answers were provided on a 5 point scale from 'Disagree Strongly' to 'Agree Strongly', Figure 26 shows only the percentages of respondents who agreed with each statement during each survey wave, excluding those respondents who said that the statement was not relevant to them (for example, because they had no children).

Levels of agreement were high for all of the statements and very consistent between the June and September survey waves. The largest proportions of respondents agreed with the statements relating to encouraging children to spend more time outdoors after lockdown and continuing to travel less for non-essential journeys.

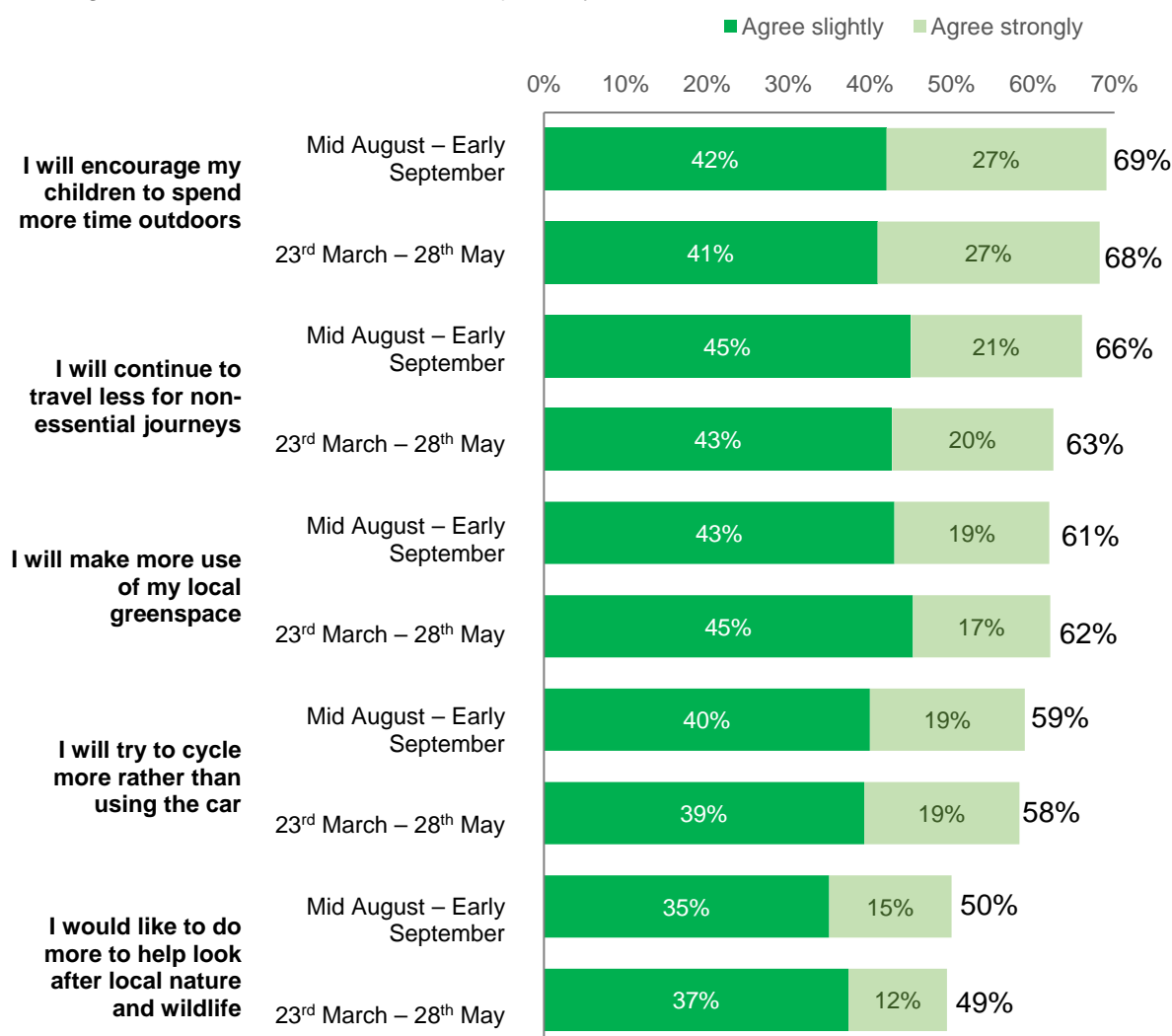


Figure 26. General experiences since lockdown began on 23<sup>rd</sup> March 2020) (agree slightly + agree strongly). Base: All respondents (Wave 1 - 1,008, Wave 2 - 1,103)

There were some variations in levels of agreement with each statement amongst different population groups, including the following during the September wave:

- *Will encourage my children to spend more time outdoors* – while 69% agreed overall, levels of agreement were higher amongst women (74%), people aged 35-44 (76%), ABC1s (78%), residents of the 10% least deprived areas (76%), people with white ethnicity (70%) and people with access to a car (73%).
- *Will continue to travel less for non-essential journeys* - 66% agreed overall with levels of agreement higher amongst women (70%) and people aged 35-44 (75%).

- *Will make more use of local greenspace* - 62% agreed overall with levels of agreement higher amongst women (66%), people aged 35 to 44 (75%) and people with children in in their household (74%).
- *Will try to cycle more rather than using the car* - 59% agreed overall, increasing to 67% amongst those with children in their household and 63% amongst those in very good or good health.
- *Would like to do more to look after local nature and wildlife* - 50% agreed overall, with levels of agreement higher amongst those aged under 45 (57%) and people with children in their household (61%).

## 7. COMPARISON OF KEY POPULATION GROUPS

As described in the previous sections, many of the behaviours and attitudes reported by adults living in Scotland vary between different demographic groups. In particular there are many differences on the basis of gender, age, ethnicity and level of deprivation.

Tables 5 to 7 below summarise some of the key differences by comparing a number of the key results from the September survey wave on the basis gender, age, ethnicity and Scottish Index of Multiple Deprivation (SIMD).

As shown in Table 5, while on average men and women have similar access to local greenspaces, cars and gardens and visited the outdoors at a similar level of frequency during mid-August to early September 2020, women were significantly more likely than men to have increased the amount of time they spent outdoors and to have spent more time engaging with nature in other ways in the garden or at home. Women were also more likely than men to report that they had experienced mental health benefits from their time spent outdoors. Also, potentially reflecting these more beneficial experiences, women were more likely than men to expect to visit the outdoors more often in the future.

Comparing results by age group, the percentage of people with access to a garden or a car increases with age. Most notably, just 3 in 5 of those aged 16 to 34 had access to a private garden compared to 4 in 5 of those aged 55 and over.

However, the net change in both outdoor visit taking and engagement with nature at home/in gardens compared to 2019 was much higher amongst those aged under 55, in particular when there were children in the household. Those in the younger age groups were also somewhat more likely than those aged 55 and over to expect to visit the outdoors more in the future given their experiences during lockdown.

*Table 5. Comparison of key results by gender and age*

	Gender		Age		
	Men	Women	16-34	35-54	55+
<b>Agree local greenspaces are accessible and of a high standard</b>	78%	74%	74%	<b>80%</b>	74%
<b>Have access to a car</b>	79%	78%	73%	78%	<b>82%</b>
<b>Have access to a private garden</b>	73%	71%	59%	71%	<b>81%</b>
<b>Visited outdoors at least once a week</b>	80%	79%	81%	81%	76%
<b>Net change (%) outdoor visits Aug-Sep 2020 v 2019</b>	+6	<b>+21</b>	<b>+23</b>	<b>+24</b>	+5
<b>Net change (%) Aug-Sep 2020 v 2019</b>					
Sat or relaxed in garden	+34	<b>+40</b>	<b>+41</b>	<b>+39</b>	+33
Enjoyed nature in garden	+27	<b>+40</b>	<b>+39</b>	+34	+30
Enjoyed nature from indoors	+28	<b>+39</b>	<b>+42</b>	+32	+29
<b>Benefits gained (% agree Aug/Sep 2020)</b>					
Helped to de-stress/relax	67%	<b>72%</b>	<b>70%</b>	<b>74%</b>	65%
Energized and revitalized	52%	<b>66%</b>	<b>63%</b>	<b>65%</b>	52%
Felt closer to nature	51%	<b>64%</b>	60%	<b>64%</b>	52%
Improved physical health	57%	55%	55%	<b>63%</b>	52%
<b>Net change(%) in visits in future given lockdown experience</b>	+34	<b>+47</b>	<b>+44</b>	<b>+48</b>	+33

Table 6 compares key results by ethnicity. While both white and BAME groups reported similar levels of access to quality greenspaces, members of the BAME population were significantly less likely to have access to a garden or a car.

People with white ethnicity were slightly more likely than those in the BAME population to have taken visits to the outdoors at least once a week during the mid-August to early September period. Comparing levels of participation with the same time in 2019, while both groups reported a net increase in all of the activities asked about, the scale of increases was higher amongst those with white ethnicity – in particular for garden based activities.

While a majority of both white and BAME respondents reported benefitting from their outdoor visits, members of the BAME population were more likely to agree that they felt energised and revitalised and closer to nature as a result of spending time outdoors.

And finally, while at the ‘net’ level a similar proportion of people in both groups anticipated taking more visits outdoors in future, the level of increase was much greater amongst those with white ethnicity.

*Table 6. Comparison of key results by ethnicity*

	Ethnicity	
	White	BAME
<b>Agree local greenspace are accessible and of a high standard</b>	76%	76%
<b>Have access to a car</b>	79%	67%
<b>Have access to a private garden</b>	72%	56%
<b>Visited outdoors at least once a week</b>	79%	74%
<b>Net change (%) outdoor visits Aug-Sep 2020 v 2019</b>	+16	+14
<b>Net change (%) Aug-Sep 2020 v 2019</b>		
Sat or relaxed in garden	+38	+27
Enjoyed nature in garden	+34	+28
Enjoyed nature from indoors	+34	+30
<b>Benefits gained (agree Aug/Sep)</b>		
Helped to de-stress/relax	70%	68%
Energized and revitalized	59%	68%
Felt closer to nature	57%	71%
Improved physical health	56%	54%
<b>Net change (%) in visits in future given experience</b>	+42	+27

Table 7 compares key results on the basis of the Scottish Index of Multiple Deprivation. Comparing those living in the most deprived and least deprived areas, there are some clear differences, with people in the most deprived areas reporting poorer access to good quality local greenspaces and much lower levels of access to private gardens and cars.

Frequency of visit taking was also somewhat lower amongst those in the most deprived areas as were expectations about increasing participation in the future.

Table 7. Comparison of key results by SIMD

	Scottish Index of Multiple Deprivation		
	10% most deprived	Mid 11-89%	10% least deprived
<b>Agree local greenspaces are accessible &amp; high standard</b>	78%	79%	85%
<b>Have access to a car</b>	52%	80%	91%
<b>Have access to a private garden</b>	49%	78%	75%
<b>Visited outdoors at least once a week</b>	65%	80%	92%
<b>Net change (%) outdoor visits Aug-Sep 2020 v 2019</b>	+17	+16	+17
<b>Net change (%) Aug-Sep 2020 v 2019</b>			
Sat or relaxed in garden	+35	<b>+40</b>	+35
Enjoyed nature in garden	+25	<b>+35</b>	+31
Enjoyed nature from indoors	<b>+44</b>	+30	+31
<b>Benefits gained (agree Aug/Sep)</b>			
Helped to de-stress/relax	69%	<b>73%</b>	67%
Energized and revitalized	59%	61%	60%
Felt closer to nature	64%	60%	60%
Improved physical health	61%	58%	<b>65%</b>
<b>Net change (%) in visits in future given experience</b>	+29	<b>+42</b>	<b>+45</b>



## ANNEX: QUESTIONNAIRE

### Questionnaire – WAVE 2

#### DEMOGRAPHIC SCREENERS (QUESTIONS USED TO ENSURE DEMOGRAPHIC COVERAGE AND FOR ANALYSIS PURPOSES)

		SCRIPTING NOTES
1	<b>Are you...</b> Male Female Prefer not to say	SINGLE CODE
2	<b>Which age group are you in?</b> 16-24 25-34 35-44 45-54 55-64 65 – 69 70 – 79 80+	SINGLE CODE
3	<b>Which of these groups does the Chief Income Earner (person with the largest income) in your household belong to?</b>  <b>Note: If this person has been furloughed due to the COVID 19 pandemic please select the option which best describes their usual occupation.</b>  Semi or unskilled manual worker (e.g. Jobs with no training or qualifications; Apprentice, Caretaker, Cleaner, Nursery assistant, Park keeper, Van driver, shop assistant etc.) Skilled manual worker (e.g. Bricklayer, Carpenter, Plumber, Painter, Bus/HGV driver, Assistant teacher, Pub/bar worker, etc.) Supervisory or clerical/ Junior manager/Administrator (e.g. Office worker, Student doctor, Foreman with 25+ staff, Sales person, Student teacher, etc.) Intermediate managerial (e.g. Newly qualified doctor or lawyer, Director in small company, Middle manager in large company, Principal officer in civil service, etc.) Higher managerial (e.g. Established doctor or lawyer, Director in large company, Top civil servant, Head teacher, etc.) Student Retired and living on state pension only Unemployed (for over 6 months) or not working due to long term sickness	SINGLE CODE
4	<b>Where do you live?</b> City of Glasgow City of Edinburgh Fife North Lanarkshire South Lanarkshire Aberdeenshire Highland City of Aberdeen West Lothian Renfrewshire Falkirk Perth and Kinross Dumfries and Galloway City of Dundee North Ayrshire East Ayrshire	SINGLE CODE

	Angus Scottish Borders South Ayrshire East Dunbartonshire East Lothian Moray East Renfrewshire Stirling Midlothian West Dunbartonshire Argyll and Bute Inverclyde Clackmannanshire Eilean Siar (Western Isles) Shetland Islands Orkney Islands	
5	<b>What ethnic group best describes you? Please select one option only.</b>  English / Welsh / Scottish / Northern Irish / British Irish Gypsy or Irish Traveller Any other White background White and Black Caribbean White and Black African White and Asian Any other Mixed / Multiple ethnic background Indian Pakistani Bangladeshi Chinese Any other Asian background African Caribbean Any other Black / African / Caribbean background Arab Any other ethnic group Prefer not to say	SINGLE CODE

#### BEHAVIOUR DURING CURRENT PHASE OF LOCKDOWN

	<u>The first few questions relate to the last four weeks, from around the middle of August (w/b 10<sup>th</sup> August) until today.</u>	
6	<b>Thinking about this period, how often on average did you visit the outdoors for leisure, recreation or exercise?</b>  <b>By outdoors, we mean open spaces away from home in the countryside as well as in towns and cities such as woodland, parks, farmland, paths, beaches etc.</b>  More than once per day Every day Several times a week Once a week Less often Never	SINGLE CODE  IF NEVER SKIP TO Q13
7	<b>Which of these activities did you undertake outdoors, for leisure, recreation or exercise, during the last 4 weeks?</b>  <i>Please select all of those which applied</i>  Walking - less than 2 miles Walking 2-8 miles	MULTI-CODE RANDOMISE ORDER

	Walking - more than 8 miles Hillwalking\mountaineering Cycling - on public roads Cycling - on paths and tracks Cycling - not on paths and tracks or roads Mountainbiking Horse riding Fishing Watersports, including canoeing, windsurfing, rowing & sailing Swimming in the sea, rivers, lochs Birdwatching Other wildlife\nature watching Running\jogging Wildcamping (i.e. with a tent but not in a campsite) Sightseeing\ visiting attractions Picnicking Family outing Other (SPECIFY)	
8	<p><b>Which of these types of places did you visit to take part in leisure, recreation or exercise during the last 4 weeks?</b></p> <p><i>Please select all of those which applied</i></p> Woodland\forest Farmland Mountain\hill Moorland Village Loch Sea\Sea loch River Canal Beach Cliff Local Park or open space Wildlife area/nature reserve Paths/tracks which are away from the roadside Roadside/ street pavements Other	MULTI-CODE. RANDOMISE ORDER.
9	<p><b>Other than walking or cycling, in general did you use any form(s) of transport to travel on the visits you took to the outdoors for leisure, recreation or exercise, during the last 4 weeks?</b></p> No, normally only walked or cycled Yes, travelled by car Yes, used another mode of transport	SINGLE CODE
10	<p><b>On the visit(s) you took which involved travelling by car or another mode of transport, in general how far did you travel to get <u>to and from</u> the main place(s) you went to?</b></p> <p><i>Please record the distance for the round trip to and from the place visited.</i></p> <p><i>If you drove a variety of distances on different occasions select the distance you travelled most often.</i></p> Less than 2 miles 2-5 miles 6-10 miles 11-20 miles 21-30 miles 31-40 miles 41-50 miles 51-60 miles	ASK IF YES AT Q9 SINGLE CODE

	61-80 miles 81-100 miles More than 100 miles	
11	<p><b>Who was with you on the visits you took to the outdoors for leisure, recreation or exercise during the last 4 weeks?</b></p> <p>If this varied, select all of the options that applied across the visits you took.</p> <p>On your own          With children aged under 16          With other members of your family or household          With friends          Accompanied by a dog          Other</p>	MULTI-CODE
12	<p><b>Which of the following if any, best describe your reasons for taking these visits to the outdoors during the last 4 weeks?</b></p> <p><i>Select all those which applied</i></p> <p>To spend time with family/friends/members of my household          To entertain a child          For health and exercise          To manage stress/improve mental wellbeing          To exercise a dog          For fresh air or to enjoy pleasant weather          To be somewhere I like          For peace and quiet          To relax and unwind          To learn something about the outdoors          To enjoy scenery or wildlife          To volunteer for the environment          To challenge myself/achieve something          To take part in a sport/hobby</p>	MULTI-CODE. RANDOMISE ORDER.
13	<p><b>More generally, in the last four weeks, which of the following activities did you take part in, either at home or out of your home?</b></p> <p><i>Please select all of those which applied</i></p> <p>Enjoying nature or wildlife while outdoors in my local area (e.g. noticing the changing seasons, birds and other wildlife)          Enjoying nature or wildlife from indoors (e.g. through a window)          Enjoying nature or wildlife in a garden or other outdoor space attached to my home          Sitting or relaxing in a garden or other outdoor space attached to my home          Gardening, sowing seeds growing flowers or vegetables          None of these</p>	ASK ALL MULTI-CODE RANDOMISE ORDER

#### HOW BEHAVIOUR HAS CHANGED

14	<p>As you know, Scotland was placed into lockdown on 23 March to reduce the spread of COVID-19.</p> <p>We'd like you to think back to the <u>initial stage of lockdown from 23<sup>rd</sup> March to 28<sup>th</sup> May before any easing of lockdown began</u>, when the population was asked to stay at home except for essential trips and a maximum of one local outdoor visit was allowed per day for exercise.</p> <p>Thinking back to this period, how much did the amount of time you spent outdoors for leisure, recreation or exercise change in comparison to the same period in 2019? (i.e. late March to end of May in 2019):</p>	ASK ALL  SINGLE CODE EACH OPTION
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		Decreased a lot	Decreased a little	No change	Increased a little	Increased a lot																			
	A. Overall time spent outdoors for leisure, recreation or exercise																								
	B. Time you spent outdoors in your local area																								
15	<p>Next we'd like you to think about <u>the last 4 weeks, from around the middle of August (w/b 10<sup>th</sup> August) until today.</u></p> <p>Thinking of this more recent period of lockdown, how much did the amount of time you spent outdoors for leisure, recreation or exercise change in comparison to the same period in 2019 (i.e. mid August to mid September 2019)?</p> <table border="1"> <thead> <tr> <th></th> <th>Decreased a lot</th> <th>Decreased a little</th> <th>No change</th> <th>Increased a little</th> <th>Increased a lot</th> </tr> </thead> <tbody> <tr> <td>A. Overall time spent outdoors for leisure, recreation or exercise</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>B. Time you spent outdoors in your local area</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>							Decreased a lot	Decreased a little	No change	Increased a little	Increased a lot	A. Overall time spent outdoors for leisure, recreation or exercise						B. Time you spent outdoors in your local area						<p>ASK ALL</p> <p>SINGLE CODE EACH OPTION</p>
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16	<p><b>Why did the amount of time you spent outdoors change during this period?</b></p> <p><i>Type in your response in as much detail as possible</i></p>						<p>ASK IF ANY INCREASE OR DECREASE IN TIME SPENT AT Q15A</p>																		

17	<p>Still comparing the last 4 weeks with the same time last year, how much, if at all, has the amount that you do the following activities changed compared to the same period in 2019?</p> <table border="1"> <thead> <tr> <th></th> <th>Decreased</th> <th>No change</th> <th>Increased</th> <th>Not relevant to me</th> </tr> </thead> <tbody> <tr> <td>Walking - less than 2 miles</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Walking 2-8 miles</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Walking - more than 8 miles</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Hillwalking\mountaineering</td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>						Decreased	No change	Increased	Not relevant to me	Walking - less than 2 miles					Walking 2-8 miles					Walking - more than 8 miles					Hillwalking\mountaineering					<p>DO NOT ASK IF NEVER AT Q6</p>
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20	<p>Thinking about the time you have spent outdoors and any other ways you have enjoyed nature during the last 4 weeks, to what extent do you agree or disagree with each of the following statements?</p> <table border="1"> <thead> <tr> <th></th><th>Agree strongly</th><th>Agree slightly</th><th>Neither agree nor</th><th>Disagree slightly</th><th>Disagree strongly</th><th>Not relevant to me</th></tr> </thead> <tbody> <tr> <td>It improved my physical health (through exercise and physical activity)</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr> <td>It helped me to de-stress, relax and unwind</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr> <td>It made me feel energised and revitalised</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr> <td>I felt closer to nature</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </tbody> </table>		Agree strongly	Agree slightly	Neither agree nor	Disagree slightly	Disagree strongly	Not relevant to me	It improved my physical health (through exercise and physical activity)							It helped me to de-stress, relax and unwind							It made me feel energised and revitalised							I felt closer to nature							ASK ALL
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21	<p>Which, if any, of the following have you experienced during the time you spent outdoors in the last 4 weeks?</p> <p><i>Select all of those that apply</i></p> <p>Cars parked on pavements Cyclists on the pavement Increased traffic speeds on local roads A locked gate/other barrier across path/route Overgrown path An aggressive or intimidating animal, such as a dog A restrictive sign - for example 'Private', 'No Entry', 'Keep Out' Other people behaving inconsiderately or irresponsibly (e.g. cyclists failing to consider the needs of walkers) Problems maintaining social distancing while outside (e.g. because of other people or a lack of space) Concerns about infection (e.g. from touching gates) Finding that you can't access the outdoor places you usually visit A lack of familiarity with the places you have visited (e.g. didn't know where to go locally, got lost) Safety concerns A lack of good quality greenspaces to visit in your local area (e.g. parks, woods, paths and tracks) Places you visit are too busy/overcrowded Difficulties finding a place to park A lack of public toilet facilities Litter/ fly tipping or human waste Damage or mess caused by irresponsible wildcamping Other issues (specify) No not encountered any of the above Don't know</p>	<p>DO NOT ASK IF NEVER AT Q6</p> <p>RANDOMISE ORDER</p>																																			
22	<p>And which of these, if any, caused you to change where you went (e.g. take a different route) or made you less likely to go to a particular place again?</p> <p>SHOW THOSE SELECTED AT Q21</p> <p>None of these</p>	<p>DO NOT ASK IF NEVER AT Q6</p> <p>ONLY SHOW THOSE SELECTED AT Q21</p>																																			

#### IMPACTS OF LOCKDOWN ON ATTITUDES AND LOOKING TO THE FUTURE

23	<p>More generally, thinking about the whole lockdown period - from March 23<sup>rd</sup> up until today, including the various phases of easing out of lockdown - to what extent, if at all, do you agree with the following statements regarding the impacts on you personally?</p> <p>Since lockdown first started in March...</p> <table border="1"> <thead> <tr> <th></th><th>Agree strongly</th><th>Agree slightly</th><th>Neither agree nor</th><th>Disagree slightly</th><th>Disagree strongly</th><th>Not relevant to me</th></tr> </thead> <tbody> <tr> <td>Nature has become more important to my health and wellbeing</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr> <td>I have noticed more wildlife and nature than I usually do</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr> <td>I've noticed a reduction in pollution in my local area (e.g. car emissions)</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr> <td>I have noticed a reduction in noise levels (e.g. due to reduction in traffic)</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr> <td>I've become more familiar with my local greenspaces (e.g. parks, woods, paths and tracks)</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr> <td>I've enjoyed not using my car so much</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr> <td>I've enjoyed the fact that my child(ren) have spent more time outdoors than normal</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </tbody> </table>		Agree strongly	Agree slightly	Neither agree nor	Disagree slightly	Disagree strongly	Not relevant to me	Nature has become more important to my health and wellbeing							I have noticed more wildlife and nature than I usually do							I've noticed a reduction in pollution in my local area (e.g. car emissions)							I have noticed a reduction in noise levels (e.g. due to reduction in traffic)							I've become more familiar with my local greenspaces (e.g. parks, woods, paths and tracks)							I've enjoyed not using my car so much							I've enjoyed the fact that my child(ren) have spent more time outdoors than normal							ASK ALL	
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24	<p>Given your experiences during this time, to what extent do you expect the amount you visit the outdoors for leisure, recreation or exercise to change in the future?</p> <p><i>Select the answer which best reflects your opinion</i></p> <p><b>I expect to visit the outdoors...</b></p> <p>A lot more than before lockdown  A little more than before lockdown  About the same amount as before lockdown  A little less than before lockdown  A            lot            less            than            before            lockdown  Don't know</p>	ASK ALL																																																									
25	<p>To what extent do you agree with the following statements about the future.</p> <table border="1"> <thead> <tr> <th></th><th>Agree strongly</th><th>Agree slightly</th><th>Neither agree nor disagree</th><th>Disagree slightly</th><th>Disagree strongly</th><th>Not applicable to me</th></tr> </thead> <tbody> <tr> <td>I will try to walk and cycle more rather than using the car</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr> <td>I will continue to travel less for non-essential journeys</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </tbody> </table>		Agree strongly	Agree slightly	Neither agree nor disagree	Disagree slightly	Disagree strongly	Not applicable to me	I will try to walk and cycle more rather than using the car							I will continue to travel less for non-essential journeys							ASK ALL																																				
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	I will encourage my children to spend more time outdoors I would like to do more to help look after local nature and wildlife I will make more use of my local greenspace (e.g. parks, woods, paths and tracks)								
	<b>Finally, please answer the following questions about you. These will only be used to help us with our analysis of the results.</b>							ASK ALL	
26	<b>To what extent do you agree or disagree with the following statement?</b>  <i>My local greenspaces (e.g. parks, woods, paths and tracks) are within easy walking distance and of a high enough standard for me to want to spend time there</i>  Strongly agree Agree Neither agree nor disagree Disagree Strongly disagree Don't know							SINGLE CODE	
27	<b>Do you have any children aged under 18 living in your household?</b> No Yes – 1 child Yes – 2 children Yes – 3 children Yes – 4 or more children							SINGLE CODE	
28	<b>How is your health in general?</b> Very good Good Fair Bad Very bad Don't know							SINGLE CODE	
29	<b>Is your ability to participate in outdoor recreational activities limited because of a long-term illness, health problem or disability which has lasted, or is expected to last, at least 12 months?</b> Yes, limited a lot Yes, limited a little No, not limited at all							SINGLE CODE	
30	<b>Have you been advised by your GP to stay at home and shield because you are particularly vulnerable to COVID 19?</b> Yes, was shielding but am now returning to normal going out and about Yes, was shielding and am continuing to try to stay at home as much as possible No Don't know Prefer not to say							SINGLE CODE	
31	<b>Which of the following best applies to you?</b>  I have access to a private garden I have access to a private communal garden							SINGLE CODE	

	I have access to private outdoor space but not a garden (e.g. balcony, yard, patio area) I don't have access to a private garden or other private outdoor space		
32	Do you own one or more dogs? Yes No	SINGLE CODE	
33	Do you normally have access to a car? Yes No	SINGLE CODE	
34	Finally, please type in your full postcode – note this information will only be used for analysis purposes	SINGLE CODE	



# NatureScot

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Buidheann Nàdair na h-Alba

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