

A photograph of two women laughing and looking down at something out of frame. The woman on the left has long blonde hair and is wearing a white shirt. The woman on the right has long dark hair and is wearing an orange top. They are outdoors with a blurred green background.

Physical Activity in **The Humber**

May 2025



**Adults
(16+)**



Our population is **growing**, **ageing** and becoming **more diverse**

All adults (16+)



2%
increase*

Older adults (55+)



17%
increase

Minority ethnic groups



52%
increase



What's the story in the Humber?

Social status



Inactivity in the **least affluent households** remains high (NS SeC 6-8)

Limiting illness



Adults with a **limiting illness or disability** are nearly twice as likely to be inactive

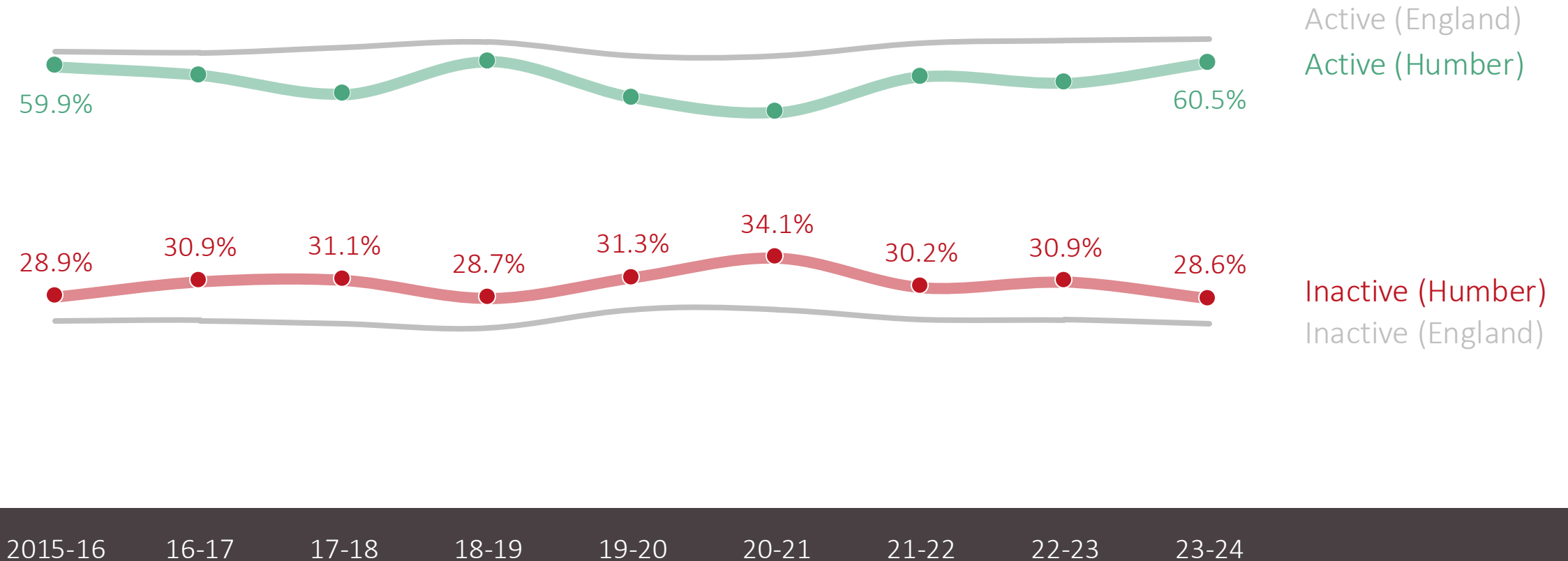
Gender



The gender inequality gap is at its widest



Physical inactivity in the Humber is at an all time low





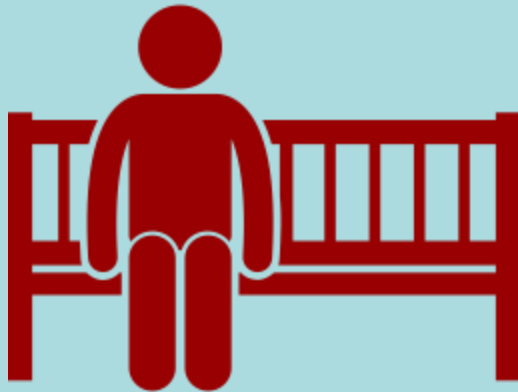
Currently, 31%
of adults are inactive

That's
237,000
people

153,000
adults do
no activity at all
(20%)



But not all inactive
adults do nothing



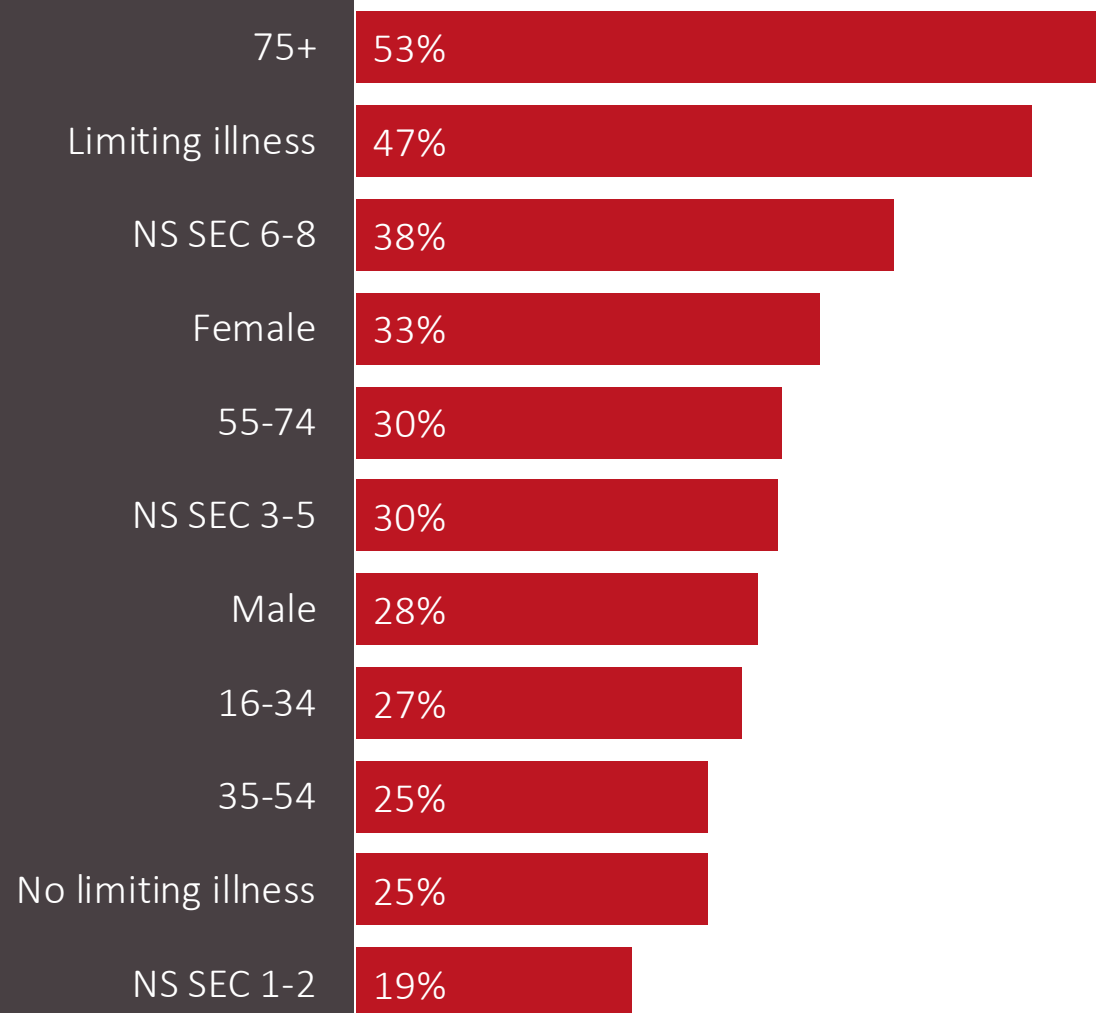
There are **75,000**
people missing the intensity
(10%)



There are **9,000**
people not active for long enough
(1%)

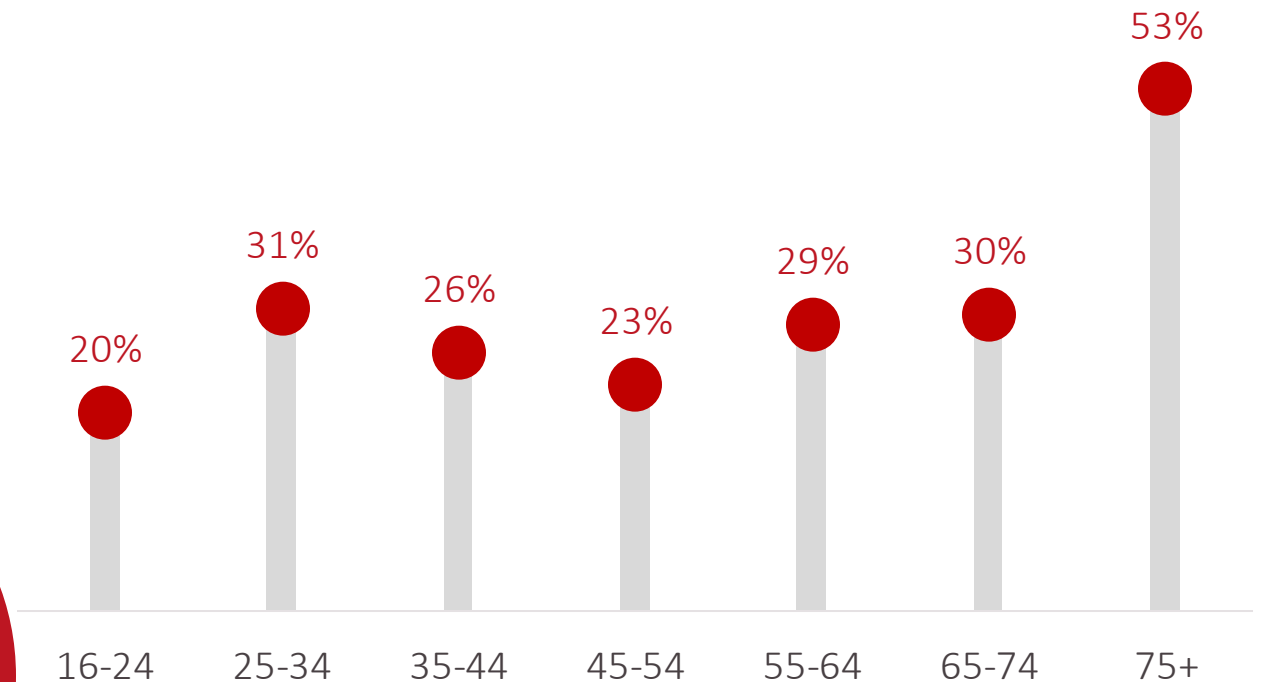


There are some
stark inequalities
in inactivity rates
amongst our
population



Inactivity increases sharply over the age of 75

There is also a notable peak in inactivity for younger adults aged 25-34





Over **1 in 3** adults living
in the **most deprived**
neighbourhoods are
inactive
(35%)



Compared to **1 in 4** adults
living in the **least deprived**
neighbourhoods (24%)



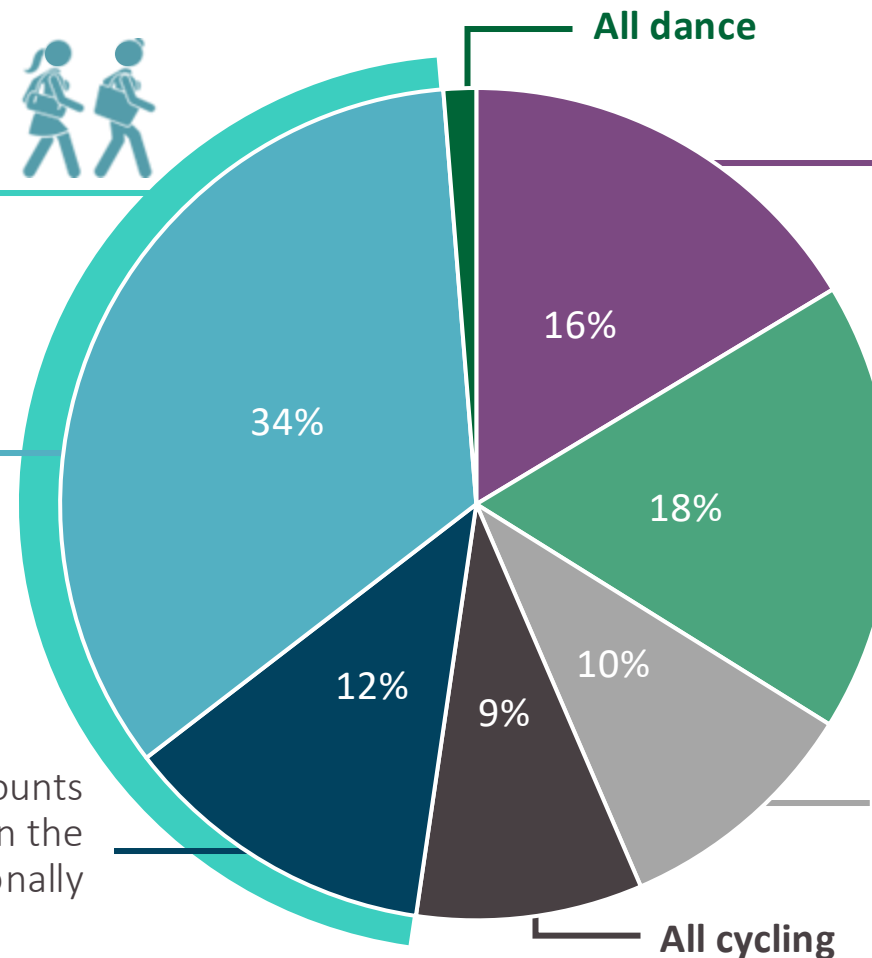
What does activity look like where we live?

Most of our **active minutes** come from **walking**



Walking for leisure now accounts for over a third of all physical activity

Walking for travel accounts for 12% of minutes in the Humber but 18% nationally



Traditional sport accounts for less active minutes than nationally (19%)

People spend more time **Gardening** than any other activity (except walking for leisure)

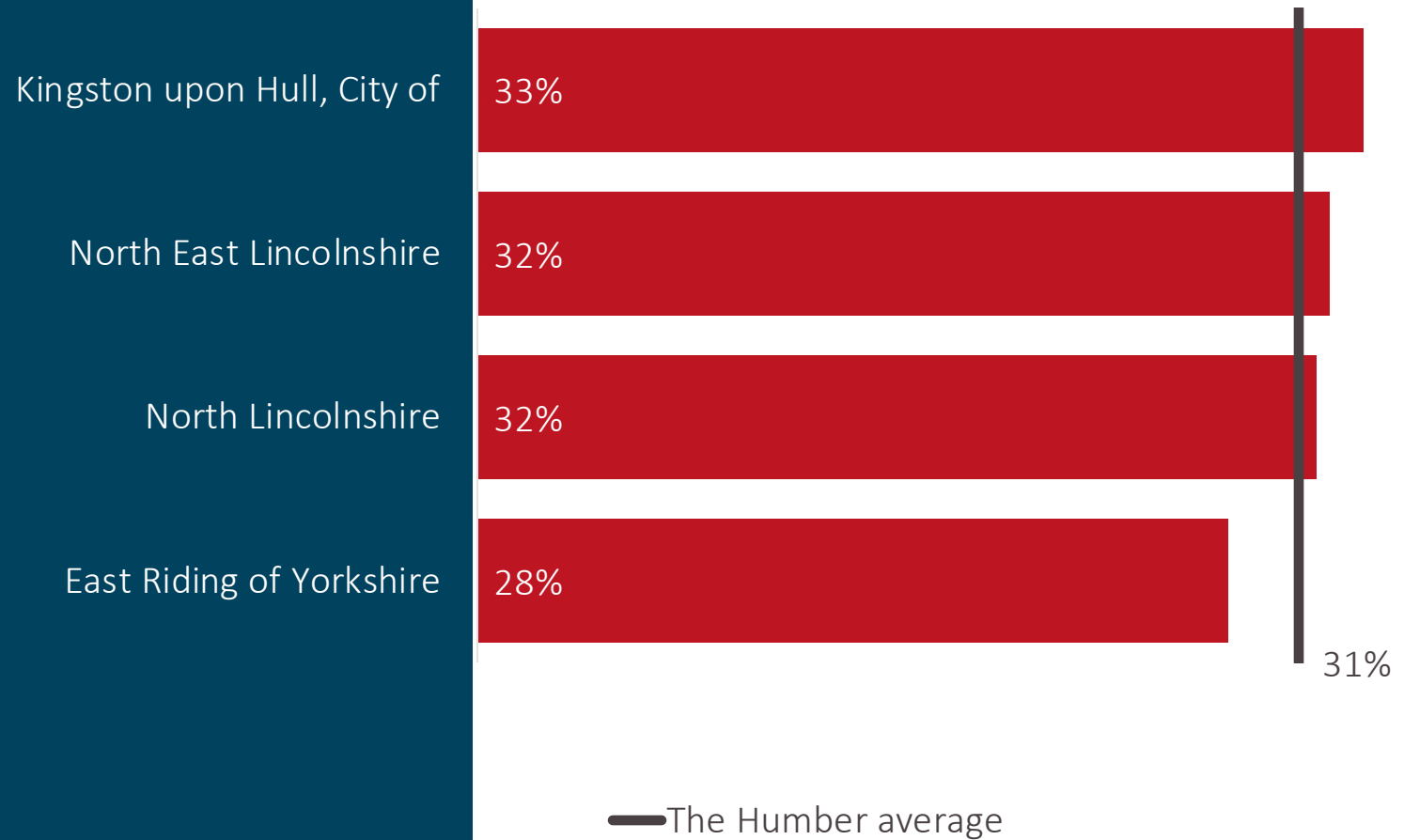


Fitness activities

All cycling



Some of our
areas are more
likely to
experience
inactivity than
others



Inequalities metric

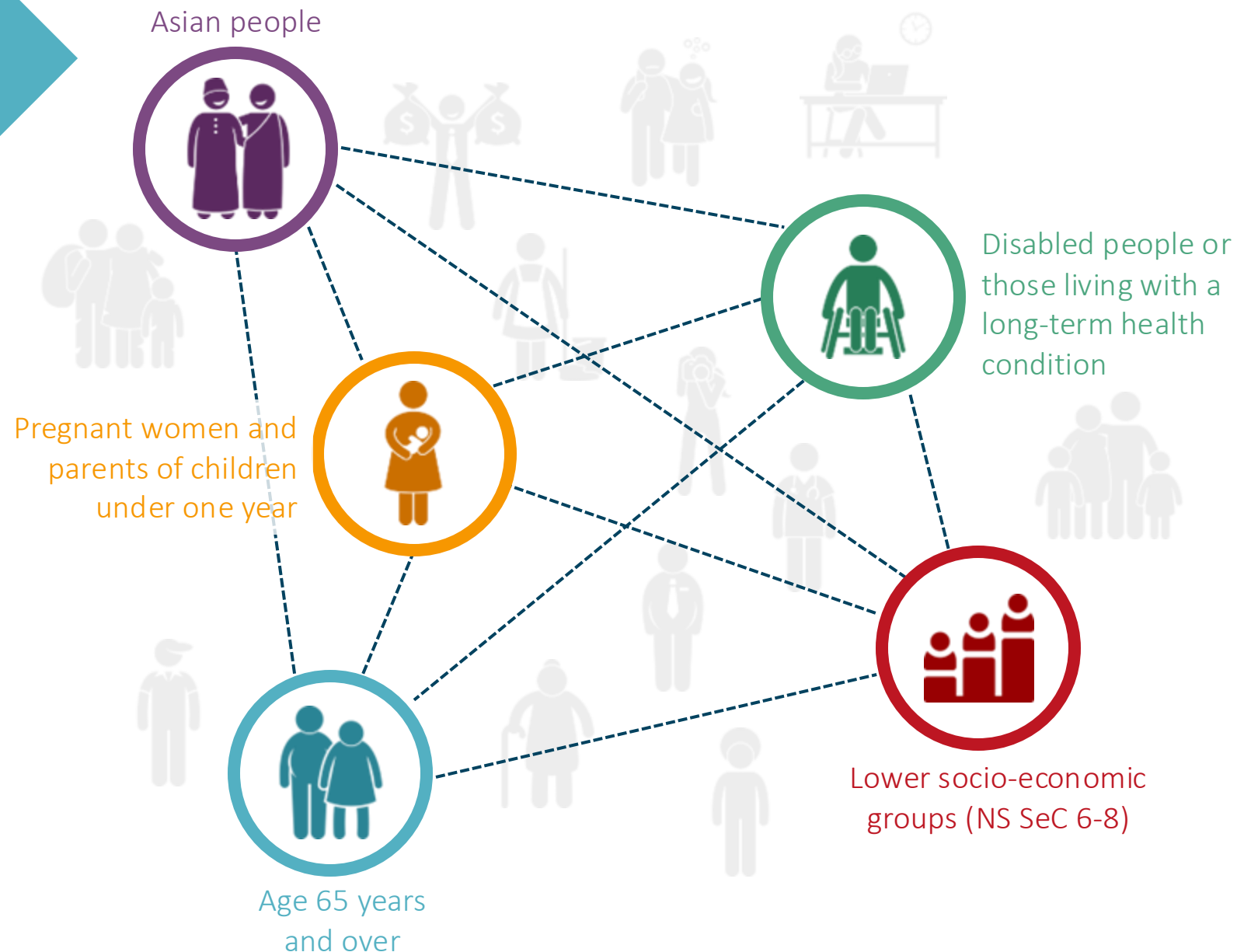


Key characteristics for adults

The Inequalities Metric has identified which characteristics or factors have the most impact on minutes of activity*

The key driver of lower levels of physical activity is where a person has **two or more characteristics associated with being less active**

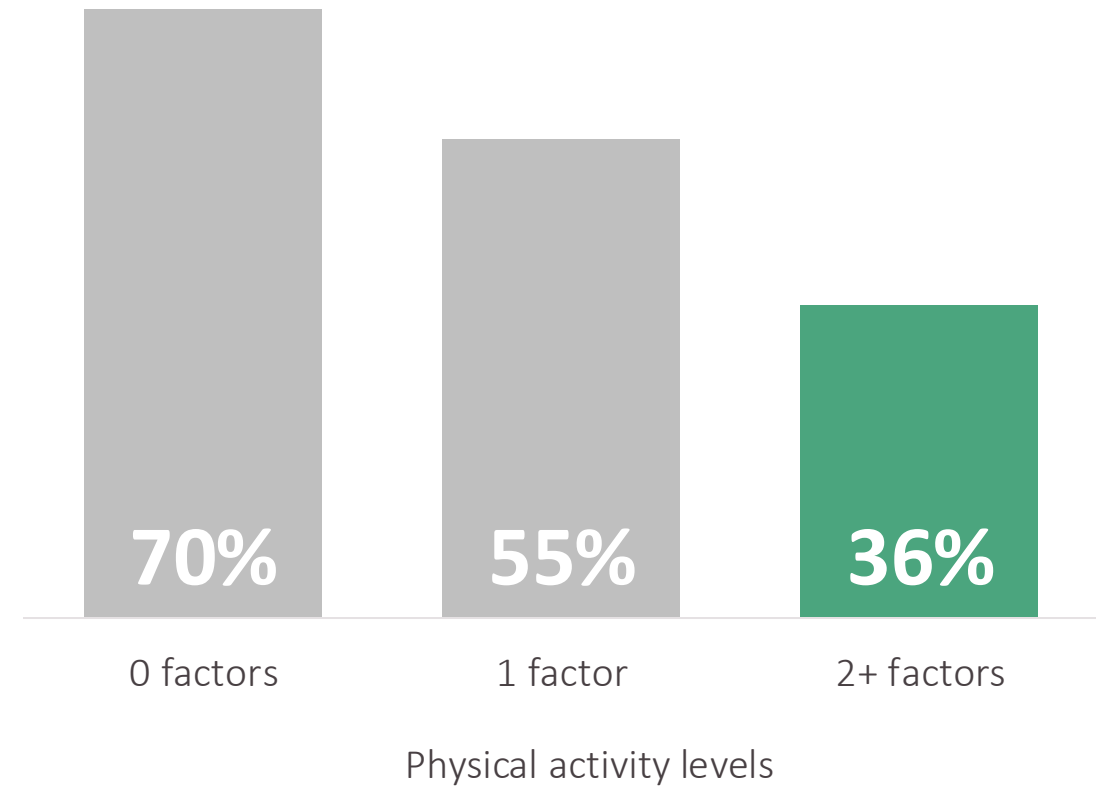
*These characteristics are different for children and young people



Activity levels in The Humber as measured by the Inequalities Metric



Activity levels reduce as we
experience more factors from
the Inequality Metric



Small Area Estimates

November 22/23

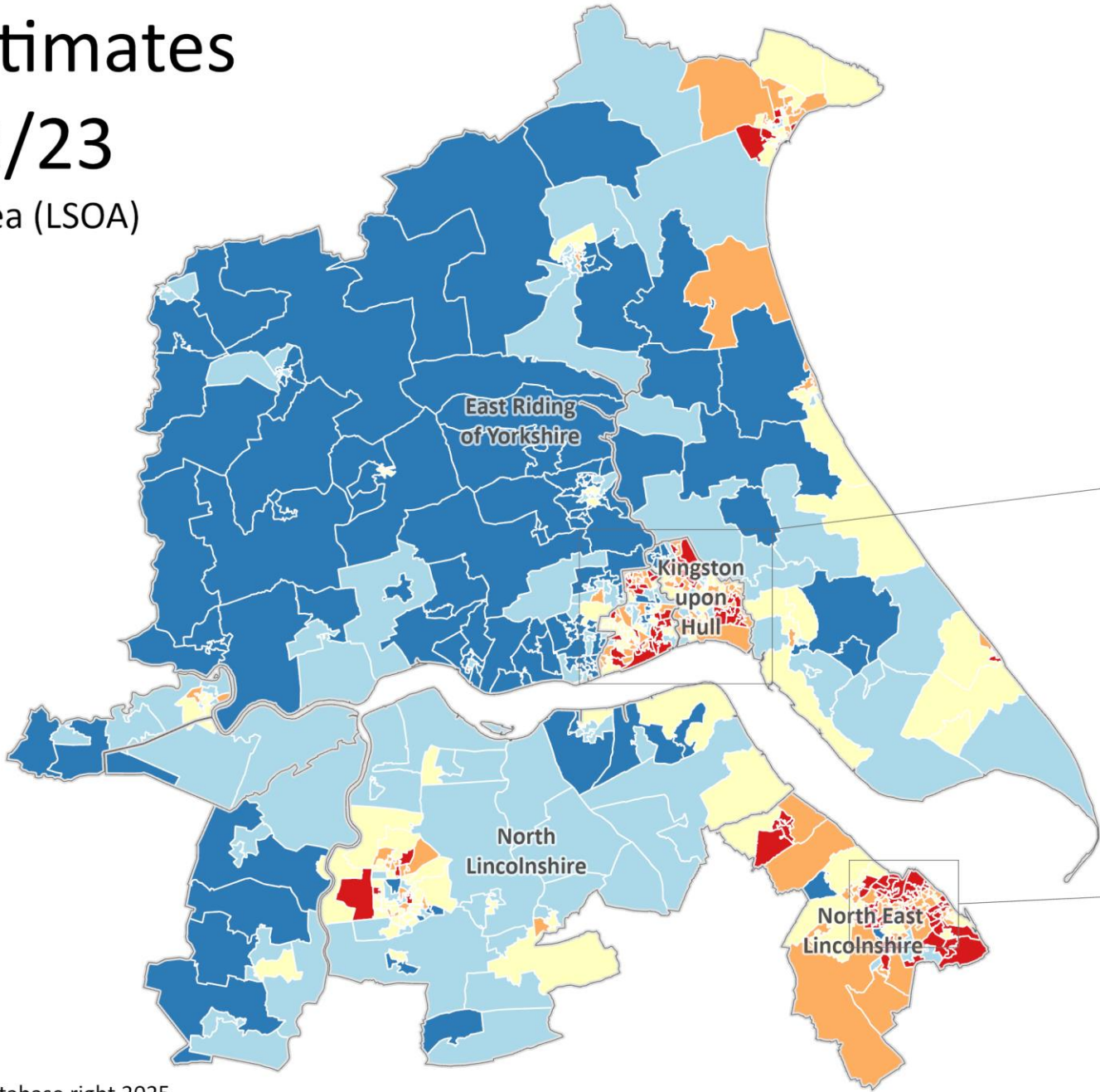
by Lower Super Output Area (LSOA)

The Humber

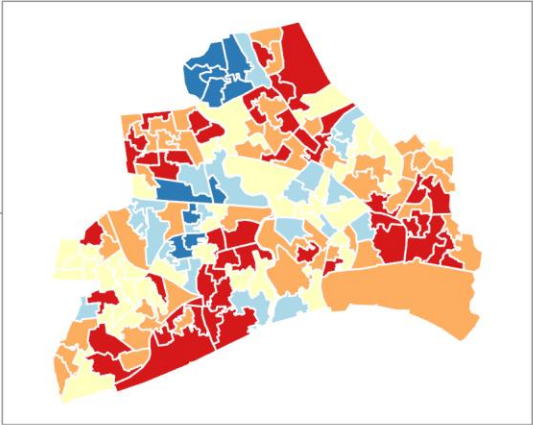
Sport England Small Area
Estimates of Physical Activity
covering Nov 22/23

Inactive Overall

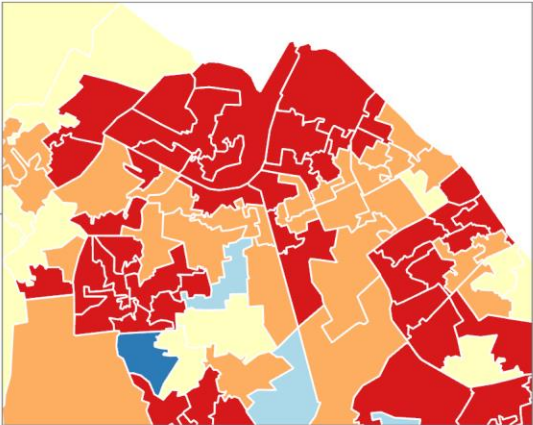
20% - 28%
29% - 31%
32% - 33%
34% - 35%
36% - 44%



Kingston upon Hull



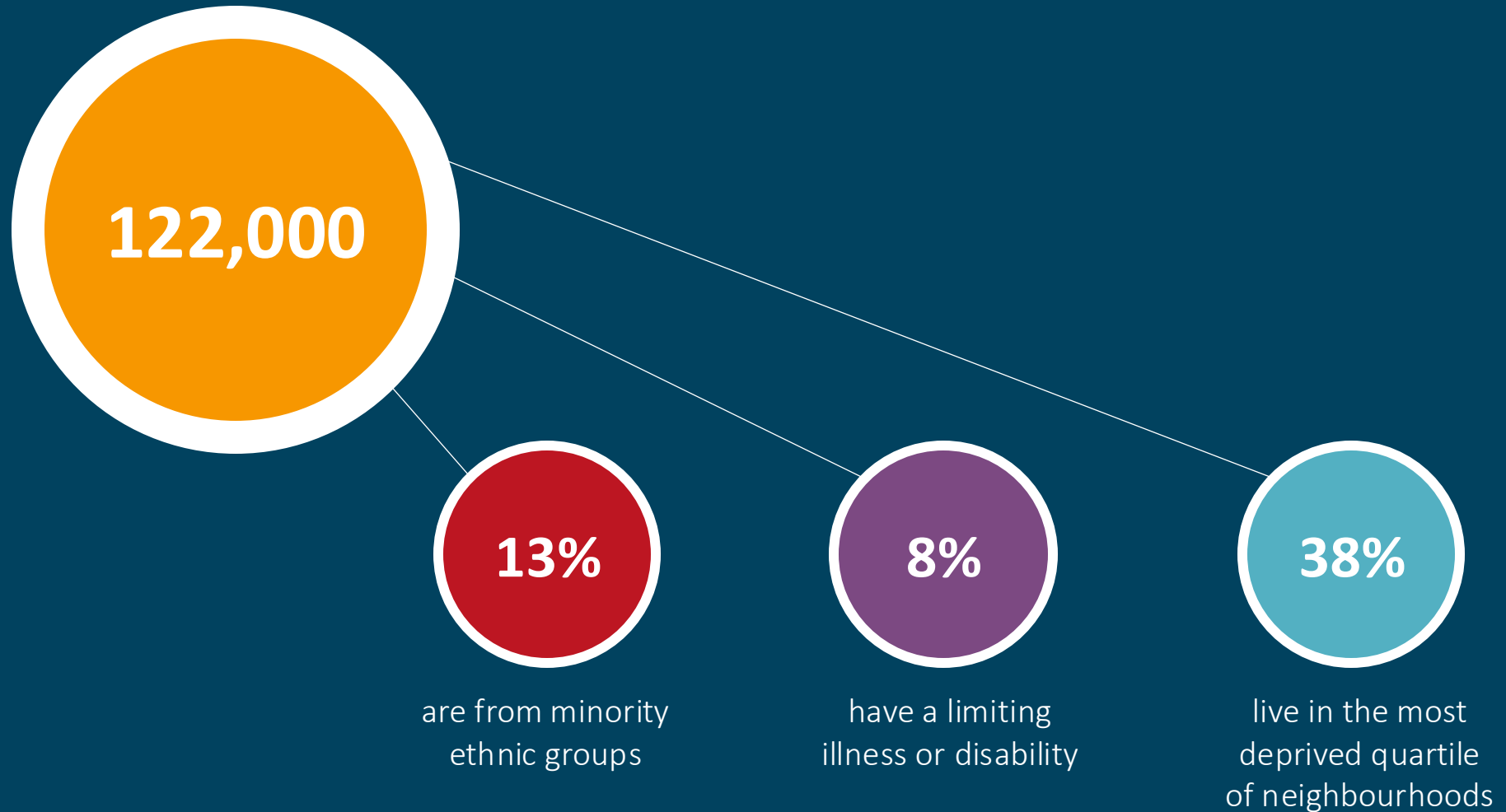
Grimsby



Children and young people



There are **122,000** young people in The Humber

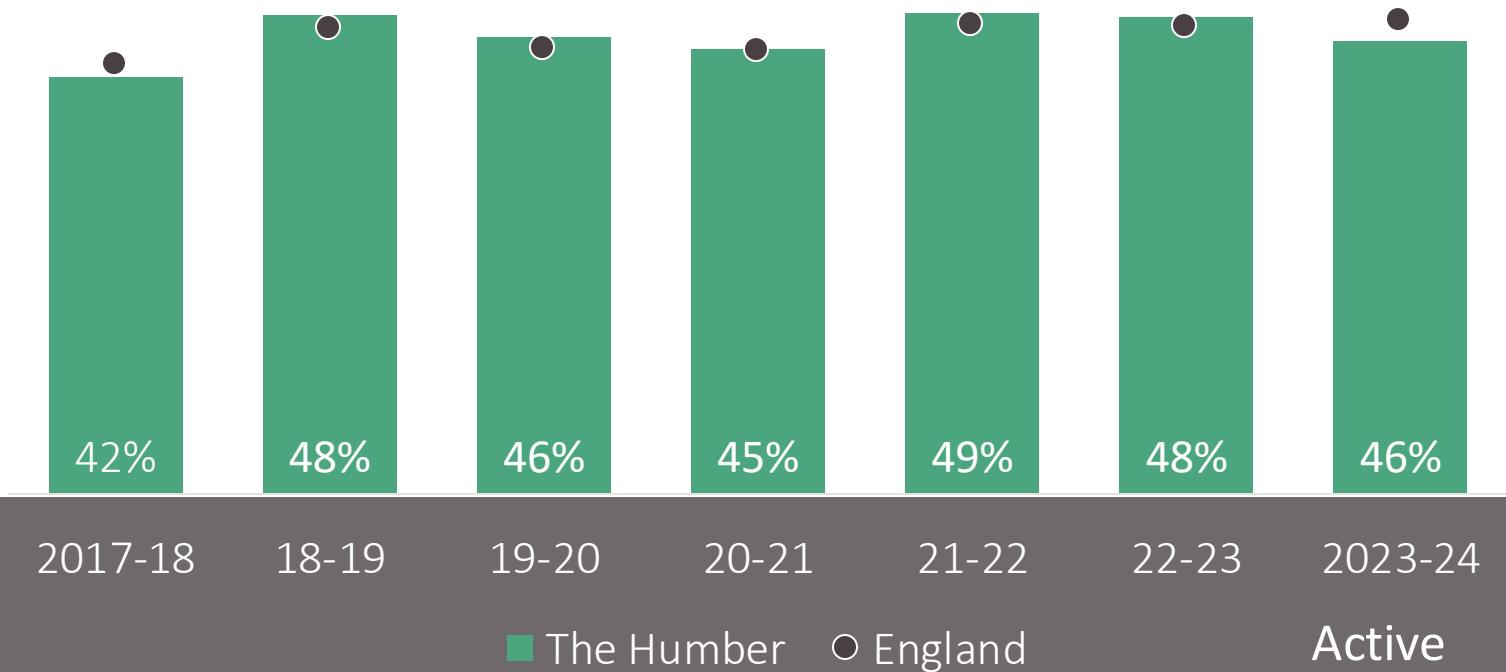


54% of children and young people are **not active enough**

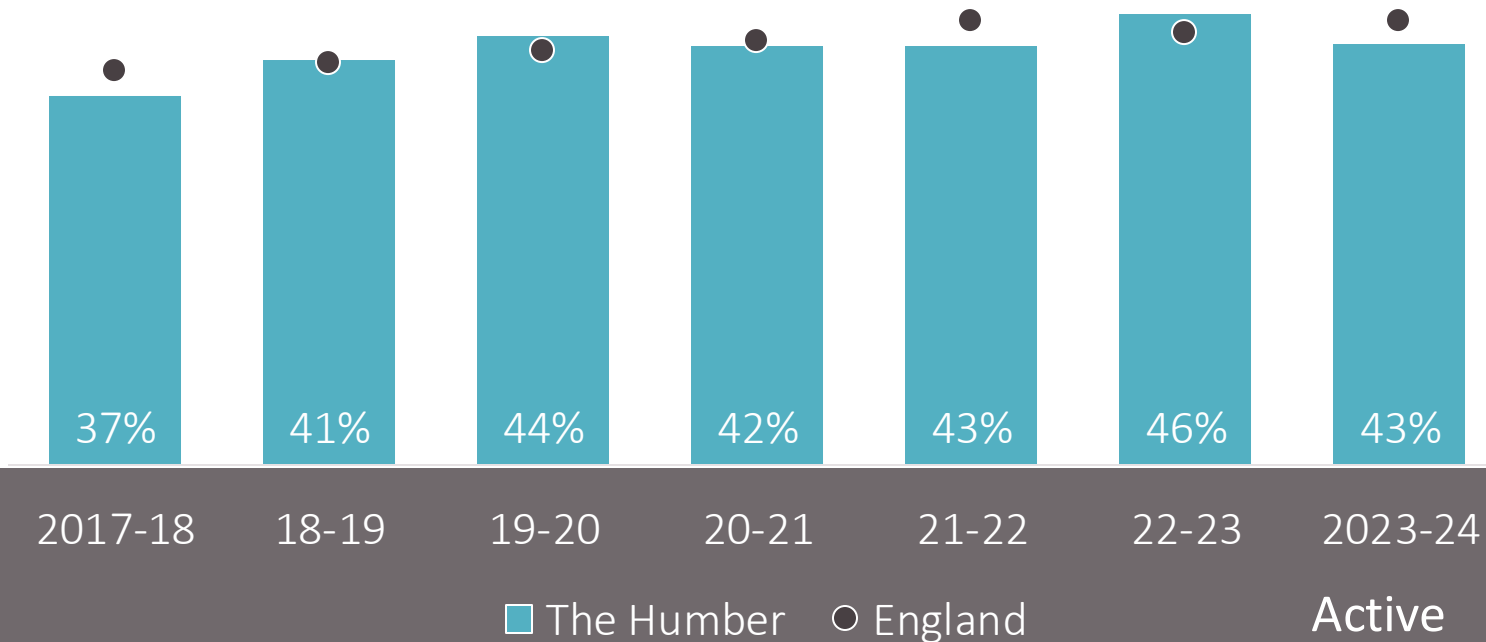


That's **66,000**
young people not
meeting recommended
activity levels

There has been little change in **active levels** for children and young people



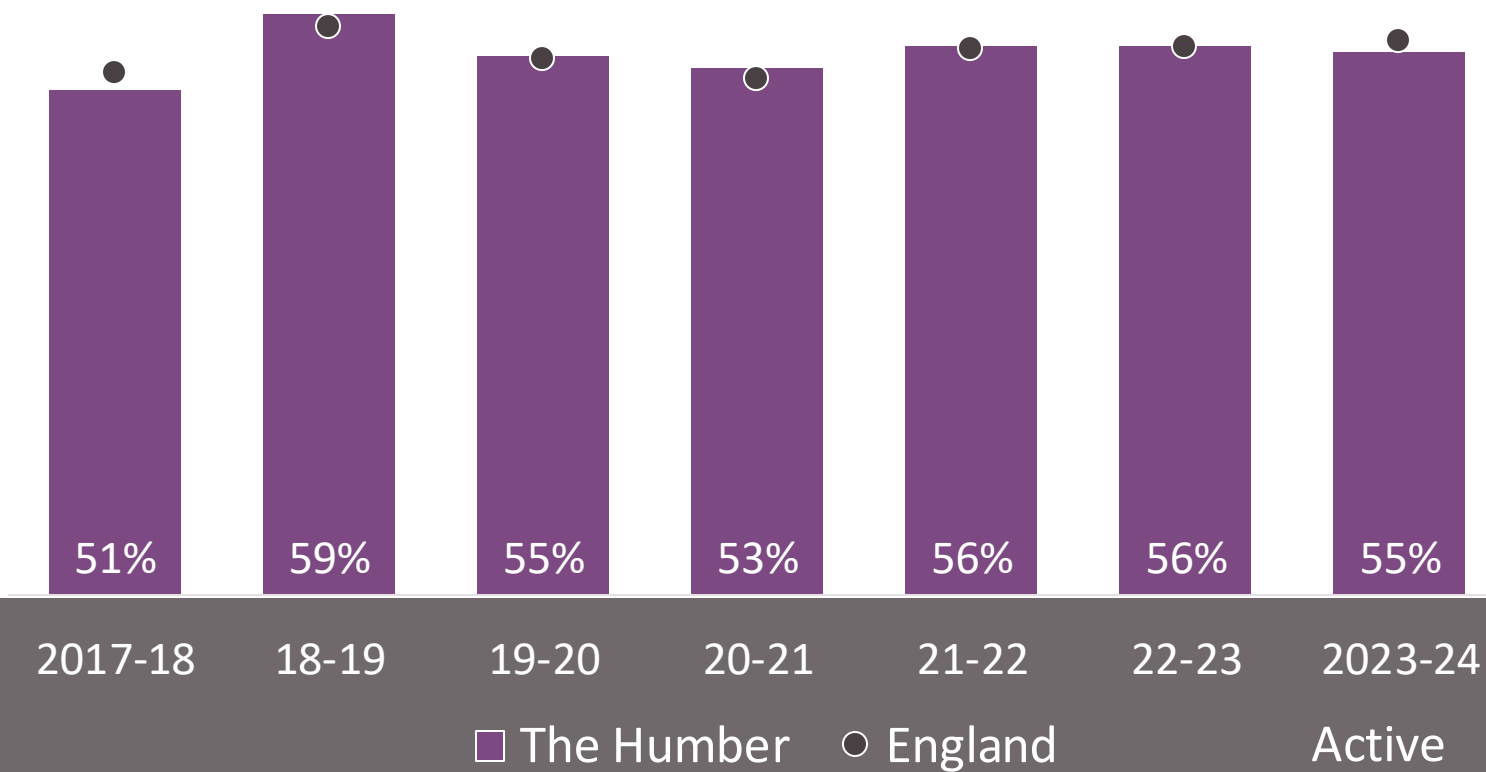
Active levels for children and young people are higher **at school**



Active



Active levels for children and young people are higher **outside school**

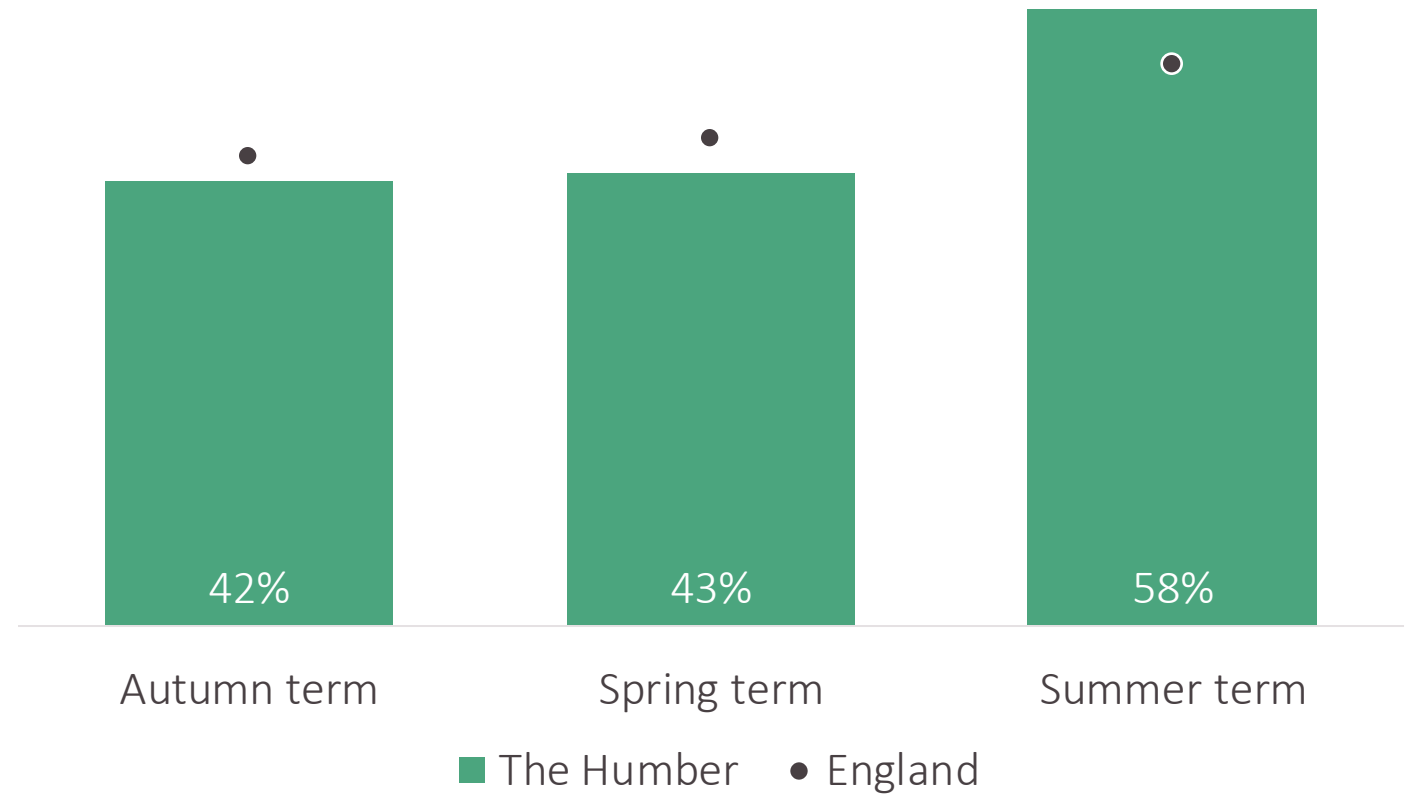


Activity levels are higher in the summer

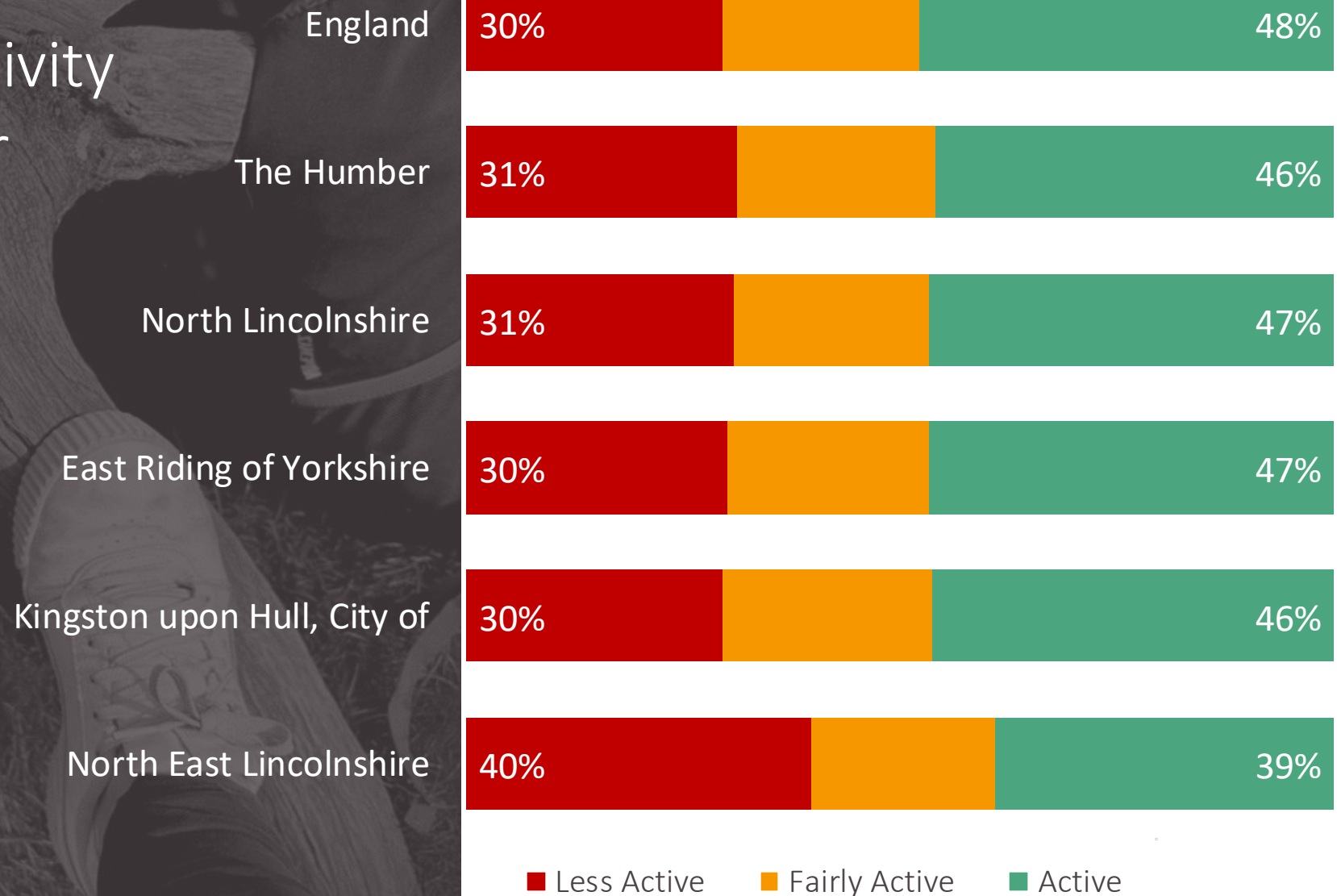
When surveys were completed will impact overall activity levels

Sample size by term:

- Autumn: 902
- Spring: 1,511
- Summer: 965



There is 8%
difference in activity
levels across our
local area



Active levels everywhere

Primary (Years 3-6)

41%

Girl

43%

Secondary (Years 7-11)

45%

White British

46%

Low FAS

46%

Medium FAS

47%

No limiting disability

47%

High FAS

48%

Minority ethnic group

48%

Boy

49%

Has limiting disability

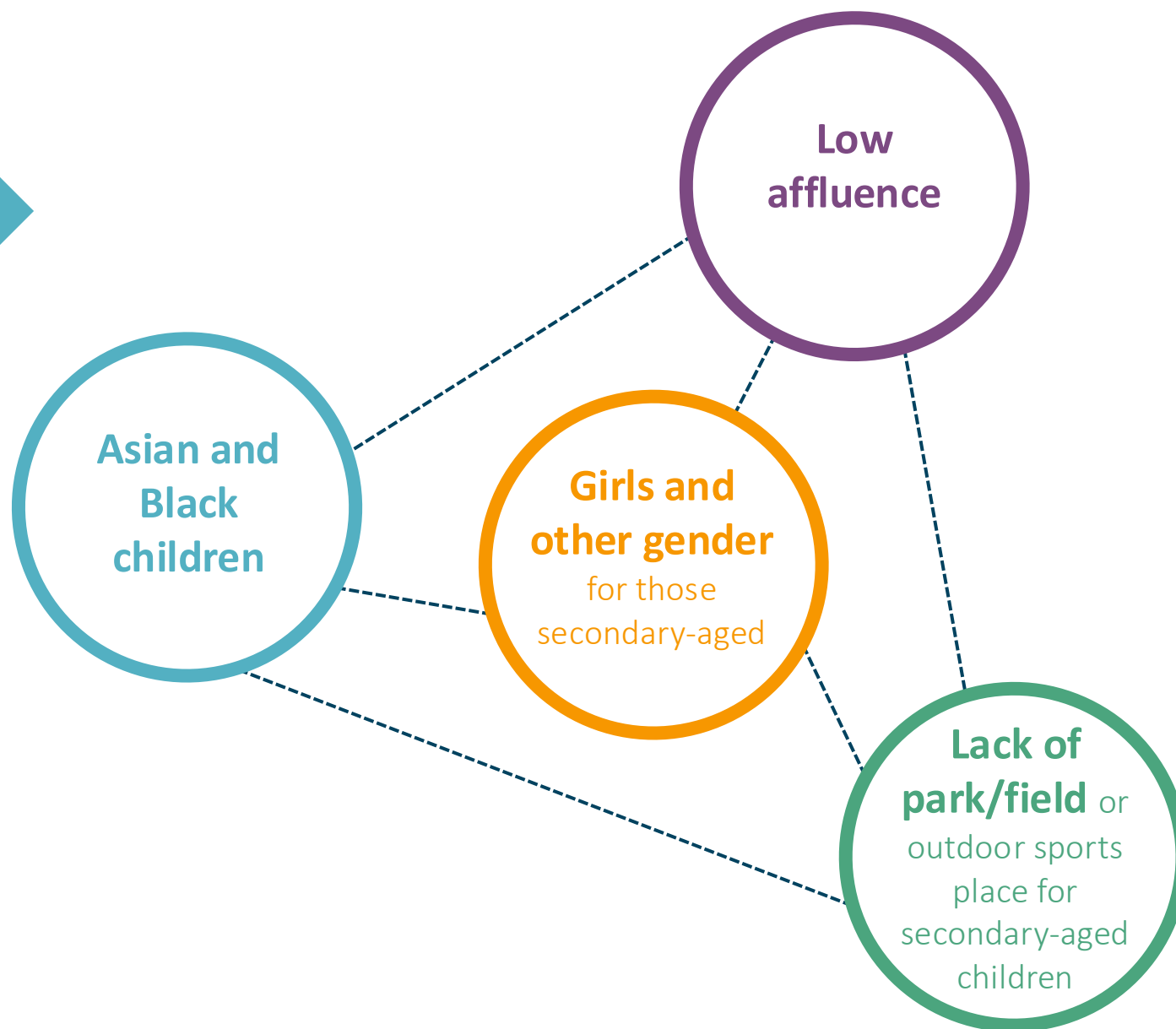
49%

■ The Humber ■ England ---- All CYP: The Humber



Key characteristics for children and young people

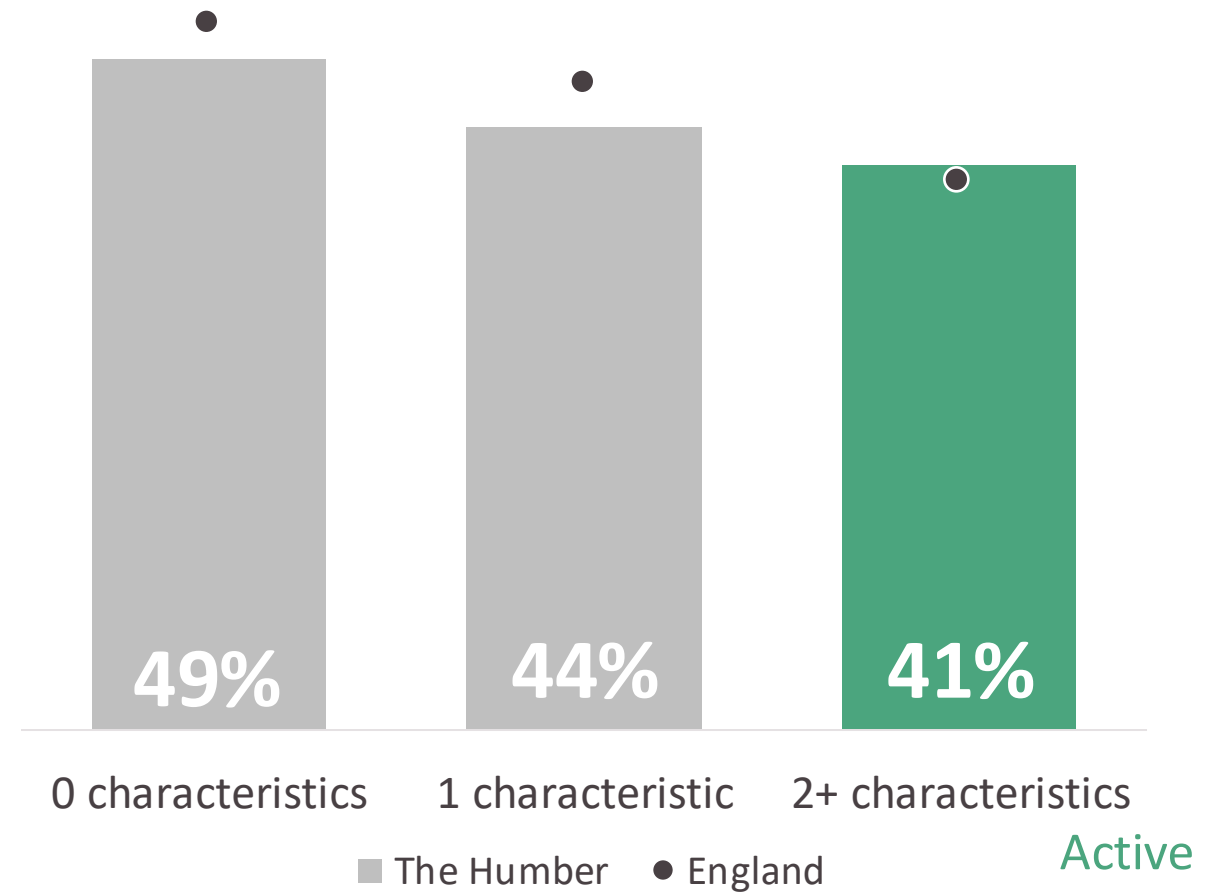
The key driver of lower levels of physical activity is where a child has **two or more characteristics associated with being less active**



Active levels as measured by the **Inequalities Metric**



Activity levels reduce as our children and young people experience more factors from the Inequality Metric



Source: Sport England Active Lives, Children and Young People survey 2023-24
Measure: An average of 60 minutes or more a day, either at school or outside school (**everywhere**)

Having access to **outdoor space** both at home and away from home such as parks has a **positive impact on activity levels**

