

An insight into adult  
physical activity  
behaviour

## **Key messages**



September 2023

(Sport England Adult Active Lives Survey 2021-22)



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

770,000



2%  
increase\*

330,000



17%  
increase

70,000



52%  
increase

Data is for: The Humber



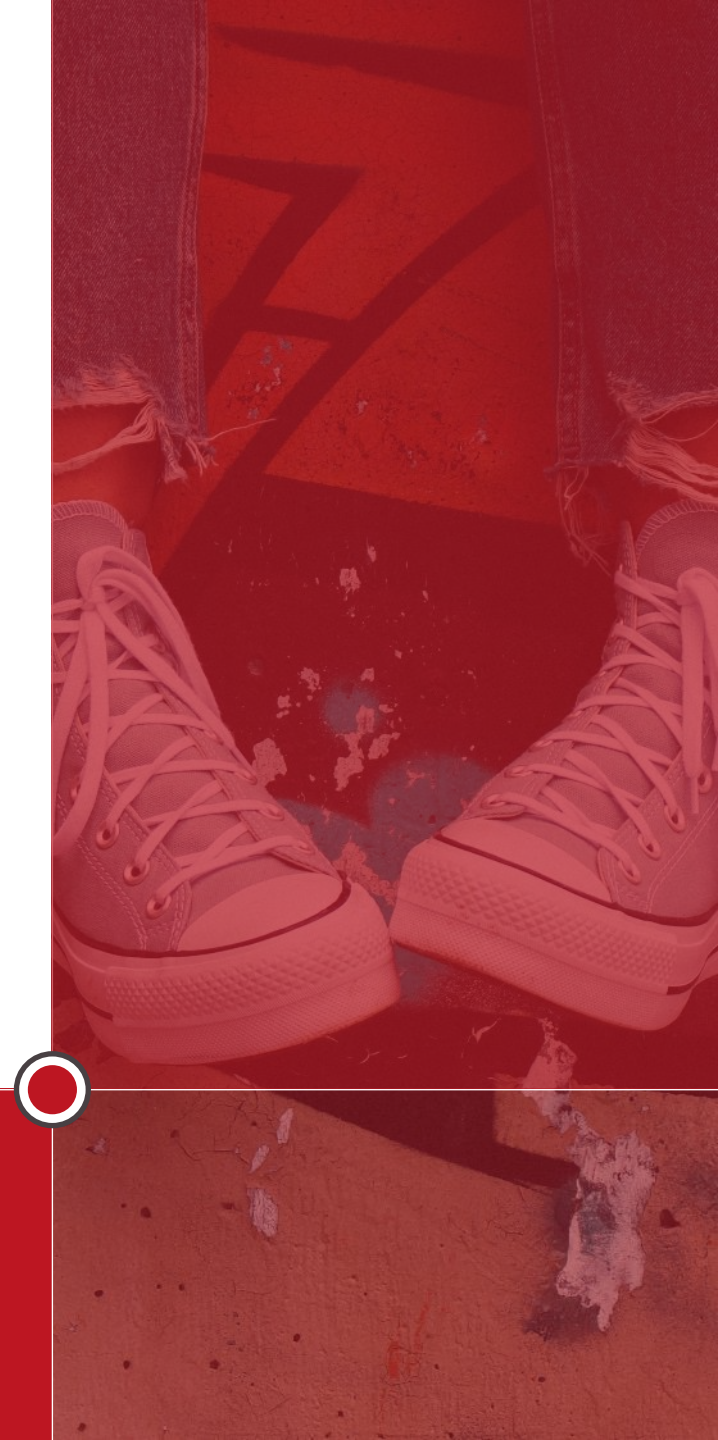


# What do we know about **inactivity** in our community?

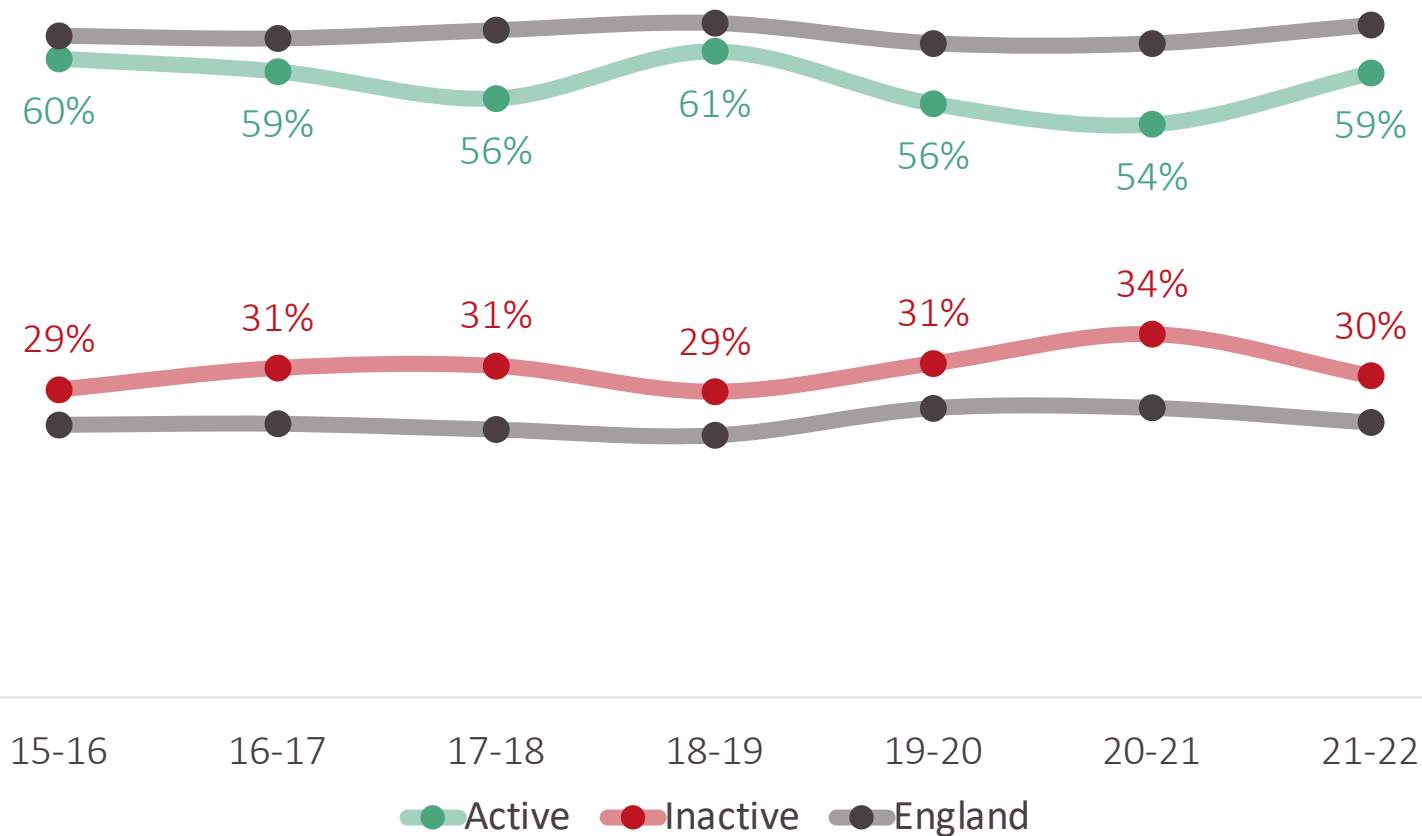
The measures we use are **inactive** and **active**:

By **inactive**, we mean those that are doing **less than 30 minutes** of physical activity a week

By **active**, we mean those that are doing **150+ minutes** of physical activity a week



**Inactivity** within  
our community is  
**recovering** from  
pandemic highs



Data is for: The Humber





Currently, 30% of  
adults are inactive

That's  
**232,000**  
people

Data is for: The Humber

**149,000**  
adults do  
**no activity at all**  
(19%)

Not all inactive adults do nothing.  
Some are active but...

Missing the  
intensity

**71,000**  
people

9%

Not active for  
long enough

**12,000**  
people

2%

Data is for: The Humber

# Some people are more likely to experience inactivity than others

## Age

The pandemic had a disproportionate effect on **those aged over 70**

## Social status

Inactivity is high for **the least affluent (NS SeC 6-8)** and trends appear to show no improvement

## Limiting illness

Inactivity levels are higher for **people with a limiting illness or disability**

Data is for: The Humber



ACTIVE  
HUMBER

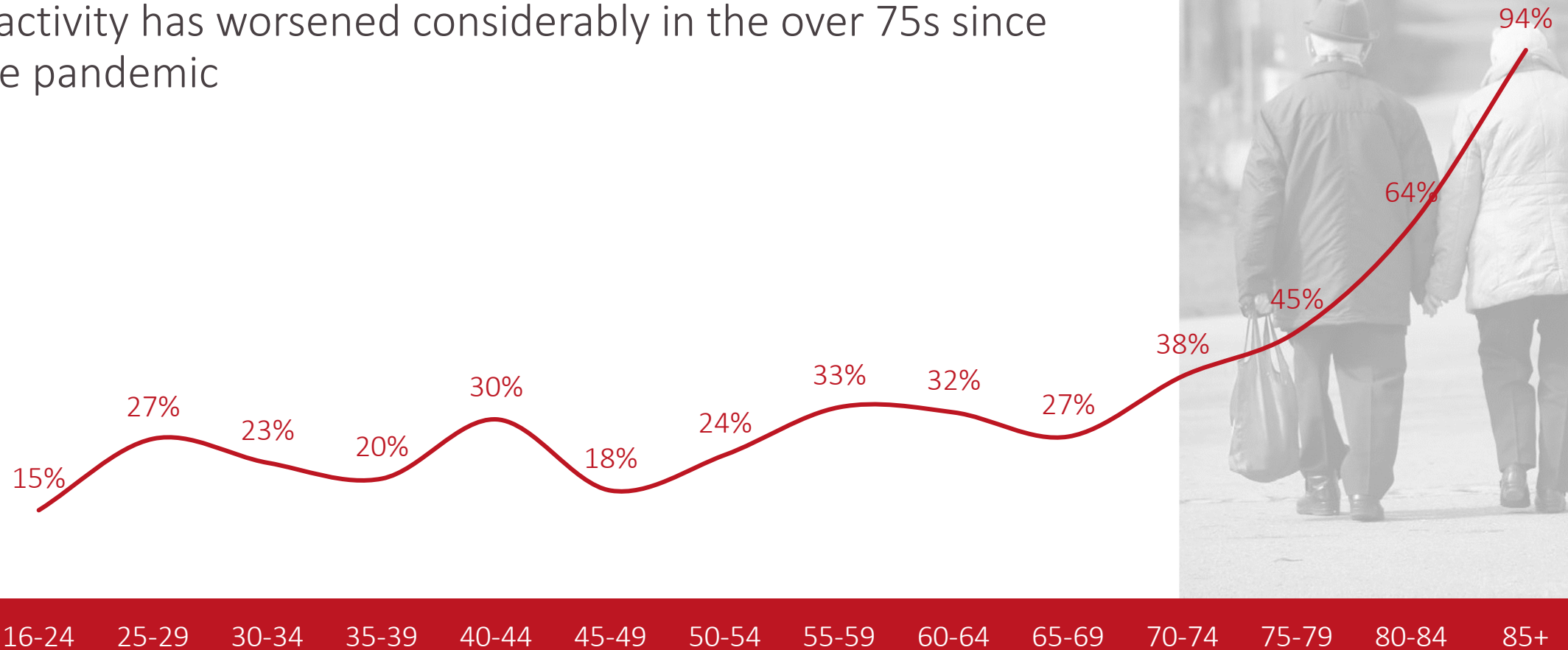


PRESSRED



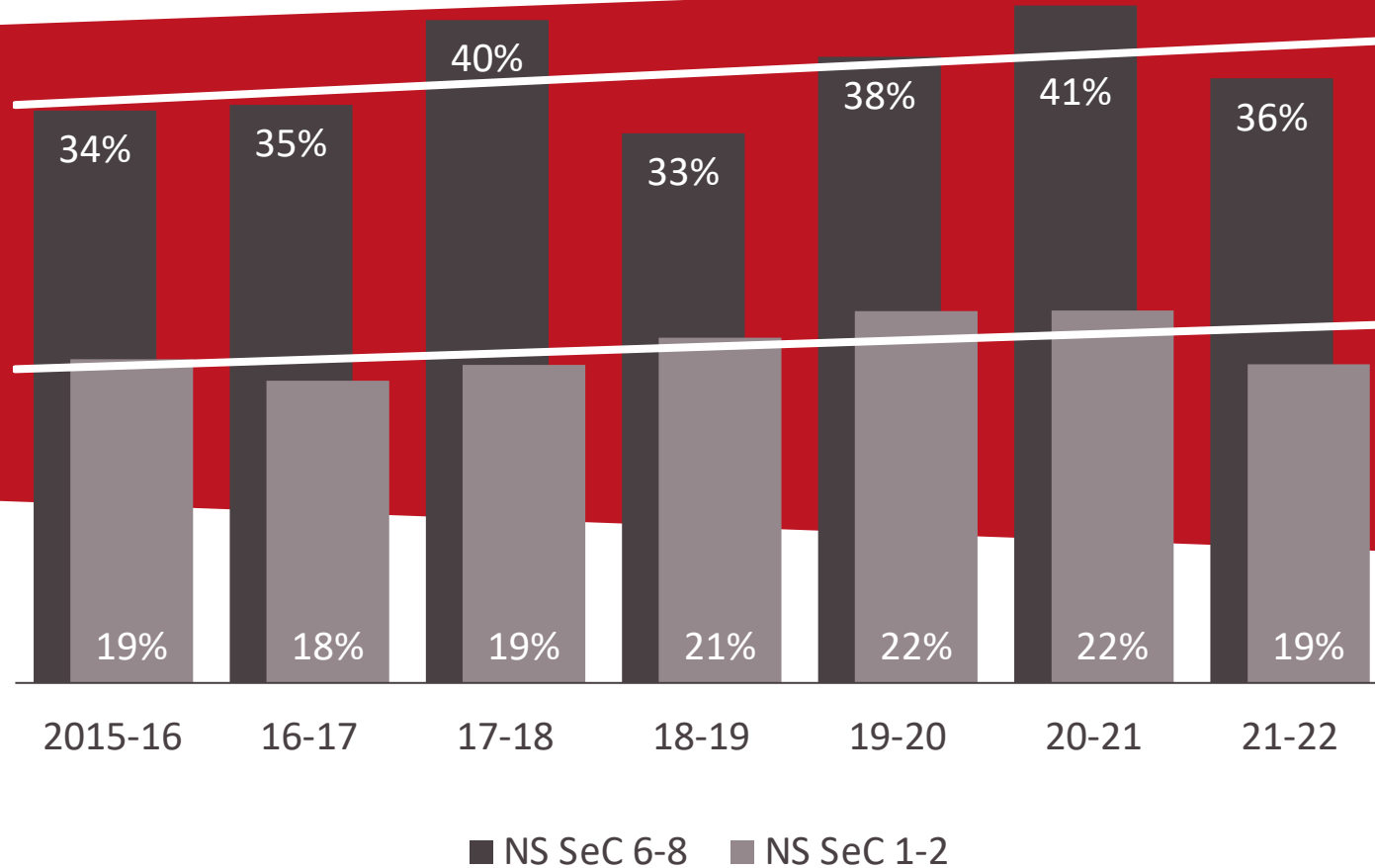
# Inactivity fluctuates throughout our lives

Inactivity has worsened considerably in the over 75s since the pandemic



Data is for: The Humber

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



There is a stark inequality between our least and most affluent households

Data is for: The Humber



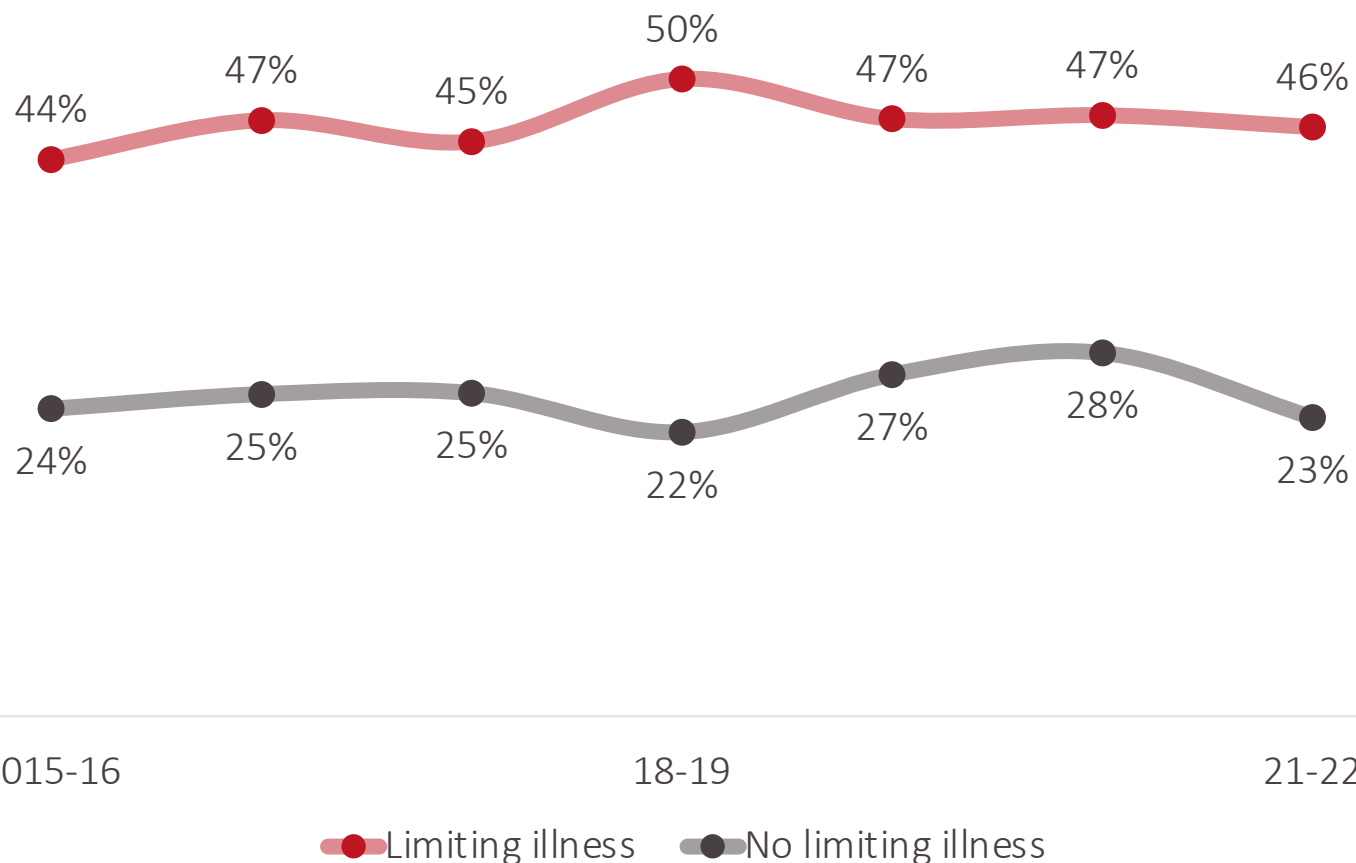
ACTIVE  
HUMBER



PRESSRED

Source: Sport England Active Lives Survey 21-22 (16+)  
Measure: Physical activity levels (excluding gardening)

There is a stark inequality between adults with and without a limiting illness or disability



Data is for: The Humber



How do we  
get our  
minutes?



# The amount of **time** we spend **being active** has risen since the pandemic

Average minutes per person per week



Total minutes includes all activities:

Sport, fitness, dancing, gardening, cycling and walking for leisure or travel

Data is for: The Humber



Walking just 4,000 steps a day can cut the risk of dying from any cause

Each additional 1,000 steps are associated with a further 15% reduction in risk

Source: European Journal of Preventive Cardiology, The association between daily step count and all-cause and cardiovascular mortality, August 2023

Source: Sport England Active Lives Survey 15-16 to 21-22 (16+)  
Measure: Minutes of physical activity per week, walking for leisure and travel

Each additional 1,000 steps are associated with a further 15% reduction in risk

Source: Sport England Active Lives Survey 15-16 to 21-22 (16+)  
Measure: Minutes of physical activity per week, walking for leisure and travel

**Walking for travel** is showing signs of recovery since the pandemic

The rise in **walking for leisure** during the pandemic is beginning to lose momentum

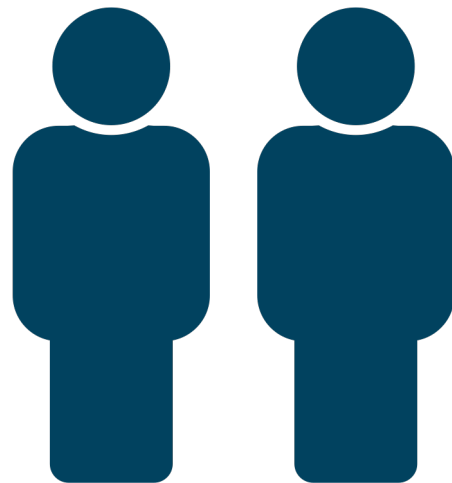
21-22

Data is for: The Humber



# Differences across our place



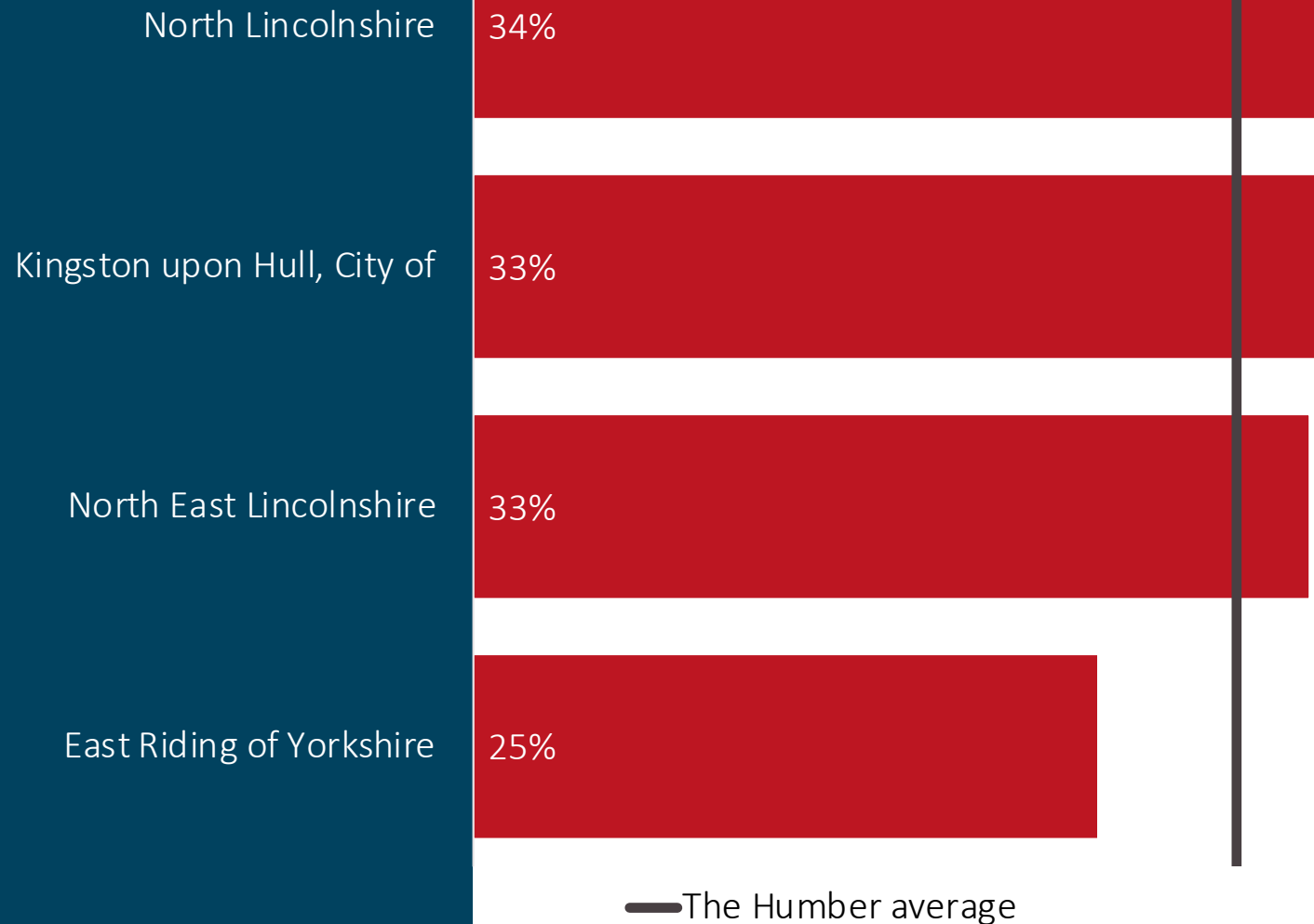


**Over 1 in 3** adults living in our poorest neighbourhoods experience inactivity (37%)

Compared to 1 in 4 adults living in the wealthiest neighbourhoods (25%)

Data is for: The Humber

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





# Appendix



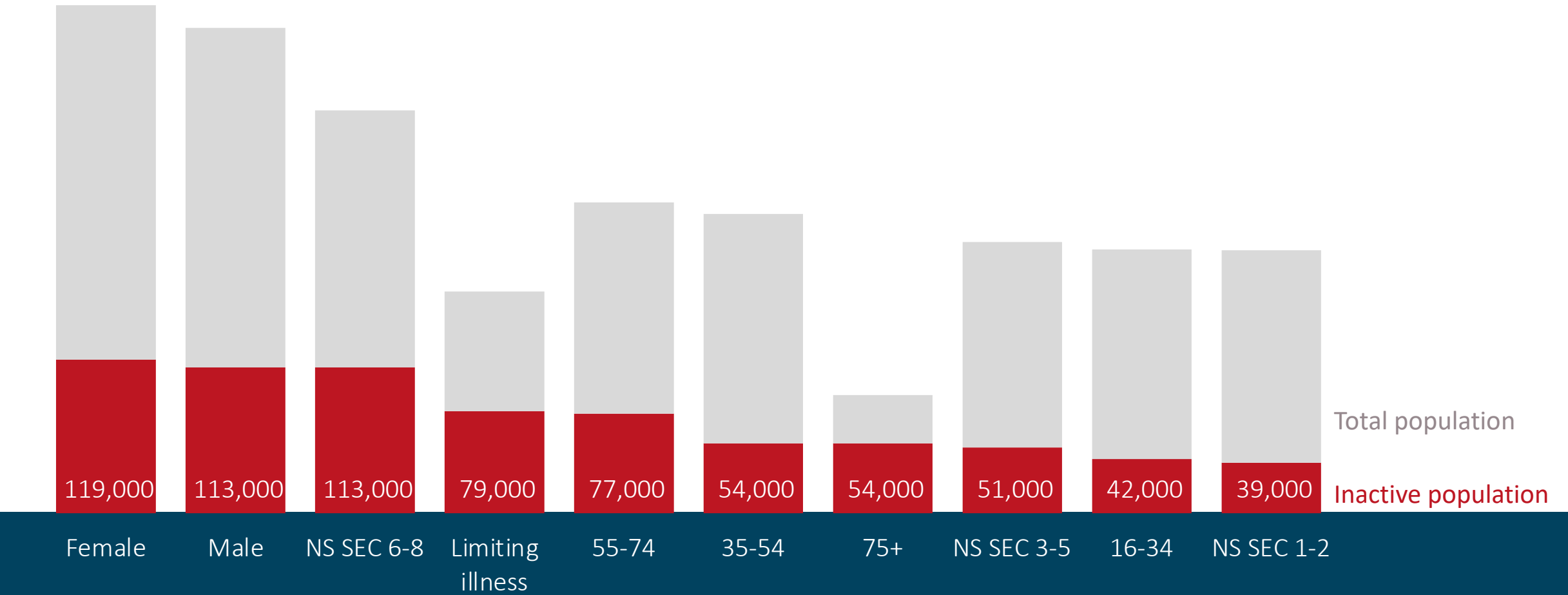
# Adult population breakdown

Census provides an **insight into the demographic makeup** in our area compared to England

	The Humber	England
No limiting illness	77.7%	80.2%
Limiting illness	22.3%	19.8%
16-34 years	21.9%	24.2%
35-54 years	24.8%	26.4%
55-74 years	25.7%	22.4%
75+ years	9.8%	8.6%
NS SeC 1-2	26.4%	33.2%
NS SeC 3-5	27.2%	27.4%
NS SeC 6-8	40.5%	31.8%
Asian	1.9%	9.0%
Black	0.7%	3.9%
Mixed	0.8%	2.0%
White British	90.9%	75.1%
White Other	4.8%	7.9%
Working full or part time	54.1%	57.0%
Not working	38.9%	34.3%



# Our **inactive population** in the context of their own demographic groups (2021-22)



Data is for: The Humber



Source: Sport England Active Lives Survey 21-22 (16+)  
Measure: Physical activity levels (excluding gardening)



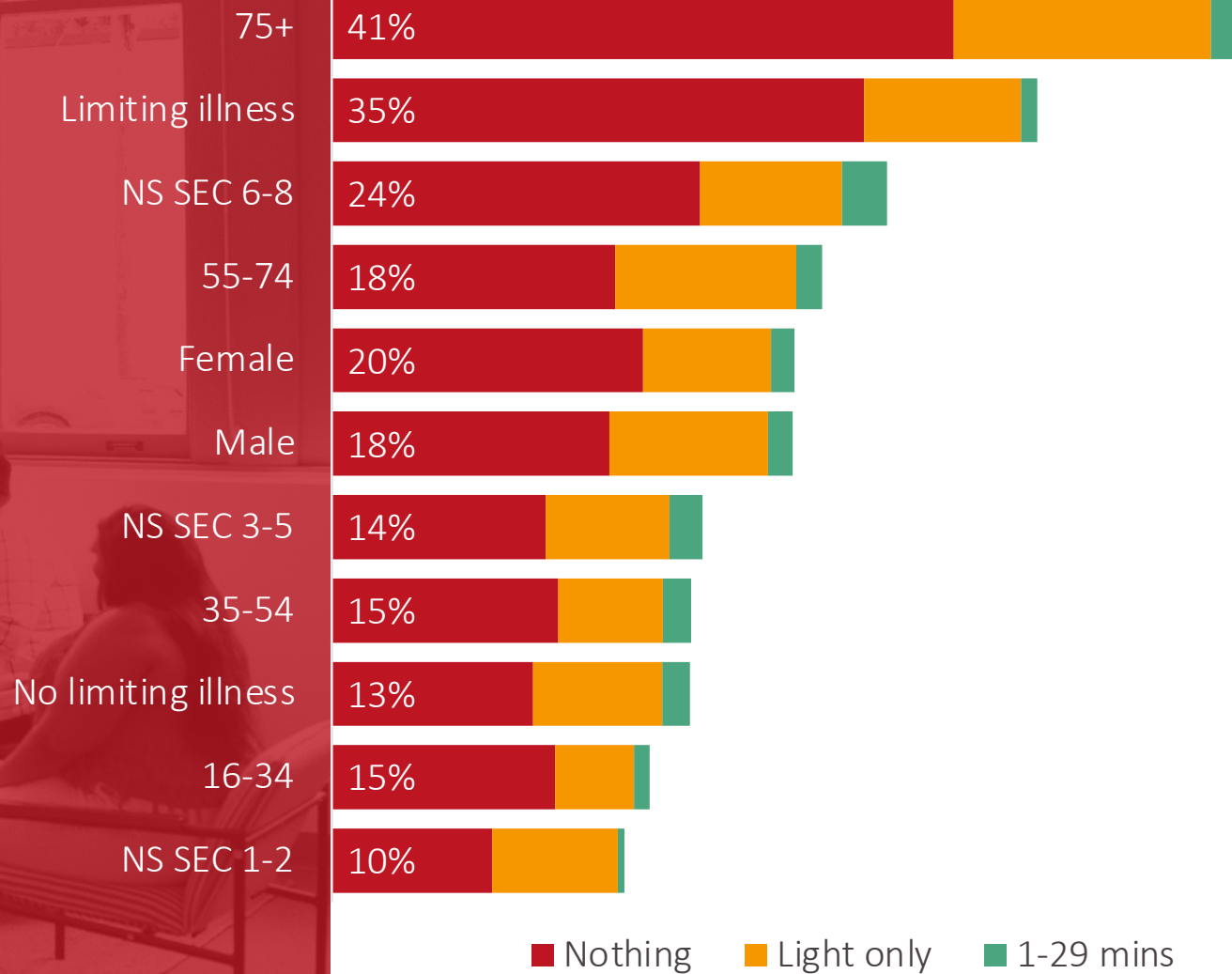
There are some  
**stark inequalities**  
in inactivity rates  
amongst our  
population

75+	59%
Limiting illness	46%
NS SEC 6-8	36%
55-74	32%
Female	30%
Male	30%
NS SEC 3-5	24%
35-54	23%
No limiting illness	23%
16-34	21%
NS SEC 1-2	19%

Data is for: The Humber



# Most inactive people do nothing



Data is for: The Humber



# Sample size

## Active Lives Adult

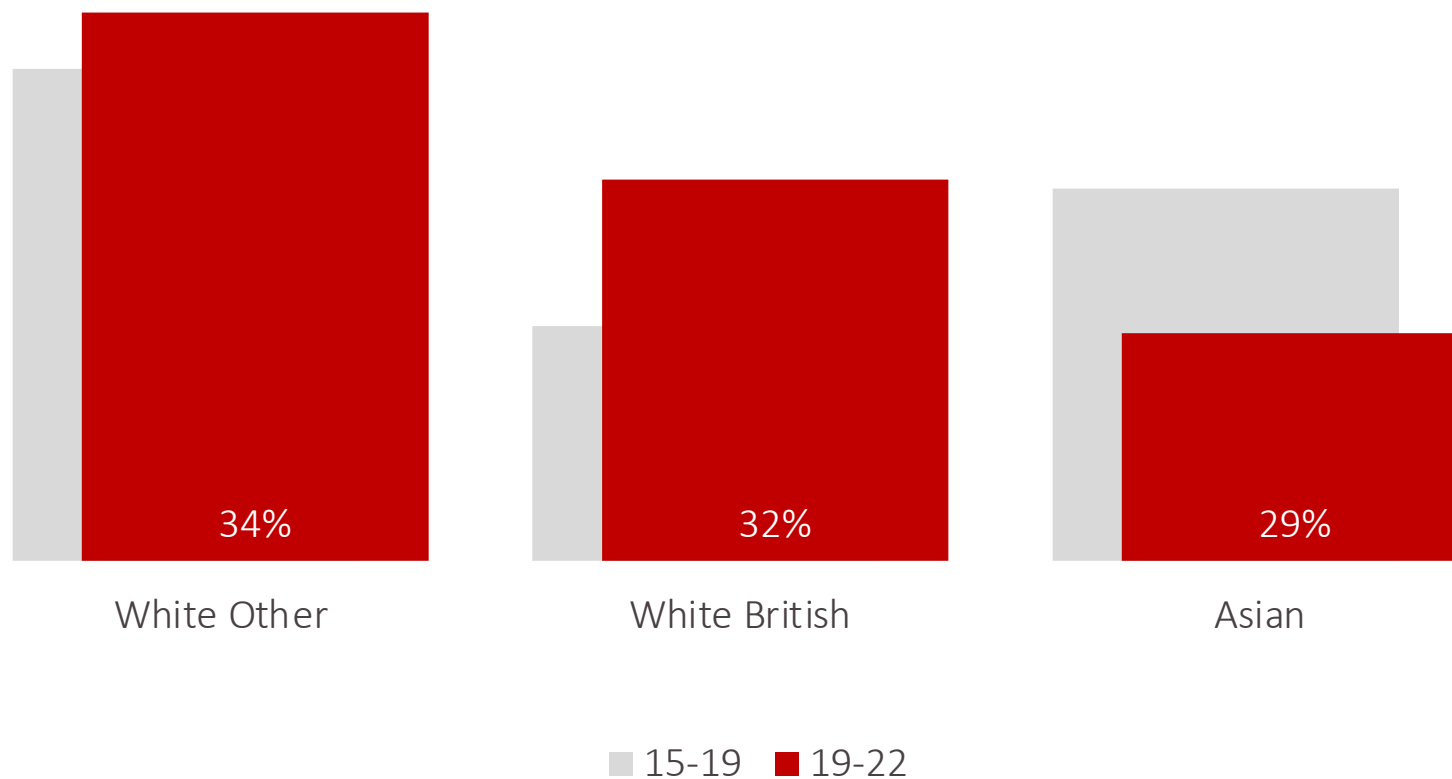
### 21-22

	15-16	16-17	17-18	18-19	19-20	20-21	21-22
All adults (aged 16+)	2,033	1,977	1,995	1,976	1,982	2,004	2,032
NS SEC 1-2	805	793	794	801	742	810	845
NS SEC 3-5	520	495	533	502	531	475	469
NS SEC 6-8	332	338	327	314	342	359	320
16-34	323	399	336	353	359	351	376
35-54	620	558	592	607	526	577	570
55-74	853	765	841	795	858	845	817
75+	215	226	213	211	228	217	258
Male	926	890	911	854	862	863	880
Female	1,103	1,085	1,081	1,117	1,113	1,131	1,137
No limiting illness	1,471	1,450	1,441	1,448	1,453	1,455	1,471
Limiting illness	425	412	422	409	412	424	467
Working full or part time	957	984	959	971	932	980	1,022
Unemployed	54	80	61	57	70	74	58
Not working	853	744	782	755	788	783	792
Student full or part time	53	69	68	63	62	62	58
White Other	49	51	48	45	54	51	64
Asian	23	23	19	15	15	27	20
Black	7	5	9	2	7	14	6
Mixed	9	5	10	7	10	9	16
Other ethnic group	10	7	5	4	8	6	9
White British	1,894	1,829	1,843	1,842	1,845	1,853	1,866
Minority ethnic group	98	91	91	73	94	107	115





Our **White**  
**communities**  
experience higher  
levels of inactivity



Data is for: The Humber

