



An insight into adult physical activity behaviour in The Humber



September 2024

Active Lives Adults Survey 2022-23



**ACTIVE
HUMBER**

Sport England's National headline

Active Lives Adults Survey 2022-23

“ Long-term increase in activity levels positive but further action needed to tackle inequalities* ”

In a nutshell, there are “two million more adults getting active on a regular basis through sport and physical activity than in 2016*”



But the news isn't so positive for some demographic groups where inequalities continue to widen



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

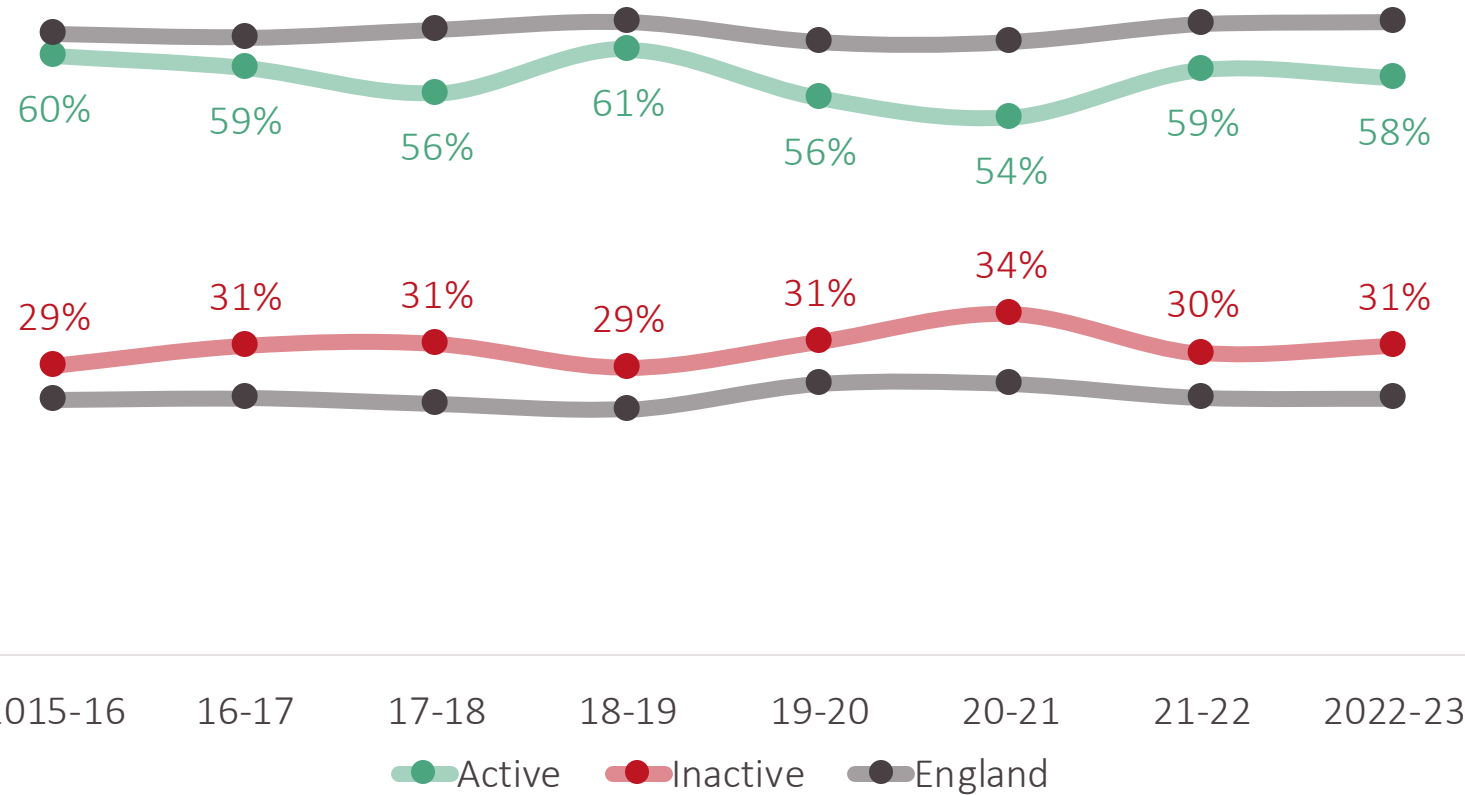




Currently, 31%
of adults are inactive

That's
237,000
people

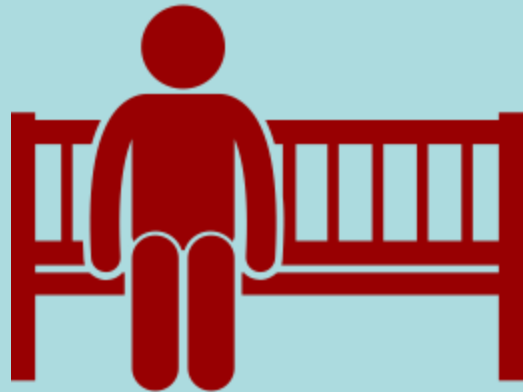
Almost a third of our community are inactive



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%)



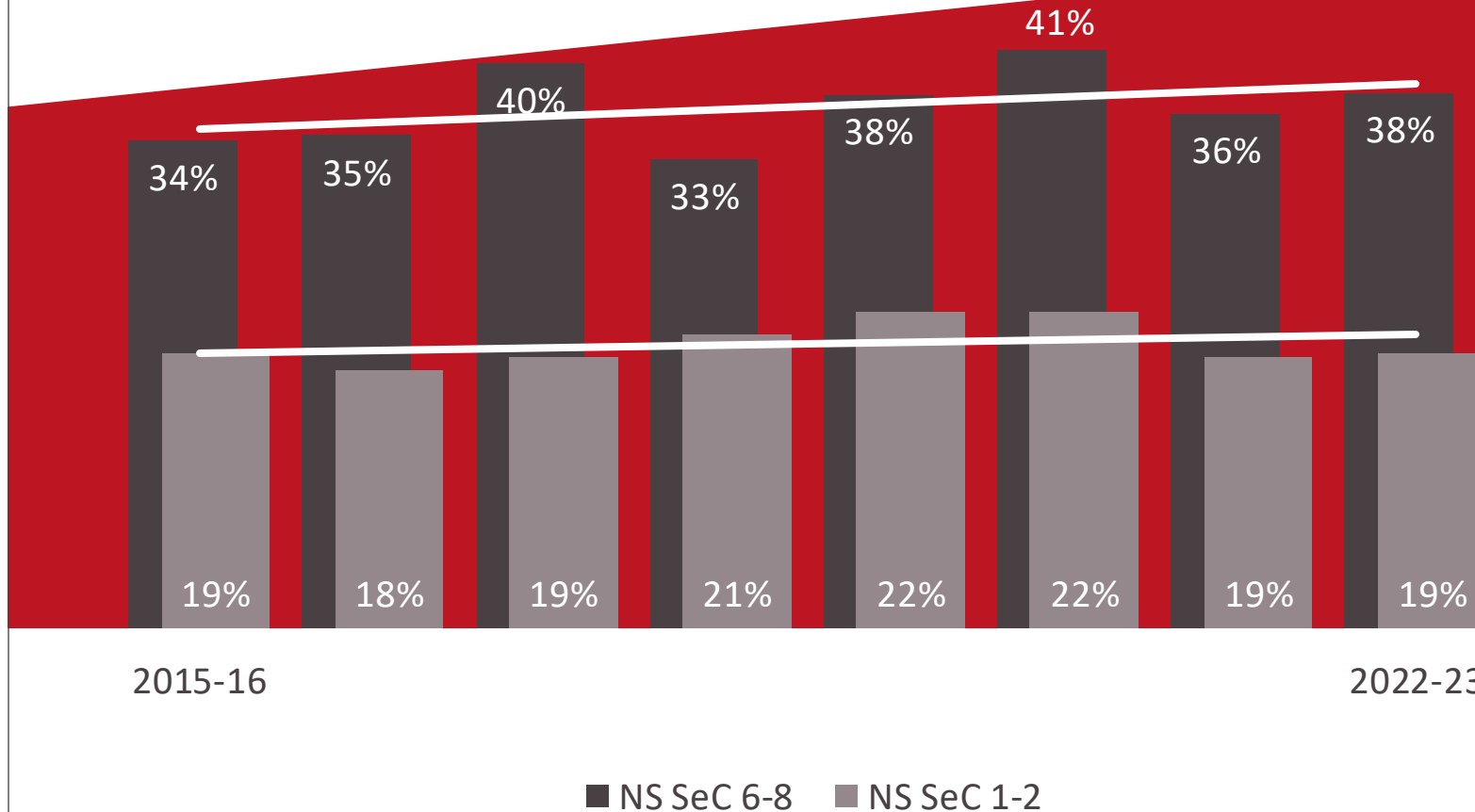
There are **9,000**
people not active for long enough
(1%)



Our **least affluent** households are twice as likely to be inactive (NS SeC 6-8)

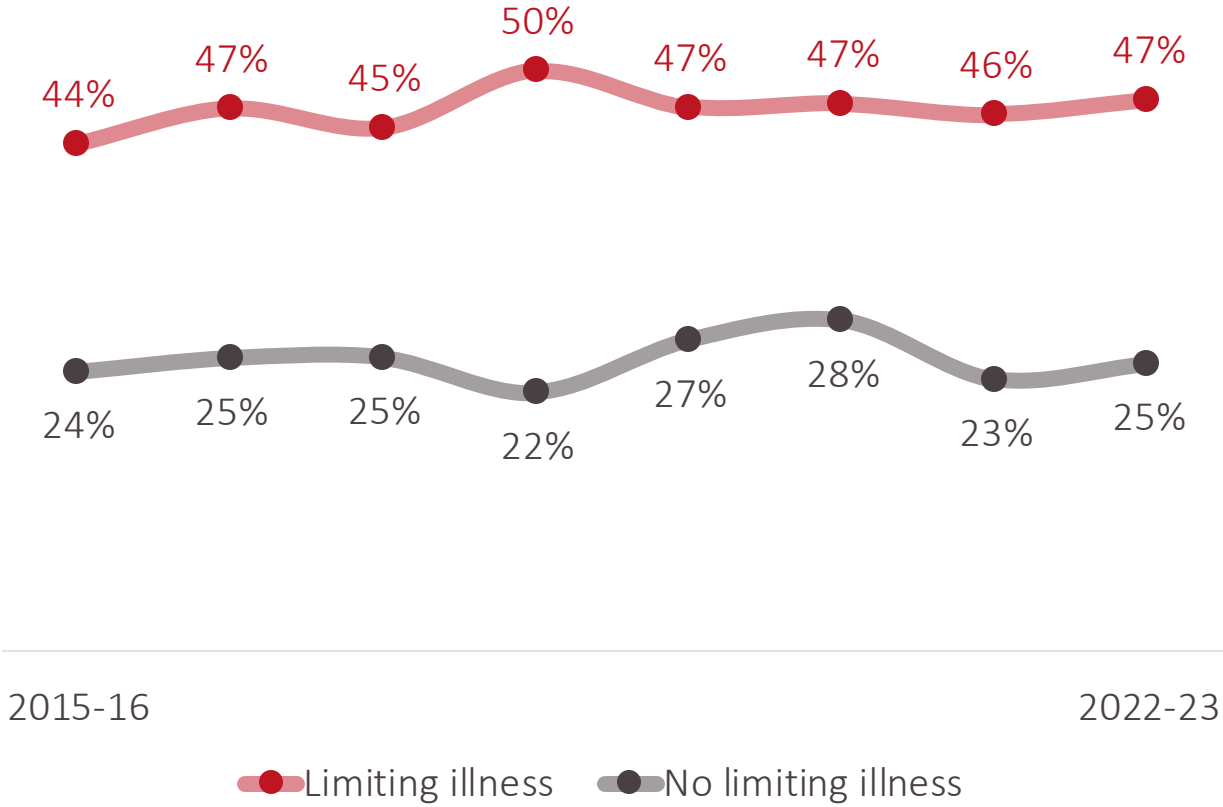


There is a clear **inequality gap** between our least and most affluent households



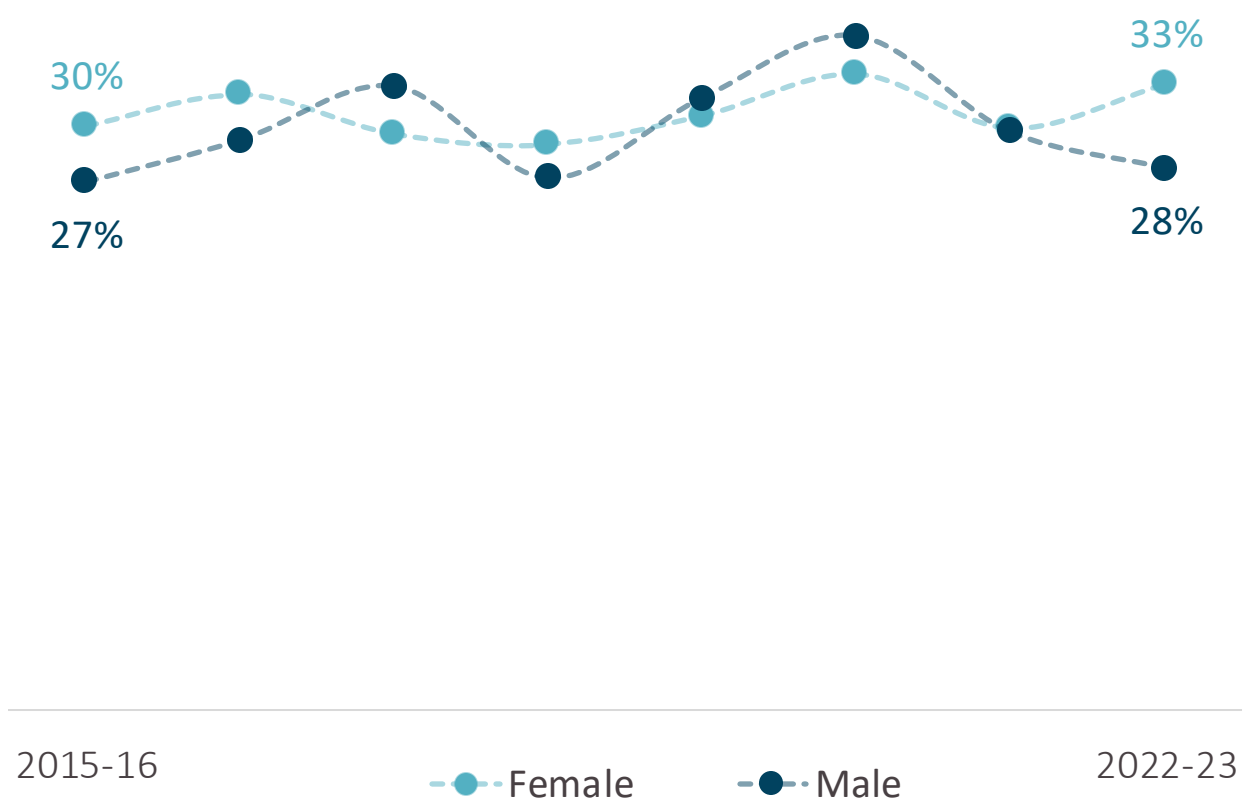
Adults with a limiting illness or disability are almost twice as likely to be inactive

The inequality gap persists



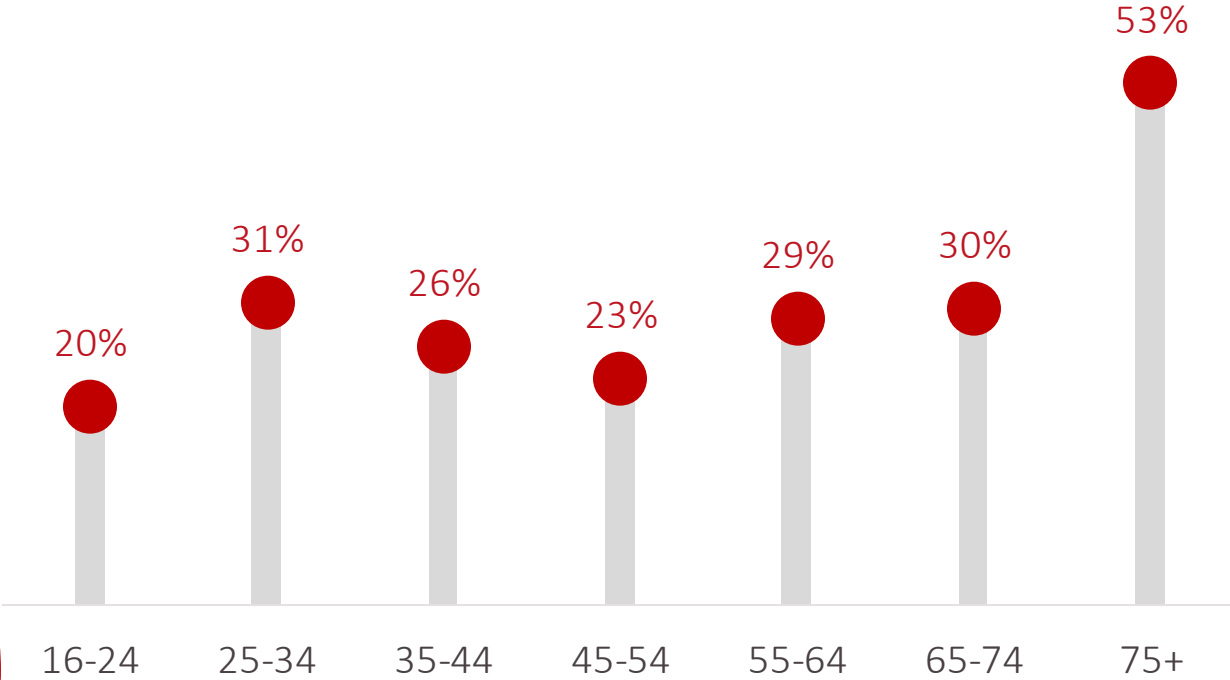
The gender inequality gap is at its widest

Inactivity rates have fluctuated for both men and women over time

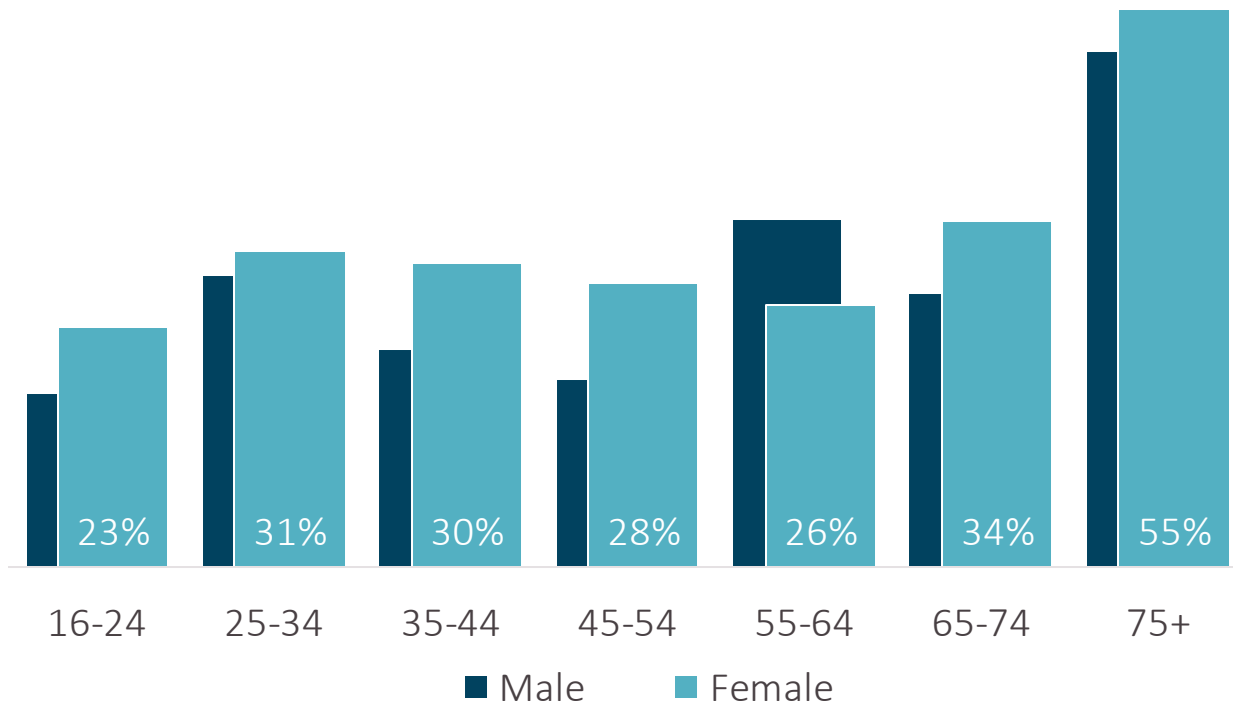


Inactivity increases sharply over the age of 75

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



Women have higher inactivity levels than men (except for age 55-64)



Data is for:
The Humber



Source: Sport England Active Lives Survey 2022-23 (16+)
Measure: Physical activity levels (excluding gardening)



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%)



How do we measure activity?

We report on the number of **moderate intensity minutes** completed in the last week, based on activity type



Light

Light intensity minutes are excluded



Moderate

Moderate intensity equivalent (MIE) minutes means each 'moderate' minute counts as one minute



Vigorous

Any vigorous activity counts for double, so each vigorous minute counts as two moderate minutes

Please note: For some activities, intensity was assumed and not asked. Activities done by those aged 65 and over were assumed to be at least moderate



What activities do we measure?*



Gardening

Gardening is included in this section

*Only activity of at least 10 continuous minutes are counted



Walking for travel

Includes walking as a way to get from one place to another, such as the shops work or visiting friends*



Walking for leisure

Includes all other types of walking, dog walking, rambling and Nordic walking or just going for a stroll*



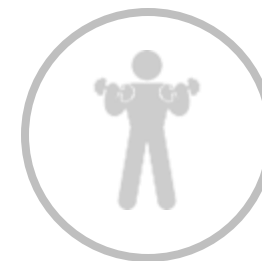
Cycling

Includes leisure and travel, track, road and mountain biking or racing, exercise bike or cycle class



Traditional sport

Includes team, water, combat and winter sports, swimming, athletics, golf, horse riding and gymnastics



Fitness activities

Includes gym activities (fitness machines and classes), weights, boxing and interval sessions



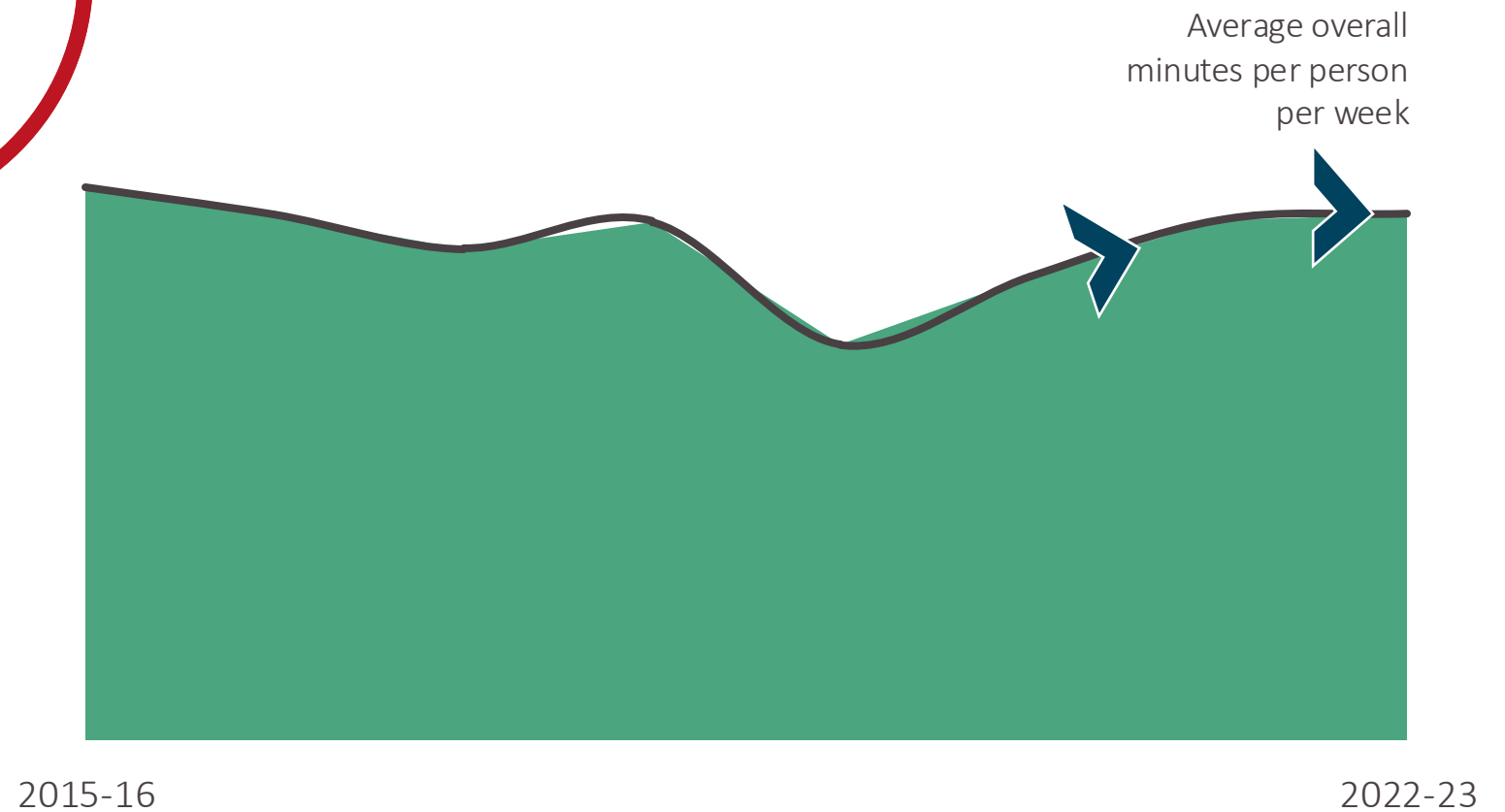
Dance

Covers all types of dance including artistic and creative dance (ballroom, ballet, contemporary etc)

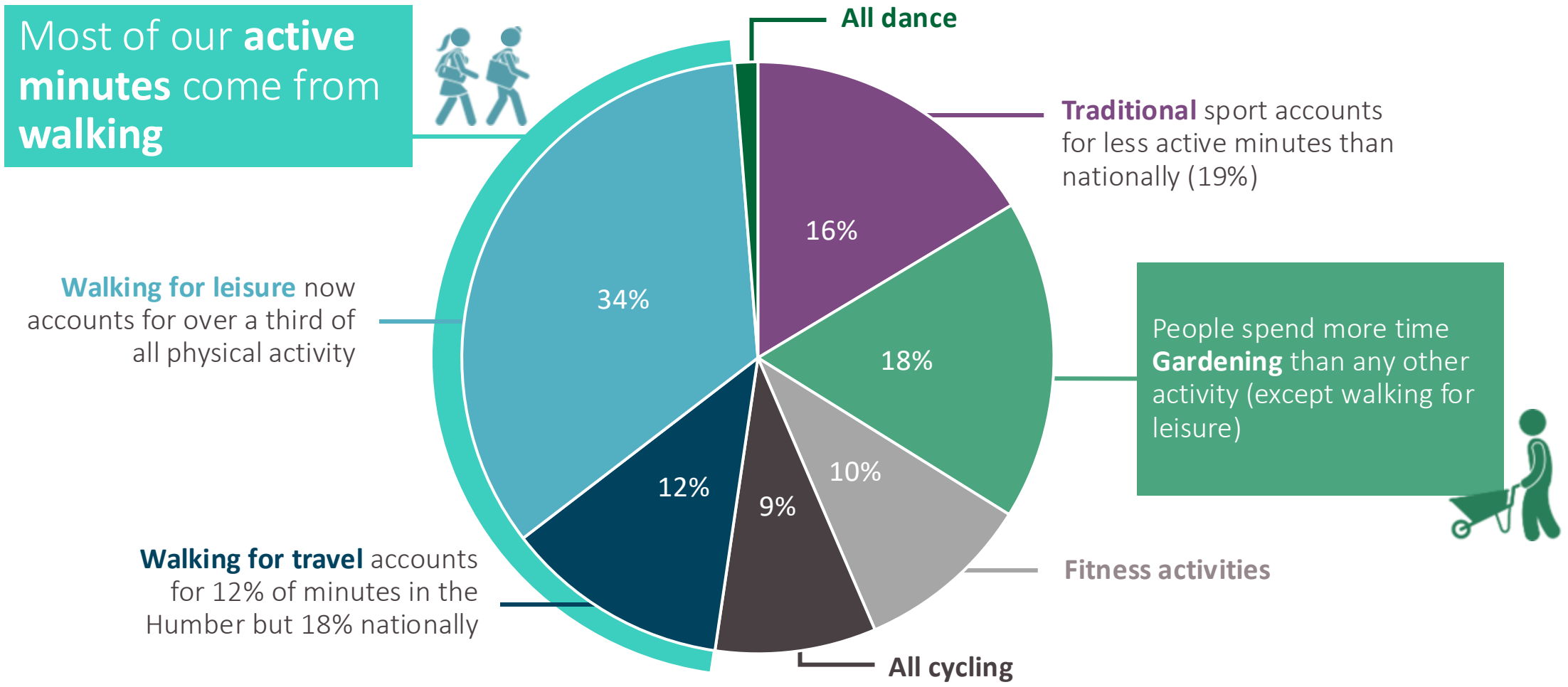
*walking around shops is excluded



Activity minutes
have rebounded
to pre-pandemic
levels



What does activity look like where we live?



Appendix



Sample size

Active Lives Adult

	15-16	16-17	17-18	18-19	19-20	20-21	21-22	22-23
All adults (aged 16+)	2,033	1,977	1,995	1,976	1,982	2,004	2,032	2,028
NS SEC 1-2	805	793	794	801	742	810	845	837
NS SEC 3-5	520	495	533	502	531	475	469	498
NS SEC 6-8	332	338	327	314	342	359	320	296
16-34	323	399	336	353	359	351	376	345
35-54	620	558	592	607	526	577	570	574
55-74	853	765	841	795	858	845	817	842
75+	215	226	213	211	228	217	258	258
Male	926	890	911	854	862	863	880	916
Female	1,103	1,085	1,081	1,117	1,113	1,131	1,137	1,102
No limiting illness	1,471	1,450	1,441	1,448	1,453	1,455	1,471	1,423
Limiting illness	425	412	422	409	412	424	467	487
Working full or part time	957	984	959	971	932	980	1,022	1,007
Unemployed	54	80	61	57	70	74	58	55
Not working	853	744	782	755	788	783	792	797
Student full or part time	53	69	68	63	62	62	58	52
White Other	49	51	48	45	54	51	64	58
Asian	23	23	19	15	15	27	22	35
Black	7	5	9	2	7	14	6	21
Mixed	9	5	10	7	10	9	16	10
Other ethnic group	10	7	5	4	8	6	9	4
White British	1,894	1,829	1,843	1,842	1,845	1,853	1,866	1,844
Minority ethnic group	98	91	91	73	94	107	117	128



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

All adults (16+)



2%
increase*

Older adults (55+)



17%
increase

Minority ethnic groups



52%
increase



How much physical activity should adults be doing?

The Chief Medical Officer's (CMO) guidelines recommend adults (aged 16+) engage in at least 150 minutes of moderate intensity activity each week (or 75 minutes of vigorous intensity)

Activity levels in this pack are presented as:

Active

Those that are doing 150+ minutes of physical activity a week

Inactive

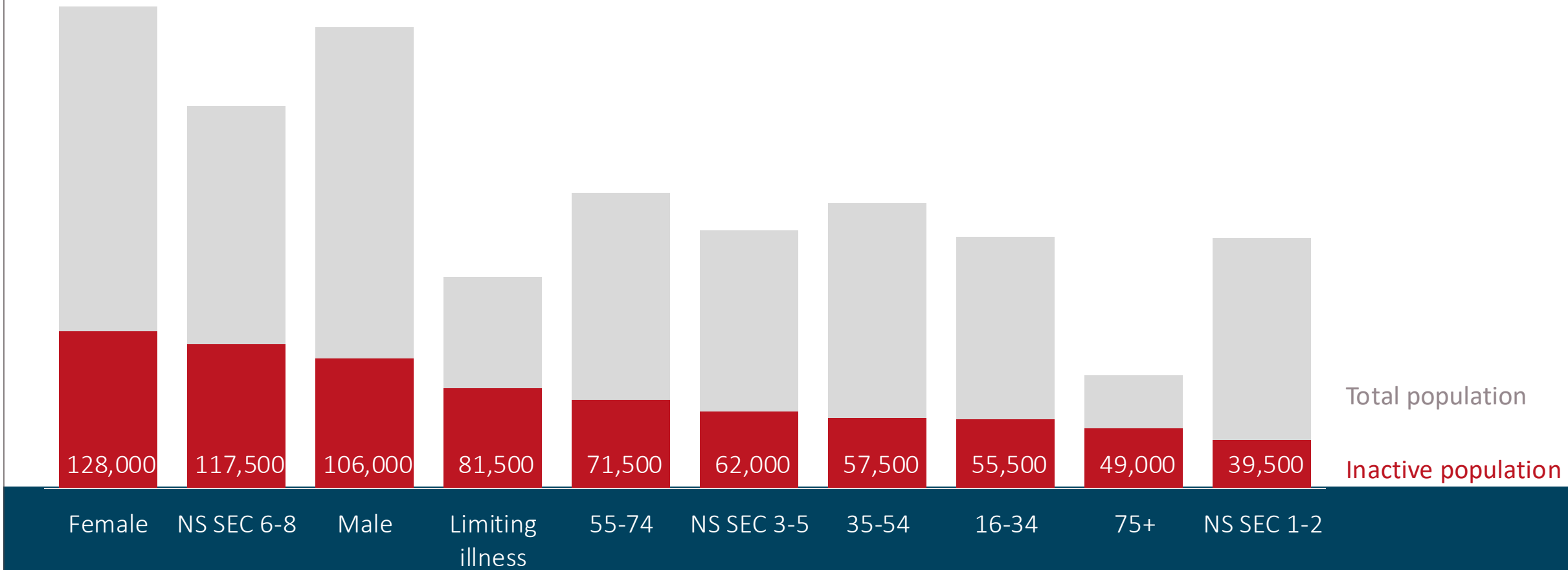
Those that are doing less than 30 minutes of physical activity a week



Please note: The majority of the data in this data pack will focus on the 'inactive' levels unless otherwise stated



Our **inactive population** in the context of the size of the demographic group

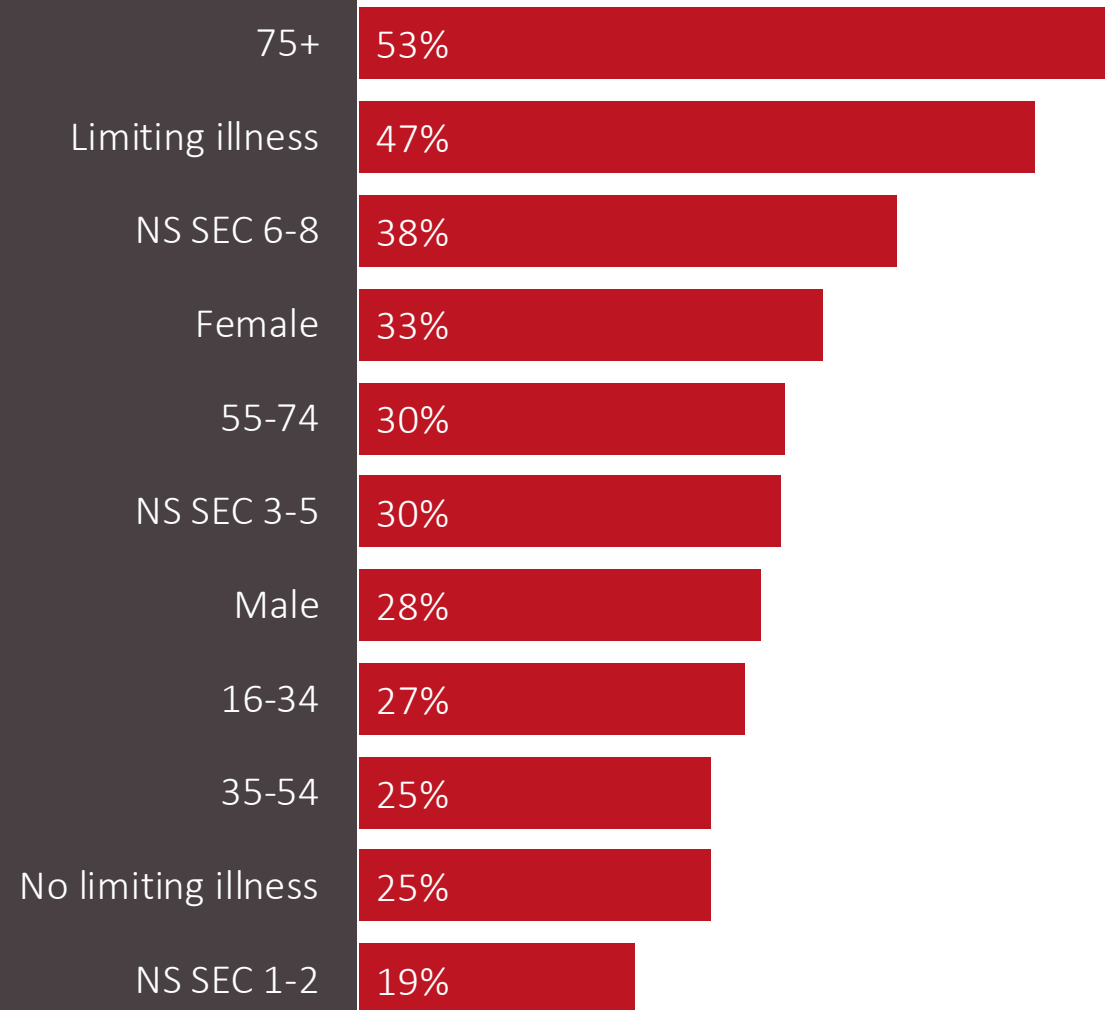


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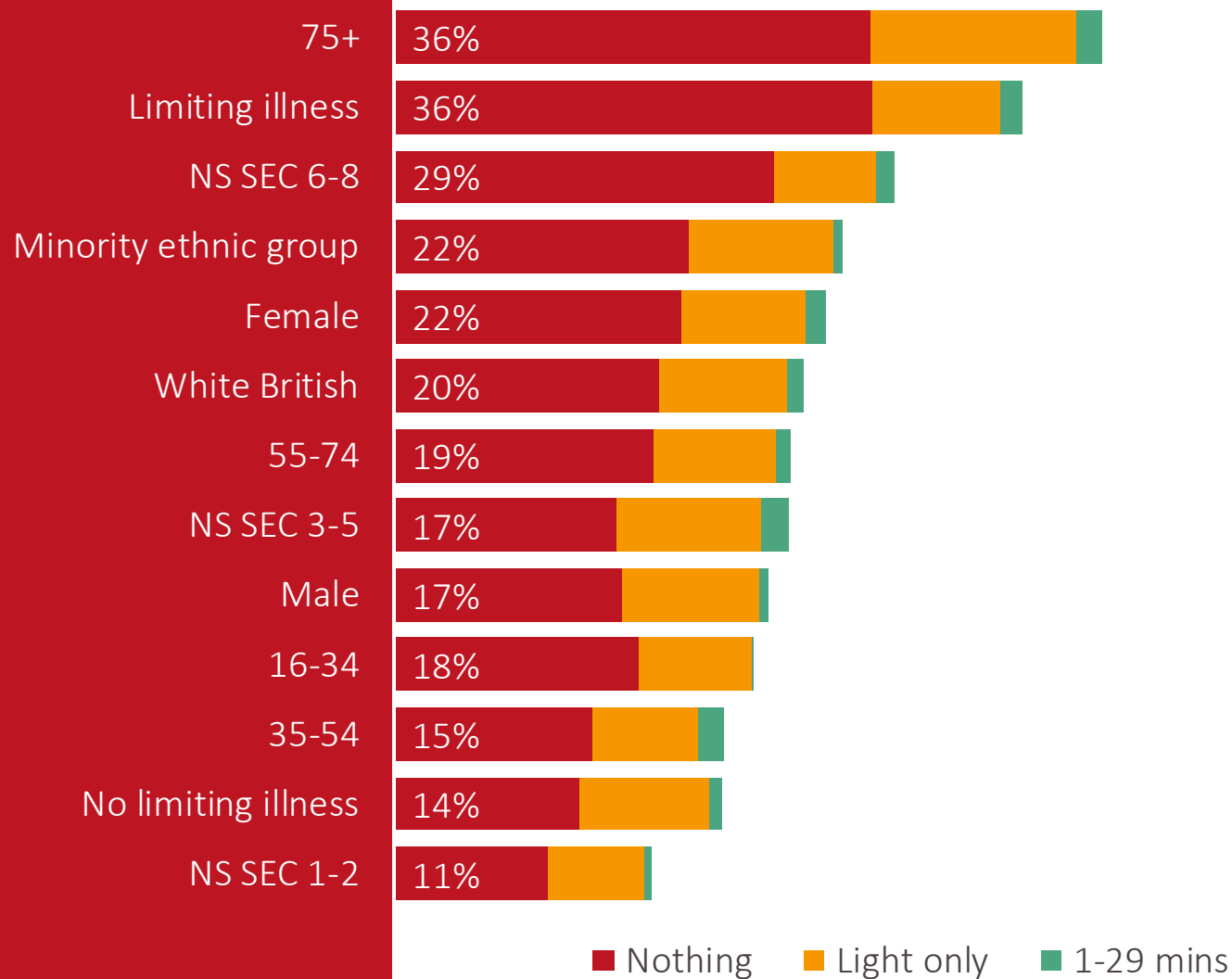


Source: Sport England Active Lives Survey 2022-23 (16+)
Measure: Physical activity levels (excluding gardening)

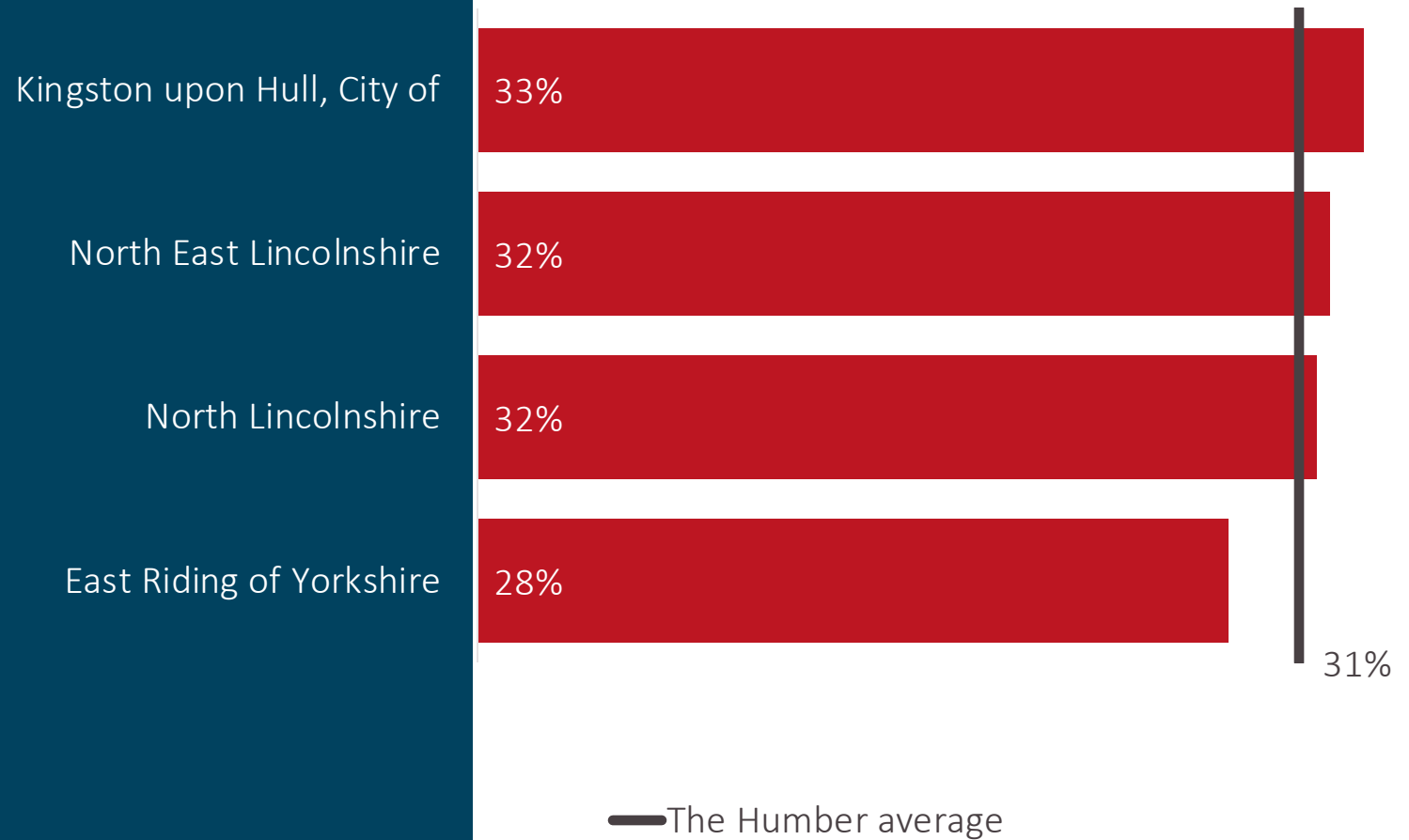
There are some **stark inequalities** in inactivity rates amongst our population



Most inactive people do no physical activity at all (nothing)



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



National update

There are **two million more adults getting active on a regular basis** through sport and physical activity than in 2016, despite the impacts of the coronavirus (Covid-19) pandemic and increased cost-of-living pressures.



The figures in the latest Active Lives Adult Survey report, show that between November 2022 and November 2023, 63.4% of the adult population met the Chief Medical Officers' guidelines of doing 150 minutes, or more, of moderate intensity physical activity a week. That's equivalent to 29.5m adults in England playing sport or taking part in physical activity every week.

This figure is largely unchanged from 12 months ago when 63.1% were active but means that, compared to when we first ran the survey between November 2015 and November 2016, there are two million more active adults – an increase of 1.3%.



National demographics

- Over the longer term, growth has been similar for both **men and women**, with 914,000 (1.4%) more active men and 831,000 (1.3%) more active women compared to November 2015-16. Despite this, neither men nor women have seen activity levels change compared to 12 months ago
- **Adults aged 75+** continue to drive the growth in activity levels. The increase of just over 100,000 (1.6%) adults aged 75+ who are active, compared to 12 months ago, is part of a long-term increase of just under 700,000 (9.4%) compared to seven years ago (Nov 15-16). Those aged 55-74 also have a long-term upward trend in the active proportion. For both age groups the latest result represents the highest result recorded over the last seven years.
- Activity levels remain unchanged compared to 12 months ago for those with a **disability or long-term health condition**. Before the pandemic, activity levels were increasing and we continue to see 4.2% more active adults with a disability or long-term health condition compared to seven years ago (Nov 15-16). This long-term growth is greater than for those without a disability or long-term health condition, where the proportion active is up by 1.9% over the same period.
- No **Black, Asian or minority ethnic group** is showing a reportable difference in the proportion who are active compared to November 2015-16. As a result, inequalities continue to widen as White British adults have seen activity levels increase over the same period (up 2.1%).
- There have been no reportable changes in activity levels by **social grade** compared to 12 months ago. Given this stability, we expect no further pandemic recovery for the least affluent (NS SEC 6-8) and the longer term trend of an increased gap in activity levels between the most and least affluent to continue. The most affluent (NS-SEC 1-2) have seen long-term growth, with those who are active increasing by 1.6% compared to seven years ago (Nov 15-16). In contrast, the least affluent (NS-SEC 6-8) have seen the proportion active drop by 2.2% over the same period.



Acknowledgements

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For further information please contact us at
martin@pressred.co.uk or liz@pressred.co.uk

