



**In The Humber,  
our total population  
has grown by 2.0%**

The population in England has  
grown by 6.6% to 56.5 million

In 2011  
the  
population  
was  
**917,647**

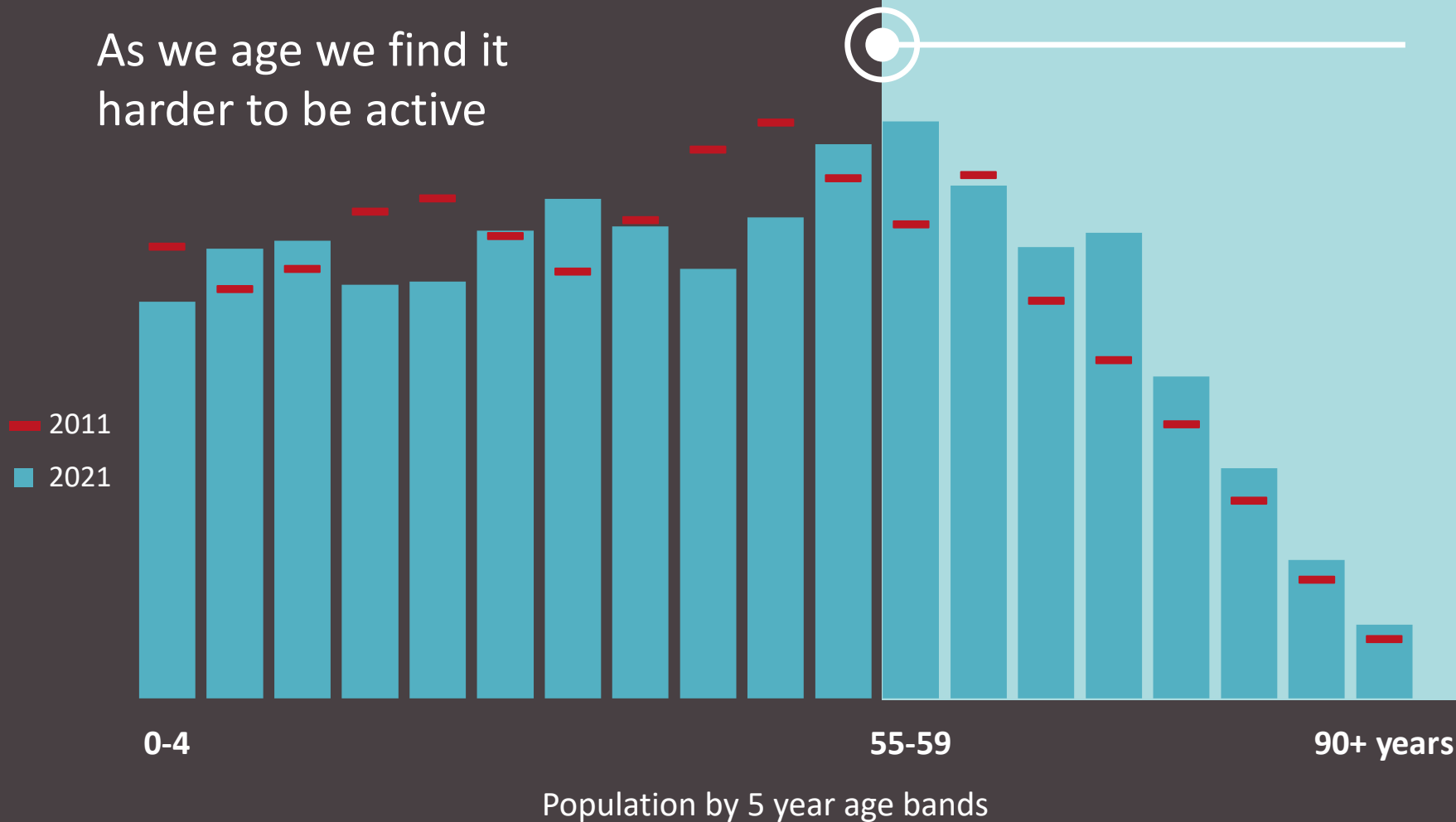
In 2021  
the  
population  
has grown to  
**935,875**

# Our population is ageing

As we age we find it harder to be active

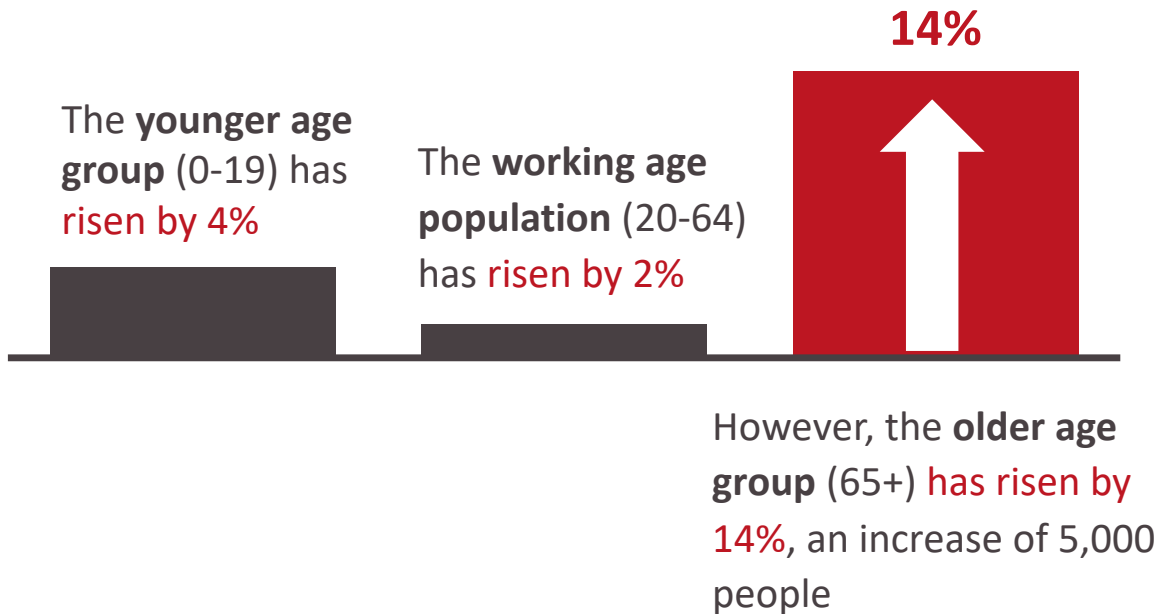
The 55+ population has gone up by **17%**

That's an extra **47,200** people

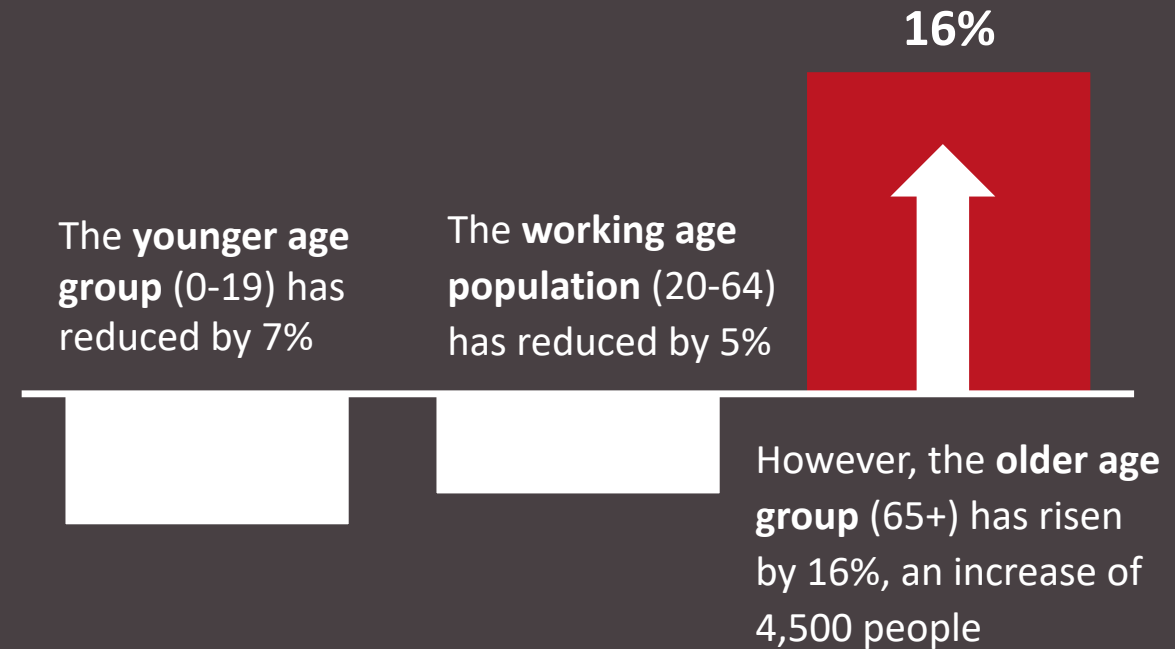


# The tale of two places...

The population in Hull has risen by 4.2%. Within this:

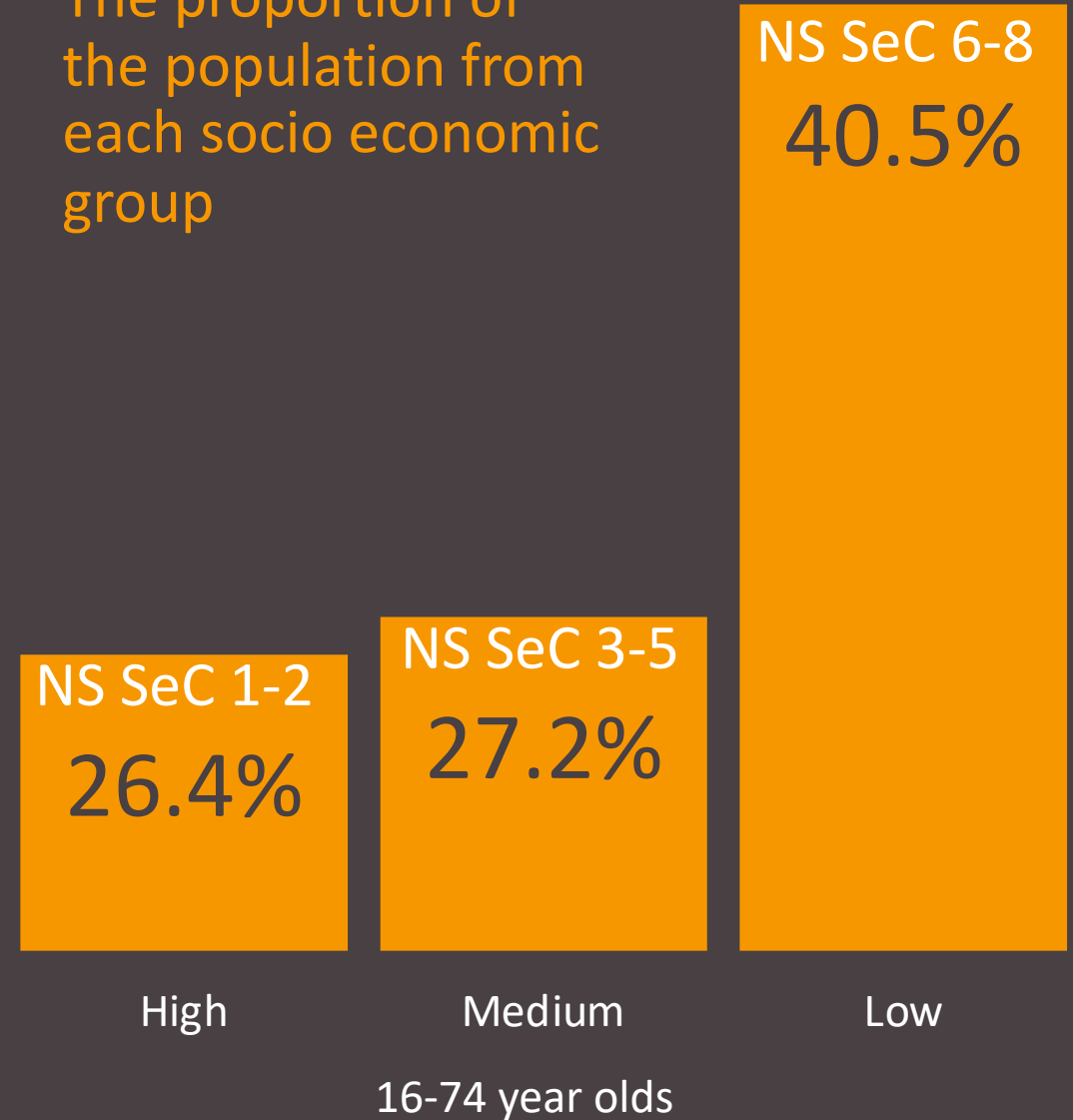


The population in North East Lincolnshire has fallen by 1.7%. Within this:



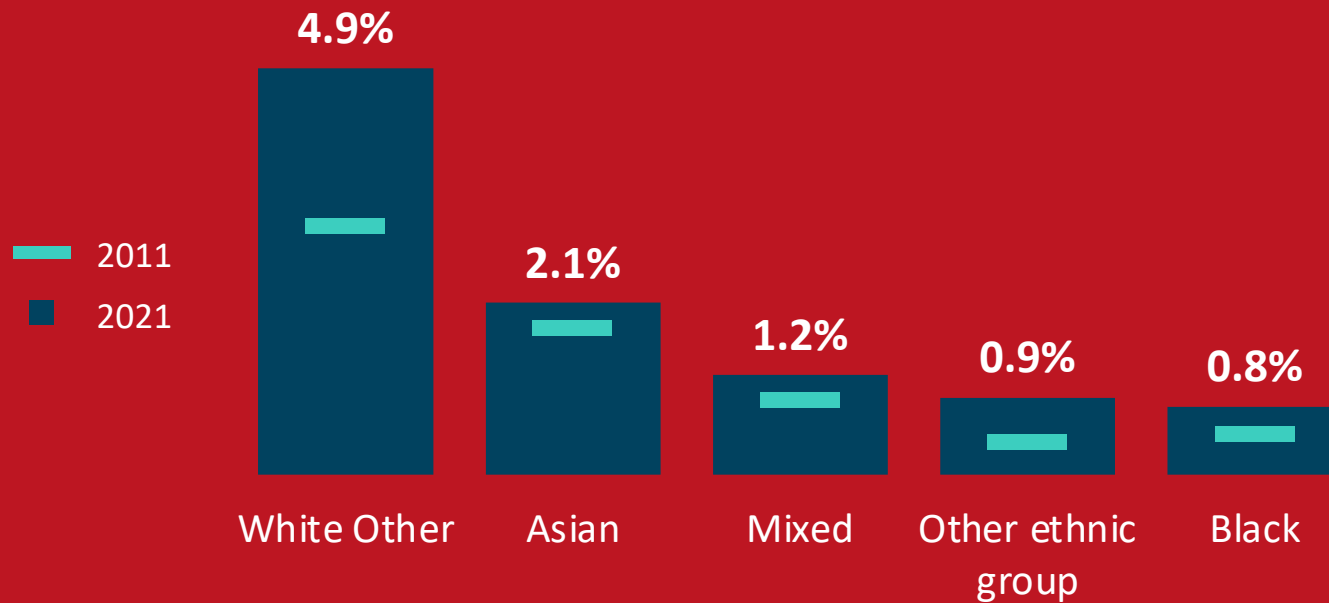
# Around 4 in 10 of our population are in lower socio economic groups (NS SeC 6-8)

The proportion of the population from each socio economic group



# Our population is now more ethnically diverse

The populations of these ethnic groups have all risen

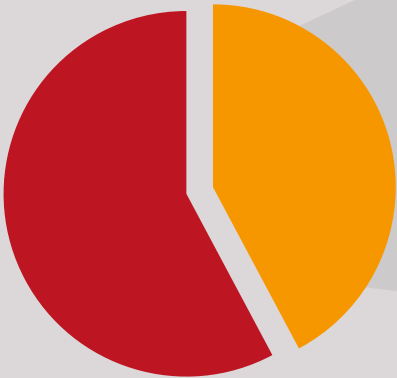


The proportion of White British people now makes up 90.2% of the population. A reduction of 3.3% since 2011



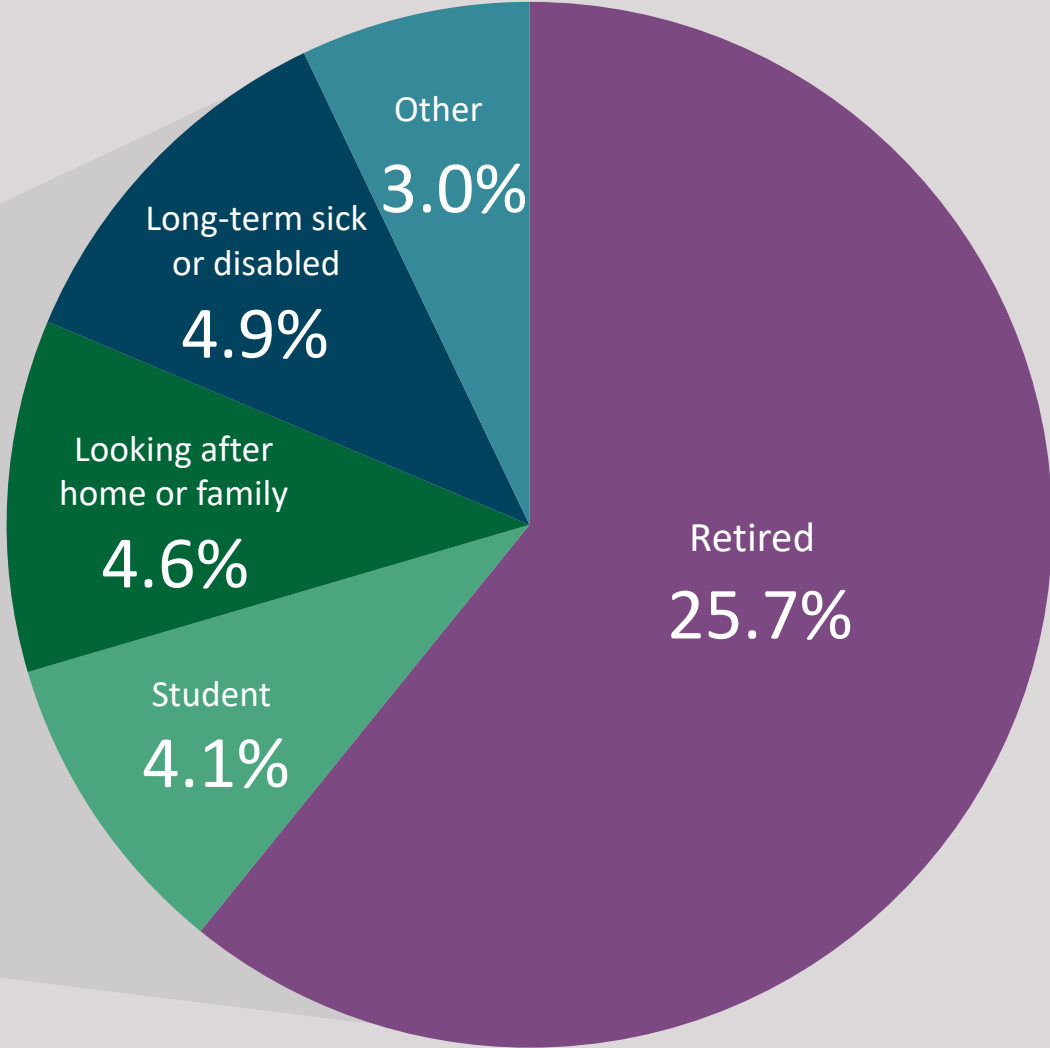
# There are 35,900 more people\* classed as economically inactive

And within this, most are retired



Economically inactive  
42.2%

Aged 16+



Retired  
25.7%

Long-term sick  
or disabled  
4.9%

Looking after  
home or family  
4.6%

Student  
4.1%

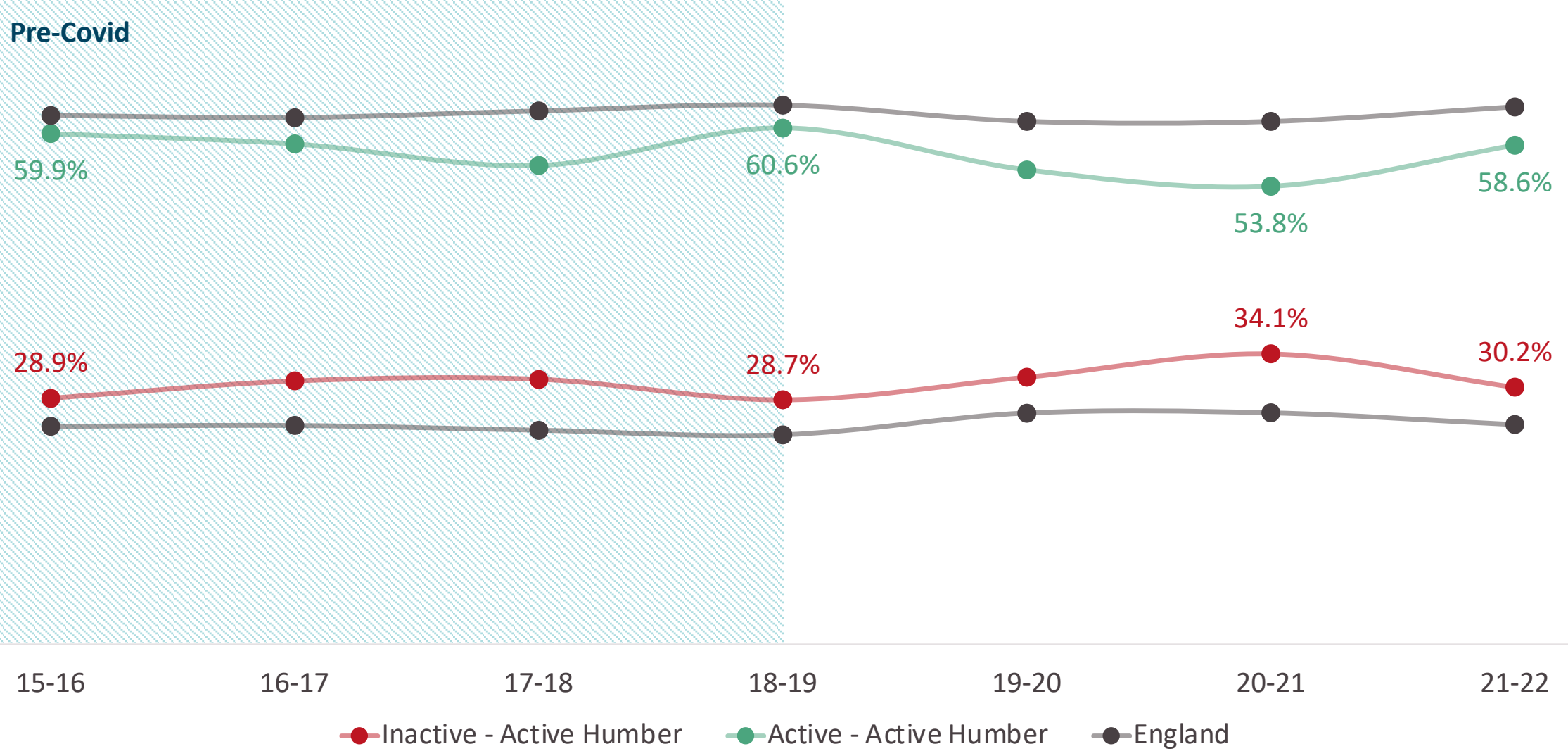
Other  
3.0%

\*Compared to 2011  
Data is for The Humber



**Adult physical  
activity behaviour  
Headlines for 21-22**

# Physical activity levels are recovering since the pandemic



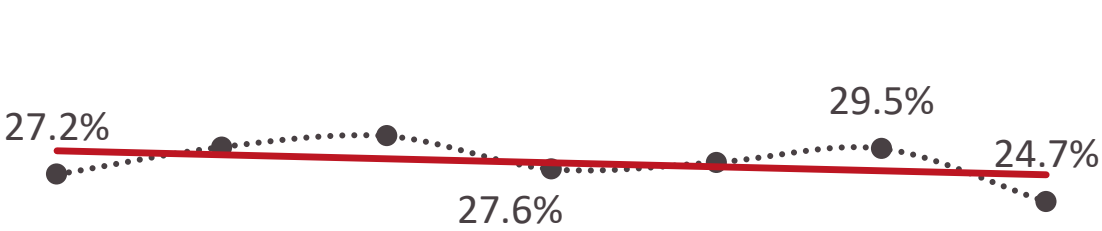
Source: Sport England, Active Lives Adults, Nov 15-16 to Nov 21-22, **excluding gardening**

Data is for The Humber

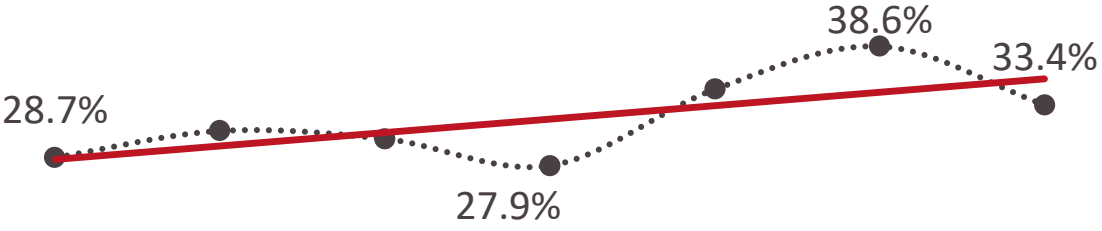




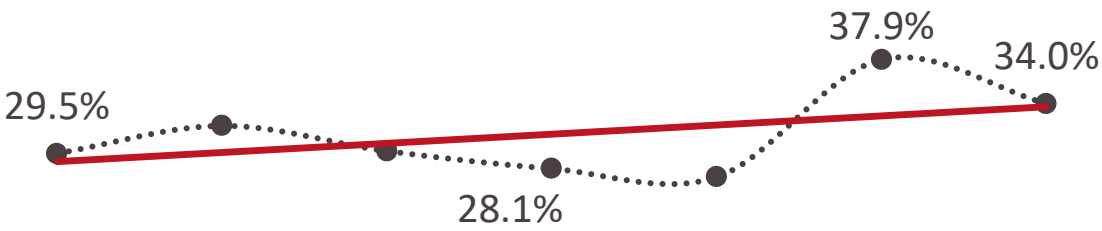
# Post pandemic recovery is evident across all LAs. However, inactive levels for all but East Riding are worse than baseline



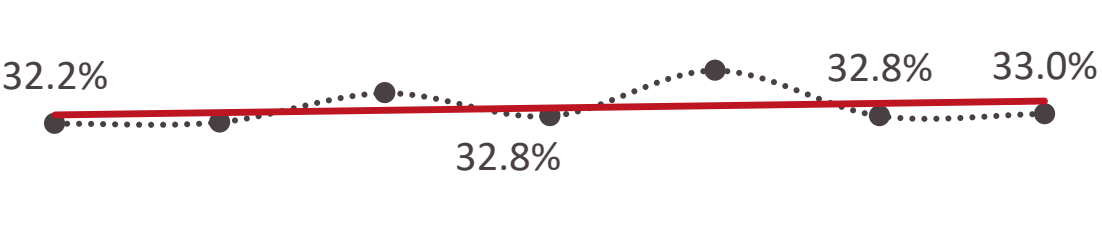
East Riding of Yorkshire



Kingston upon Hull, City of



North Lincolnshire



North East Lincolnshire

15-16

18-19

20-21

21-22

15-16

18-19

20-21

21-22

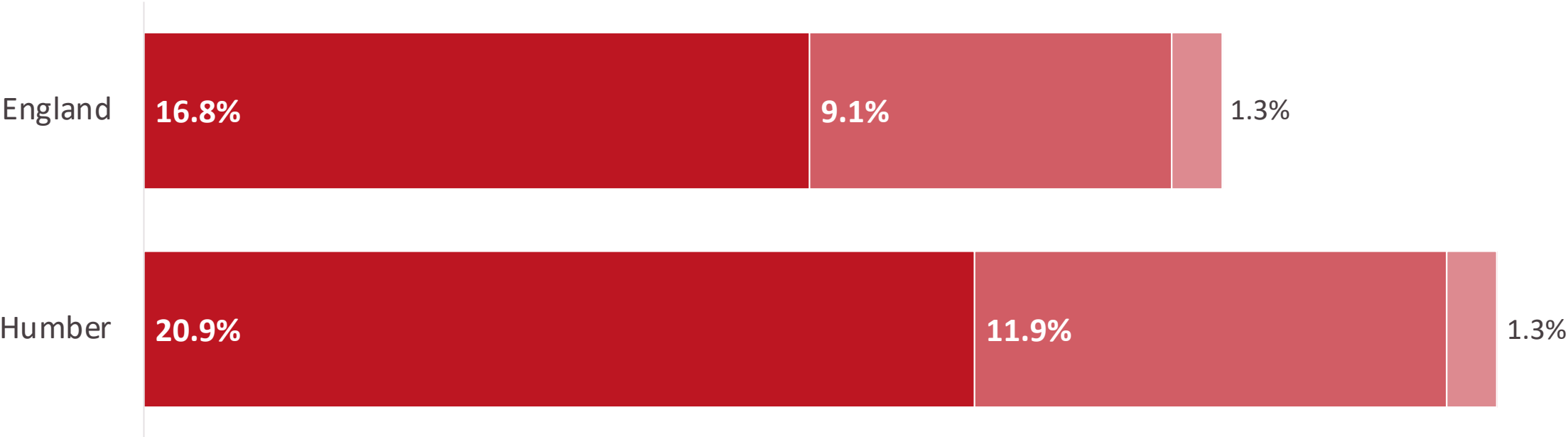
Source: Sport England, Active Lives Adults, Nov 15-16 to Nov 21-22, **excluding gardening**

Data is for The Humber



# The pandemic has pushed up sedentary behaviour to 1 in 5... There are still over 100,000 people doing something but not enough

<b>163,000 people</b>	<b>Nothing</b> No physical activity at all	<b>92,500 people</b>	<b>Light only</b> Missing the intensity	<b>10,000 people</b>	<b>1-29 minutes</b> Active but not for 30 mins
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Source: Sport England, Active Lives Adults, Nov 20-21, **excluding gardening**, Census 2021

Data is for The Humber



# Our challenge has become more widespread across the community

Baseline (15-16) to **latest year** (20-21)

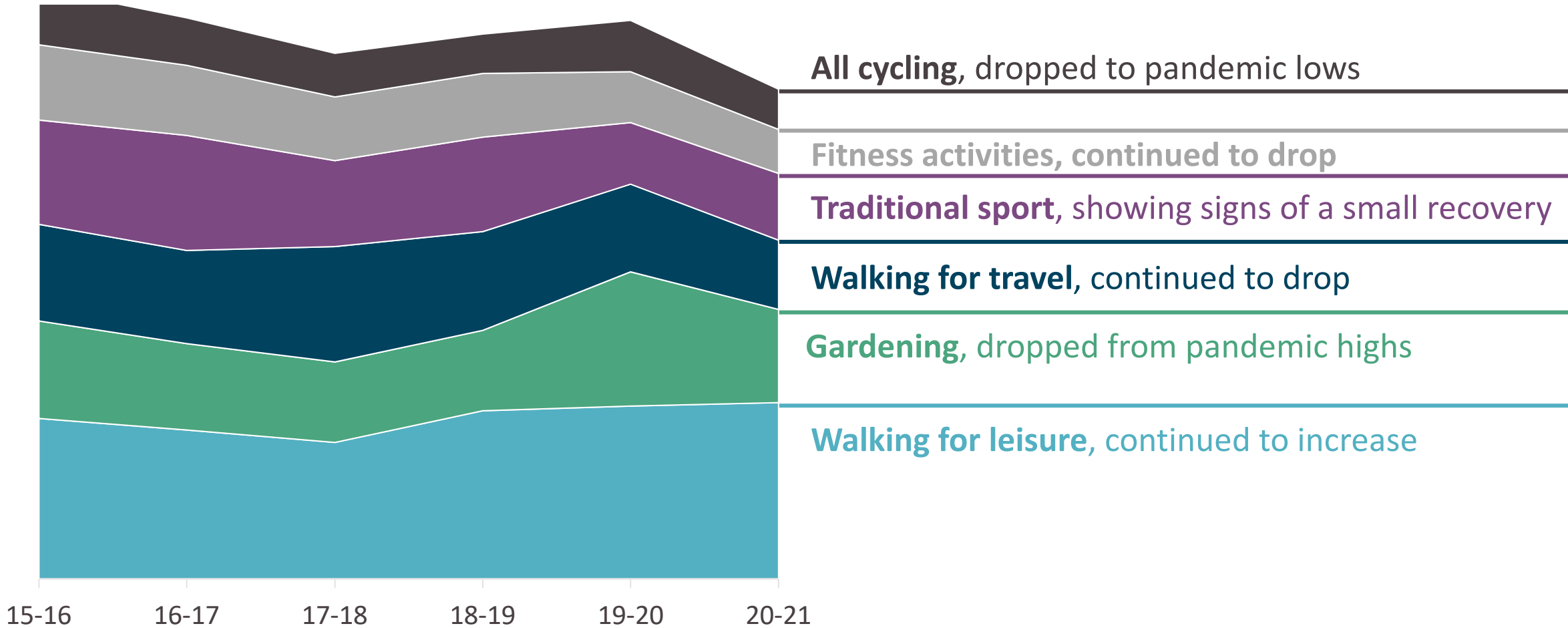


Source: Sport England, Active Lives Adults, Nov 15-16 to 20-21, **excluding gardening**

Data is for The Humber



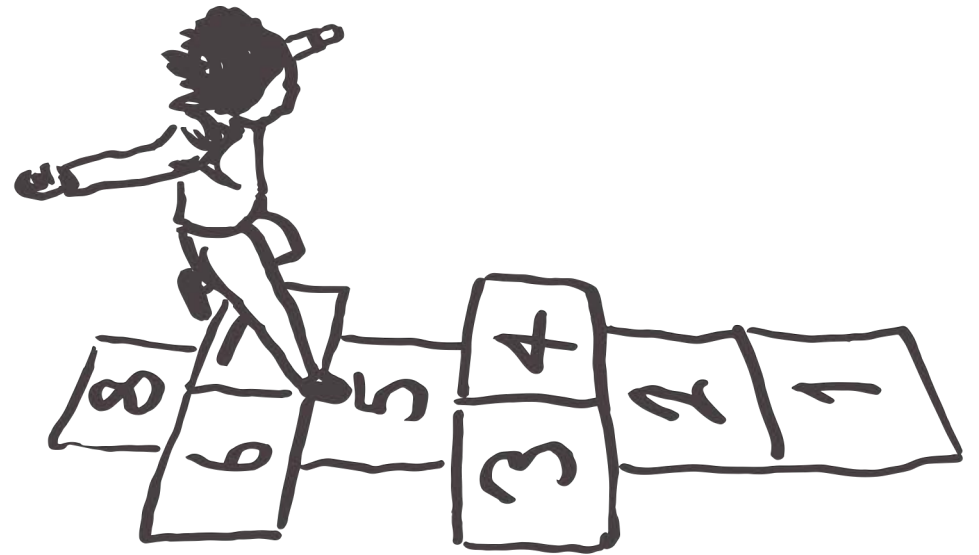
# The pandemic has shifted how people get their minutes...



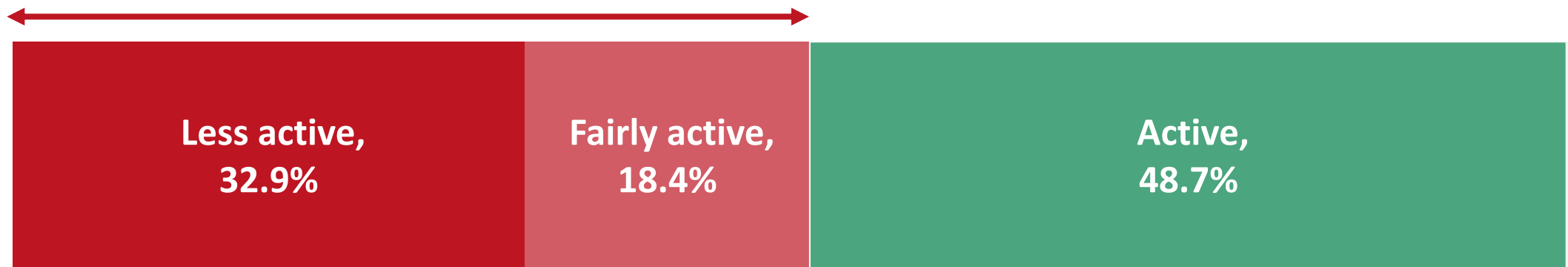
Measure: Duration, minutes per week  
Source: Sport England, Active Lives Adults, Nov 15-16 to 20-21



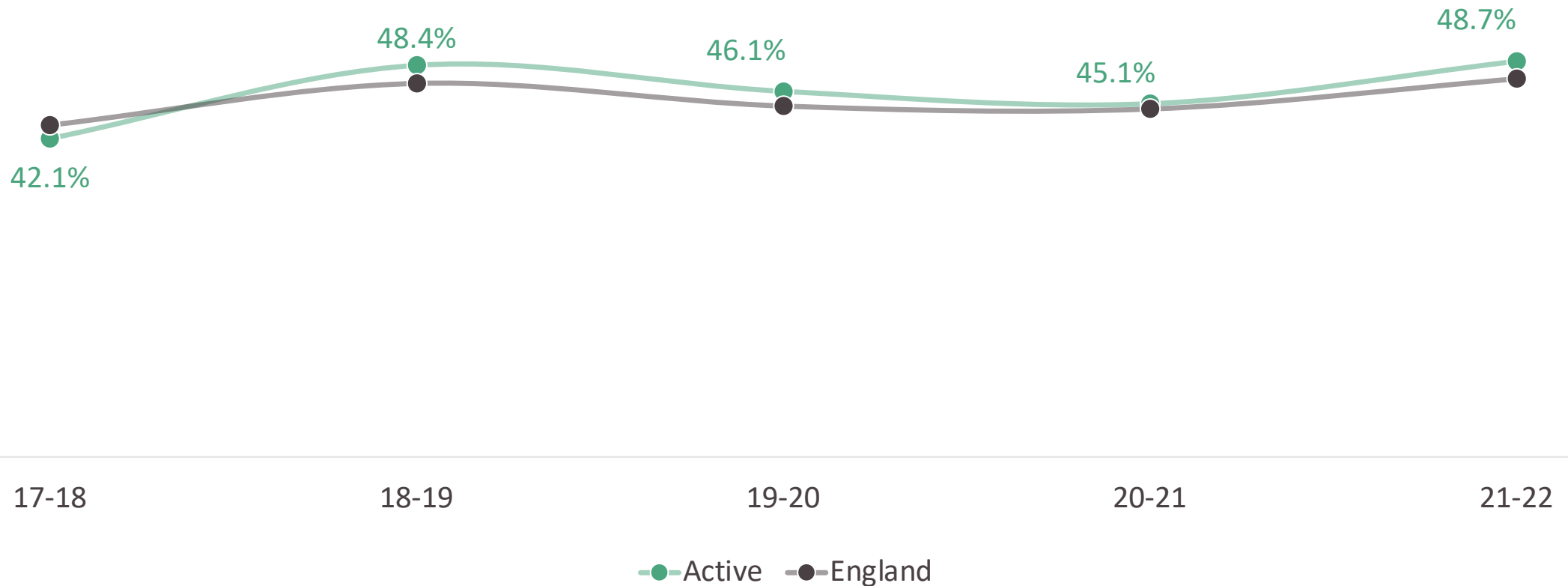
# Children and young people



# Over half of our children (51.3%) are not active enough



# Activity levels decreased during the covid pandemic but are now better than pre-pandemic

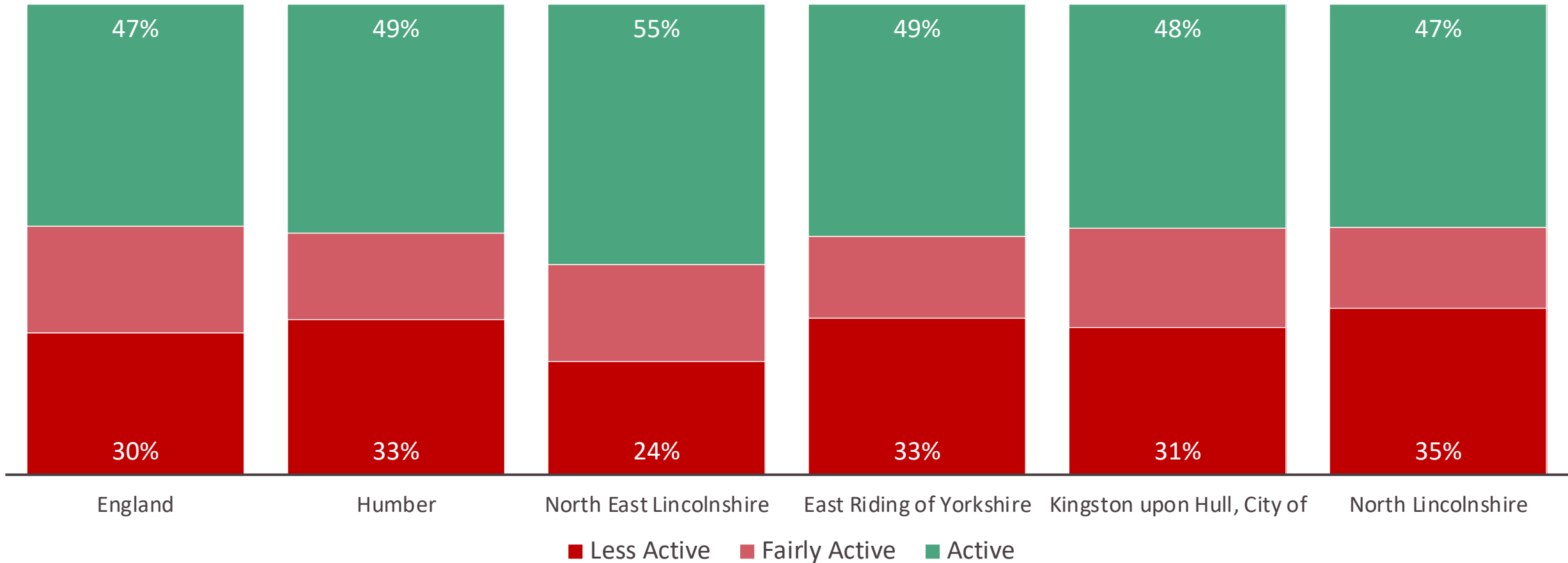


Source: Sport England Active Lives, Children and Young People survey 2017-18 to 2021-22  
Measure: An average of 60 minutes or more a day, either at school or outside school (everywhere)

Data is for The Humber



# CYP physical activity levels by local authority



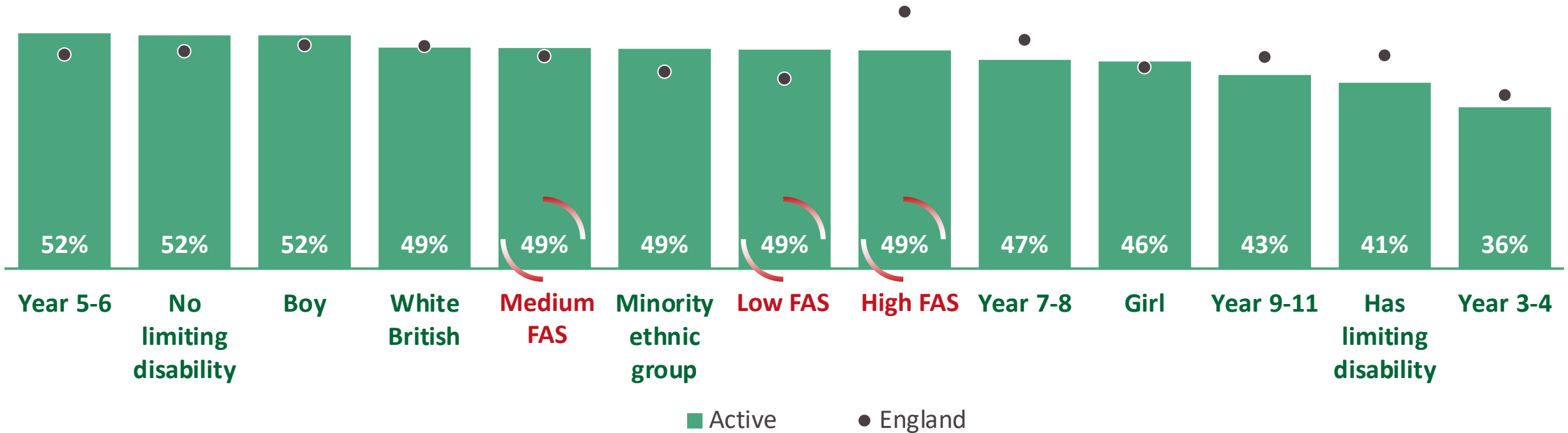
Source: Sport England Active Lives, Children and Young People survey 2021-22  
Measure: An average of 60 minutes or more a day, either at school or outside school (everywhere)

Data is for The Humber





# There currently appears to be **little inequality** across family affluence



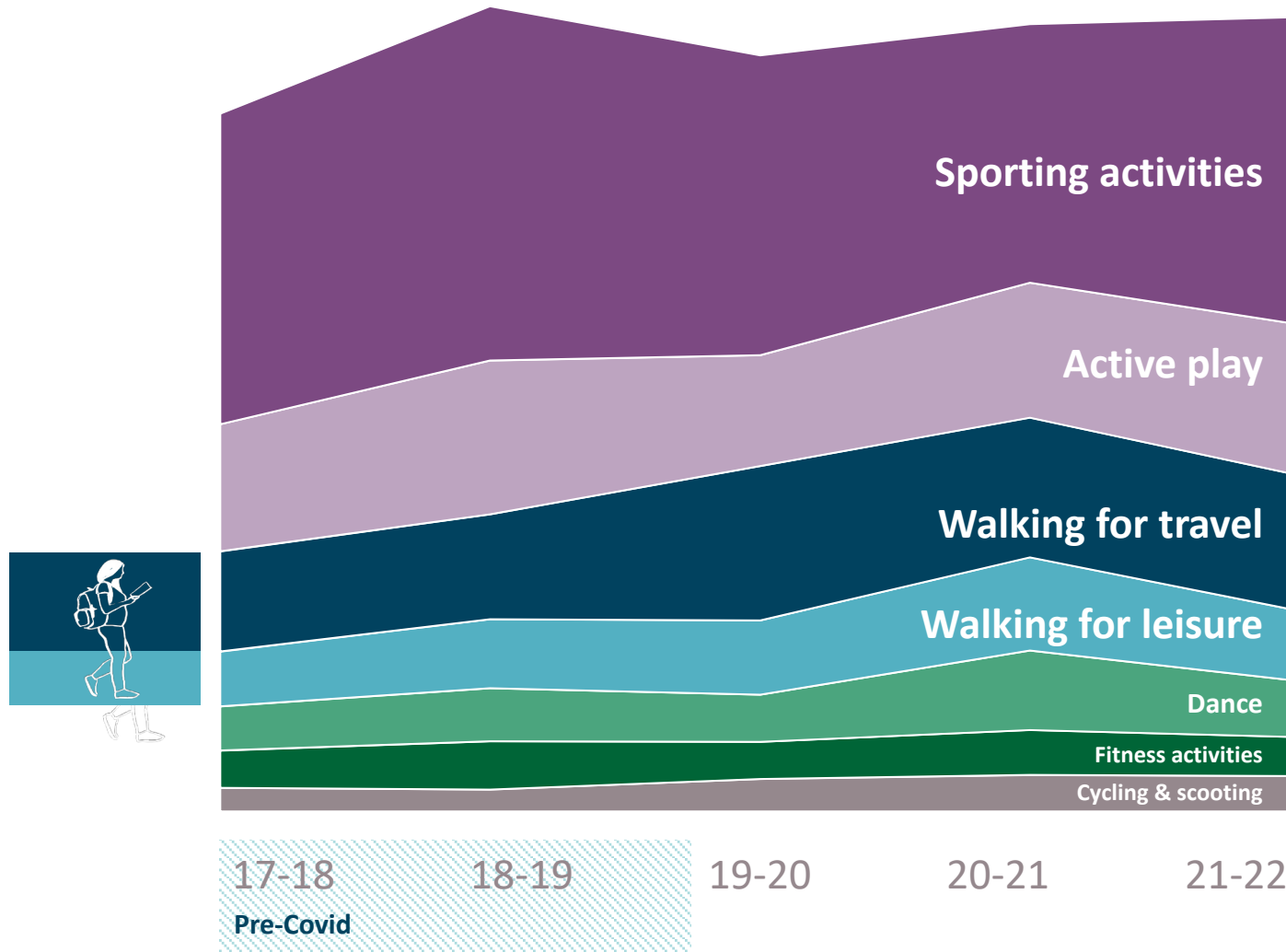
Source: Sport England Active Lives, Children and Young People survey 2021-22  
Measure: An average of 60 minutes or more a day, either at school or outside school (everywhere)

Data is for The Humber



# Overall, the amount of time children spend being active is increasing

The importance of **walking** for children and young people has grown.

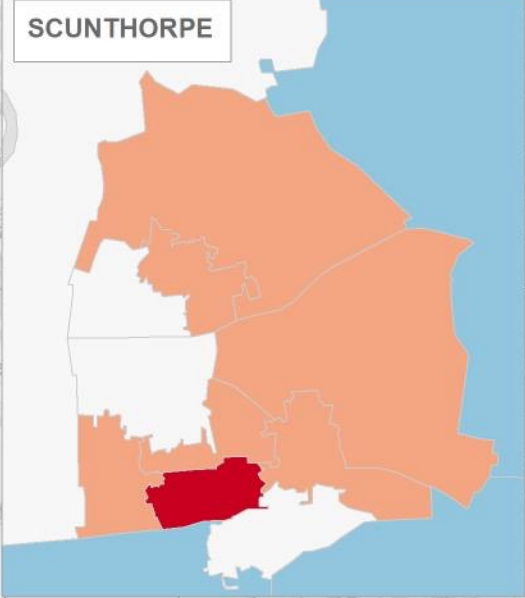


Place based level  
(using the adults data)



# Small Area Estimates

Active Lives - Year 4 (Nov 2018/19)

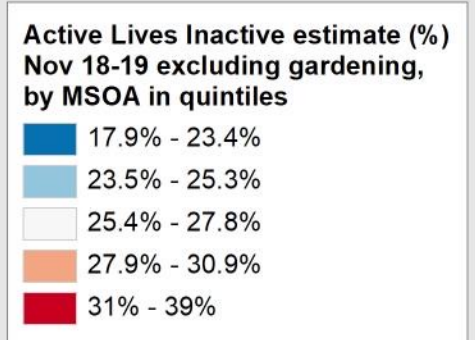
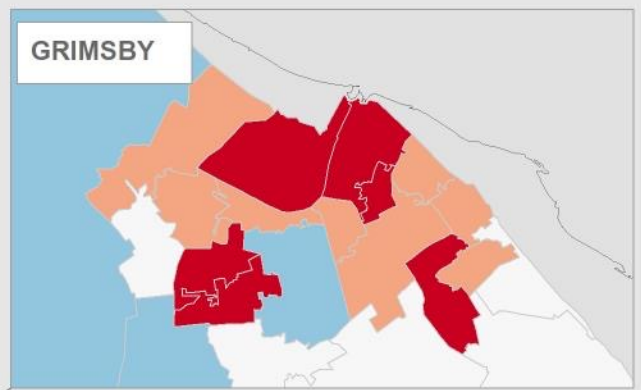
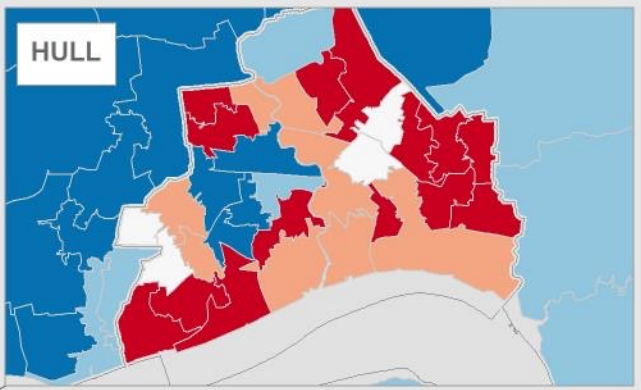


Kingston upon Hull

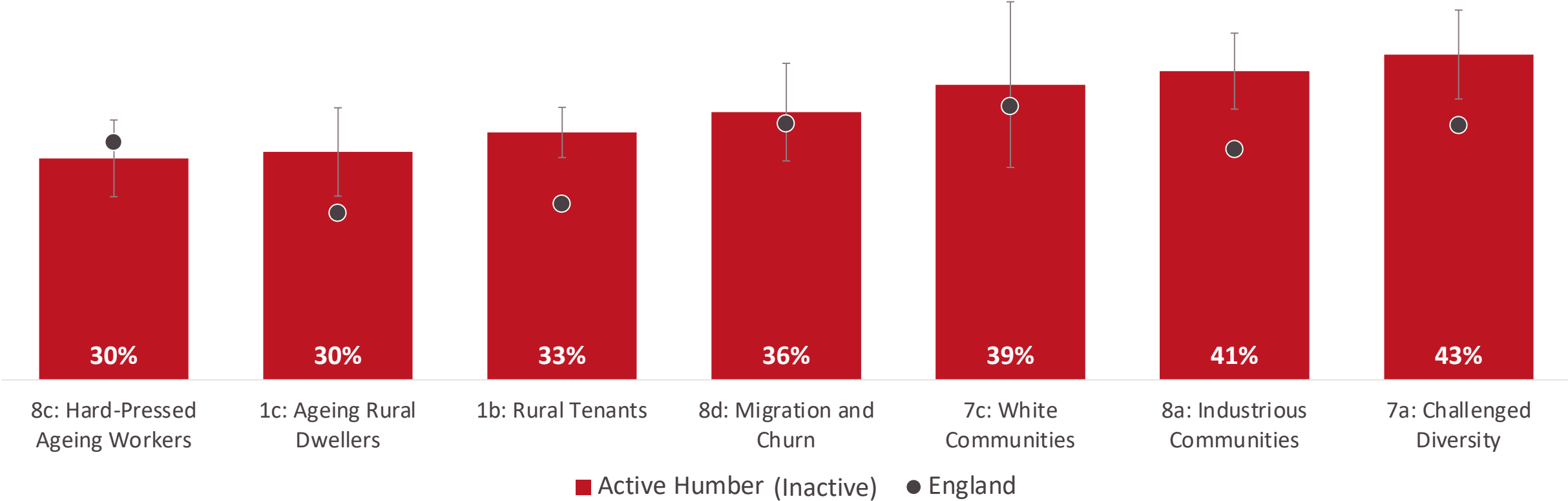
East Riding of Yorkshire

North Lincolnshire

North East Lincolnshire



# Output Area Classification: Groups



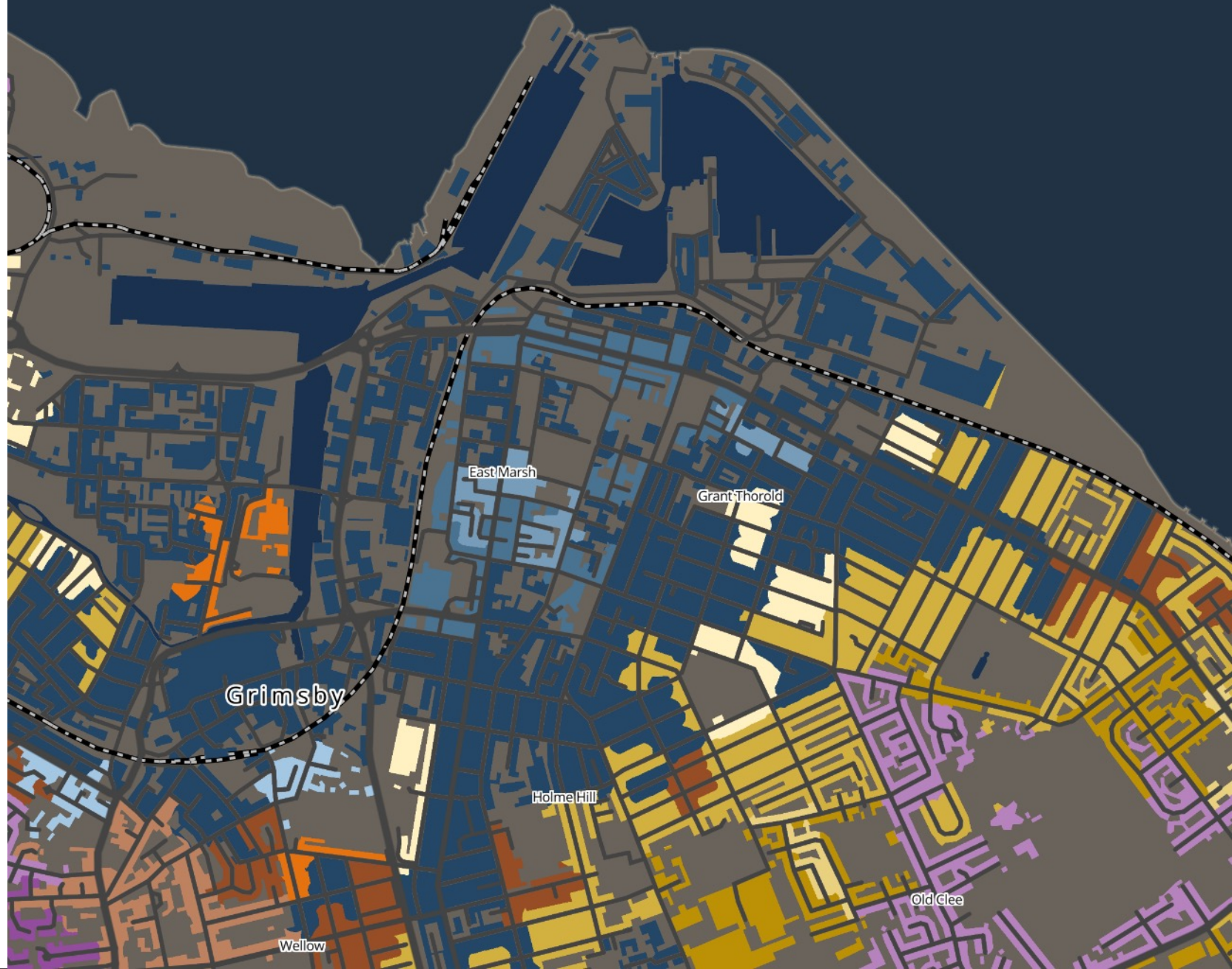
Source: Sport England, Active Lives Adults, Nov 15-16 to 20-21, combined data, excluding gardening



Where can we find some of the groups that we know are more likely to be inactive?

We can follow the ONS groups down to Output Area level (areas with up to 1,000 people)

- Constrained City Dwellers
- Challenged Diversity
- Constrained Flat Dwellers
- White Communities
- Ageing City Dwellers
- Hard-Pressed Living
- Industrious Communities
- Challenged Terraced Workers
- Hard-Pressed Ageing Workers
- Migration and Churn



# North East Lincolnshire



**North East Lincolnshire 002A**

E01013136

Rank: 2 of 561



**North East Lincolnshire 019C**

E01013208

Rank: 5 of 561



**North East Lincolnshire 006A**

E01013138

Rank: 6 of 561



# Summary overall trends

- Our population is ageing and the working age population is being squeezed in some areas
- The pandemic has disrupted activity levels across most parts of our community
- Adult activity has recovered a little since the earlier period of the pandemic but has not yet returned to pre-pandemic levels
- We'll need to wait to see what the detail of the recovery looks like
- CYP activity levels are now better than pre-pandemic with some inequalities closing (FAS) and some widening (gender)
- We have (or soon will) the data to help us get more local and think smarter about the groups we want to reach – **how can we help each other in this work?**