Active Notts

Physical activity behaviour insight pack

October 2019



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What the insight pack contains

- Physical activity measures
- Key demographics
- Physical activity behaviour (whole population 16+)
- Physical activity behaviour (whole population 16+) by locality
- Physical activity behaviour (whole population 16+) by demographic group
- Sports and activities
- Overall summary

Physical activity measures

How we measure physical activity

Our analysis focuses on Active Lives year 3 data (Nov 17-Nov 18) as published by Sport England. This is for **16+ population and excludes gardening**

- Active Lives survey has replaced the Active People Survey
- Online tool for Nov 15-Nov 16, Nov 16-Nov 17 and Nov 17-Nov 18 data, ages 16+ excluding gardening
- Data tables published by Public Health for the first year of data (Nov 15-Nov 16) included gardening
- 6 monthly updates are available (May-May) however these cannot be compared with November data releases
- Public Health publish data within the Public Health Outcomes Framework for ages 19+ including gardening
- Survey of 500 people per Local Authority area per year (some have boosted samples)

How physical activity is measured

Inactive

- % of people aged 16+ doing less than 30 mins of physical activity per week
- Duration of activity: Bouts of 10 mins of moderate intensity
- Vigorous activity counts for double the minutes
- **Lower is better**

Fairly Active

- % of people aged 16+ doing 30-149 minutes a week of physical activity per week

Active

- % of people aged 16+ doing at least 150 mins of physical activity per week
- Duration of activity: Bouts of 10 mins of moderate intensity
- Vigorous activity counts for double the minutes
- **Higher is better**

CMO Guidelines

Adults (19 to 64 years)

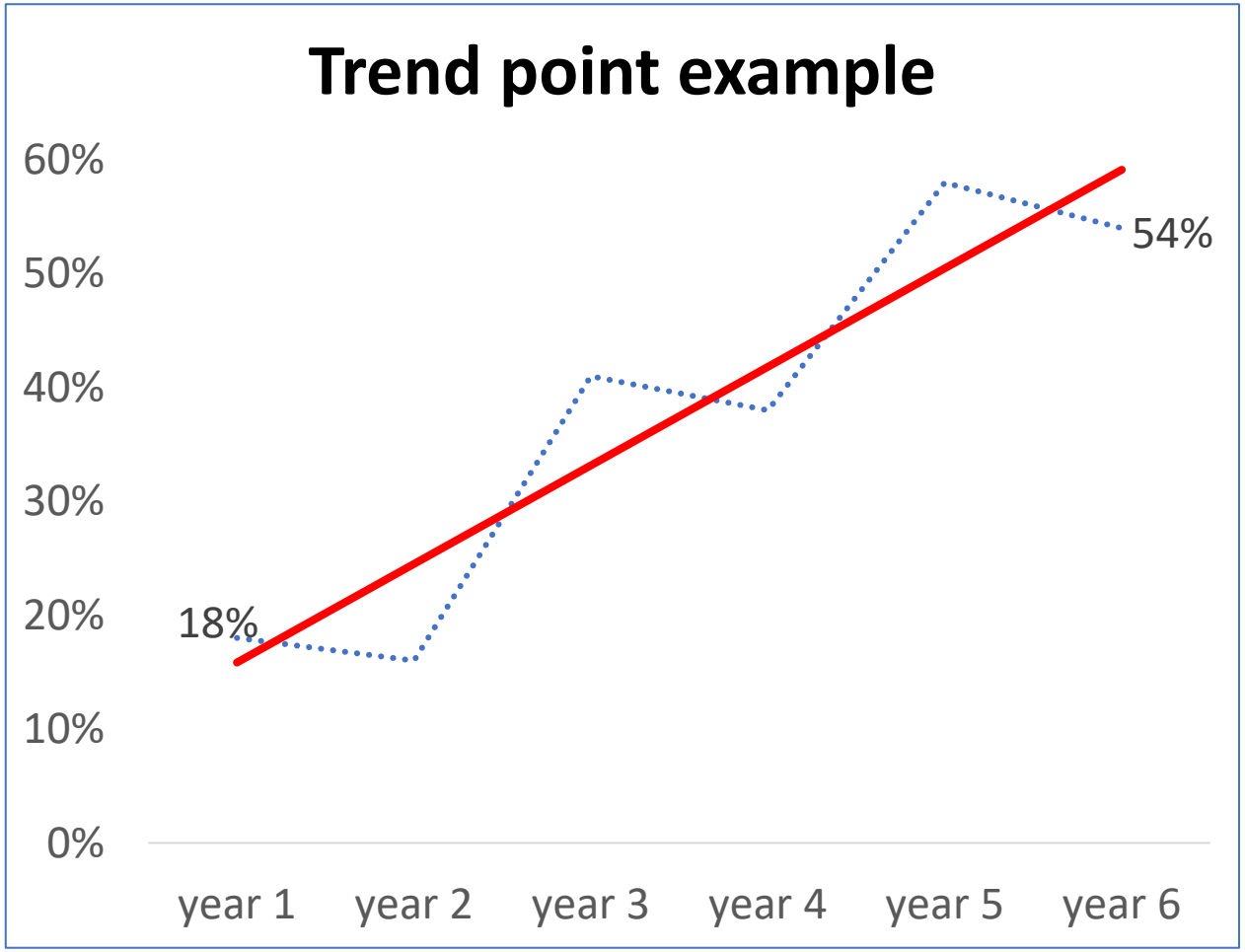
- For good physical and mental health, adults should aim to be physically active every day. Any activity is better than none, and more is better still.
- Adults should do activities to develop or maintain strength in the major muscle groups. These could include heavy gardening, carrying heavy shopping, or resistance exercise. Muscle strengthening activities should be done on at least two days a week, but any strengthening activity is better than none.
- Each week, **adults should accumulate at least 150 minutes** (2 1/2 hours) of moderate intensity activity (such as brisk walking or cycling); or 75 minutes of vigorous intensity activity (such as running); or even shorter durations of very vigorous intensity activity (such as sprinting or stair climbing); or a combination of moderate, vigorous and very vigorous intensity activity.
- Adults should aim to minimise the amount of time spent being sedentary, and when physically possible should break up long periods of inactivity with at least light physical activity.

CMO Guidelines

Older Adults (65 years and over)

- Older adults should participate in daily physical activity to gain health benefits, including maintenance of good physical and mental health, wellbeing, and social functioning. Some physical activity is better than none: even light activity brings some health benefits compared to being sedentary, while more daily physical activity provides greater health and social benefits.
- Older adults should maintain or improve their physical function by undertaking activities aimed at improving or maintaining muscle strength, balance and flexibility on at least two days a week. These could be combined with sessions involving moderate aerobic activity or could be additional sessions aimed specifically at these components of fitness.
- **Each week older adults should aim to accumulate 150 minutes** (two and a half hours) of moderate intensity aerobic activity, building up gradually from current levels. Those who are already regularly active can achieve these benefits through 75 minutes of vigorous intensity activity, or a combination of moderate and vigorous activity, to achieve greater benefits. Weight-bearing activities which create an impact through the body help to maintain bone health.
- Older adults should break up prolonged periods of being sedentary with light activity when physically possible, or at least with standing, as this has distinct health benefits for older people.

What's a trend point



Trendlines use actual data to show direction of change over time. These are made up of a series of trend points which average the actual data and it's chronological order, to minimise the impact of fluctuations due to sampling methods.

In the graph shown the actual value for Year 1 is 18% and the Year 1 trend point is 15.9%, the actual for Year 6 is 54% and the trend point is 59.1%. Based upon actual data across all of years 1-6 the trend point figures suggest a more likely % for that year.

The total change between these trend points is 43.3 percentage points, resulting in an annual trend point change of 8.7 percentage points (pp)

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Key demographics

Population Breakdown

POPULATION DEMOGRAPHICS	England	Active Notts
Male	49.2%	49.5%
Female	50.8%	50.5%
Not limited	82.4%	80.3%
Limited a lot/a little	17.6%	19.7%
0-15 years	18.9%	18.1%
16-34 years	25.4%	26.2%
35-54 years	27.8%	27.5%
55-74 years	20.2%	20.4%
75+ years	7.7%	7.6%
NS SEC 1-2	31.3%	27.4%
NS SEC 3-5	29.1%	27.3%
NS SEC 6-8	30.6%	34.3%
Unclassified	9.0%	11.1%
White British	85.4%	88.8%
BME	14.6%	11.2%

Population Breakdown

POPULATION DEMOGRAPHICS	England	Active Notts	Ashfield	Bassetlaw	Broxtowe	Gedling	Mansfield	Newark and Sherwood	Nottingham	Rushcliffe
Male	49.2%	49.5%	49.1%	49.6%	49.4%	48.7%	49.1%	49.3%	50.3%	49.2%
Female	50.8%	50.5%	50.9%	50.4%	50.6%	51.3%	50.9%	50.7%	49.7%	50.8%
Not limited	82.4%	80.3%	77.5%	78.2%	81.2%	80.7%	76.3%	79.7%	81.9%	84.3%
Limited a lot/little	17.6%	19.7%	22.5%	21.8%	18.8%	19.3%	23.7%	20.3%	18.1%	15.7%
0-15 years	18.9%	18.1%	19.1%	17.9%	16.9%	17.9%	18.2%	18.2%	18.2%	18.5%
16-34 years	25.4%	26.2%	22.7%	21.0%	22.9%	21.4%	23.8%	20.4%	37.7%	20.6%
35-54 years	27.8%	27.5%	29.0%	28.9%	28.8%	28.9%	28.4%	28.9%	24.0%	29.5%
55-74 years	20.2%	20.4%	22.0%	23.9%	22.8%	23.0%	21.6%	24.0%	14.2%	22.6%
75+ years	7.7%	7.6%	7.2%	8.3%	8.6%	8.7%	7.9%	8.5%	5.9%	8.8%
NS SEC 1-2	31.3%	27.4%	22.3%	26.4%	33.3%	32.3%	23.1%	30.0%	20.3%	44.5%
NS SEC 3-5	29.1%	27.3%	30.2%	29.5%	29.0%	32.2%	29.2%	29.9%	21.4%	27.5%
NS SEC 6-8	30.6%	34.3%	42.2%	38.4%	29.4%	29.4%	41.9%	34.0%	36.0%	19.3%
Unclassified	9.0%	11.1%	5.4%	5.8%	8.3%	6.1%	5.7%	6.1%	22.2%	8.7%
White British	85.4%	88.8%	97.7%	97.4%	92.7%	93.1%	97.2%	97.5%	71.5%	93.1%
BME	14.6%	11.2%	2.3%	2.6%	7.3%	6.9%	2.8%	2.5%	28.5%	6.9%

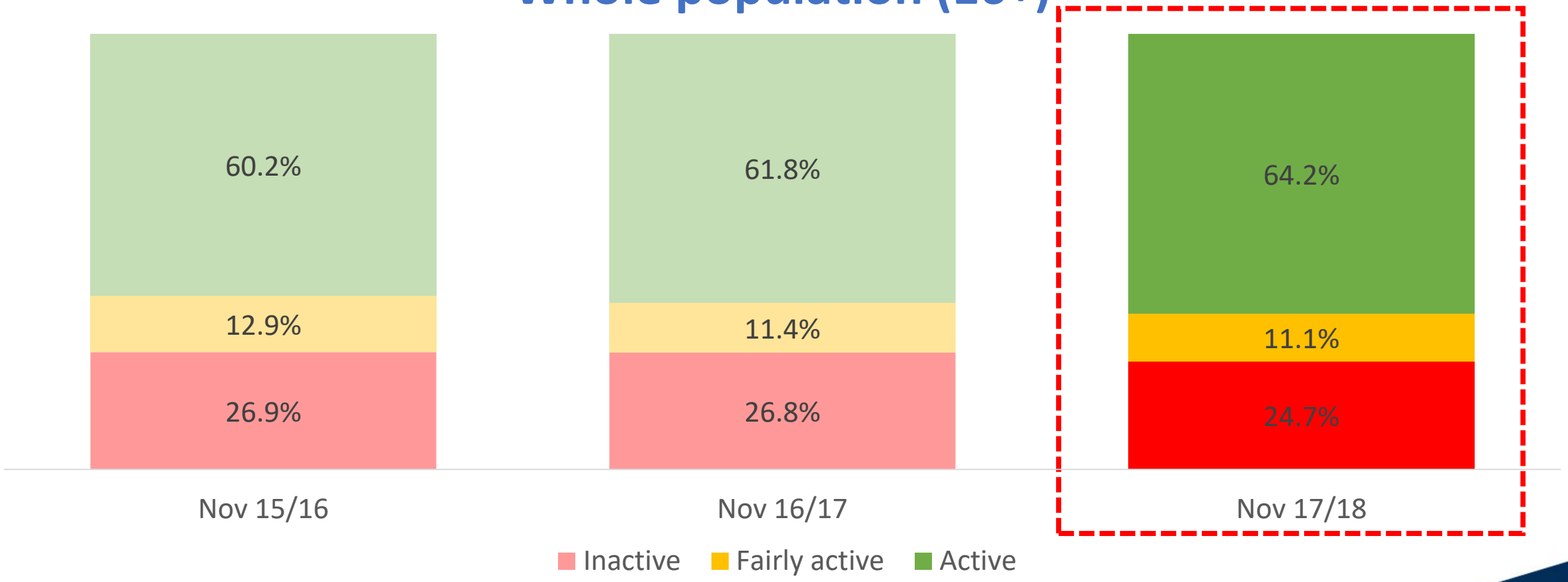
Population Breakdown (16+)

POPULATION DEMOGRAPHICS	England	Active Notts
Male	48.7%	49.1%
Female	51.3%	50.9%
Not limited	79.1%	76.9%
Limited a lot/a little	20.9%	23.1%
0-15 years		
16-34 years	25.4%	26.2%
35-54 years	27.8%	27.5%
55-74 years	20.2%	20.4%
75+ years	7.7%	7.6%
NS SEC 1-2	28.3%	27.4%
NS SEC 3-5	26.3%	27.3%
NS SEC 6-8	27.7%	34.3%
Unclassified	8.2%	11.1%
White British	81.1%	86.2%
BME	18.9%	13.8%

Physical activity behaviour

Physical activity behaviour over time

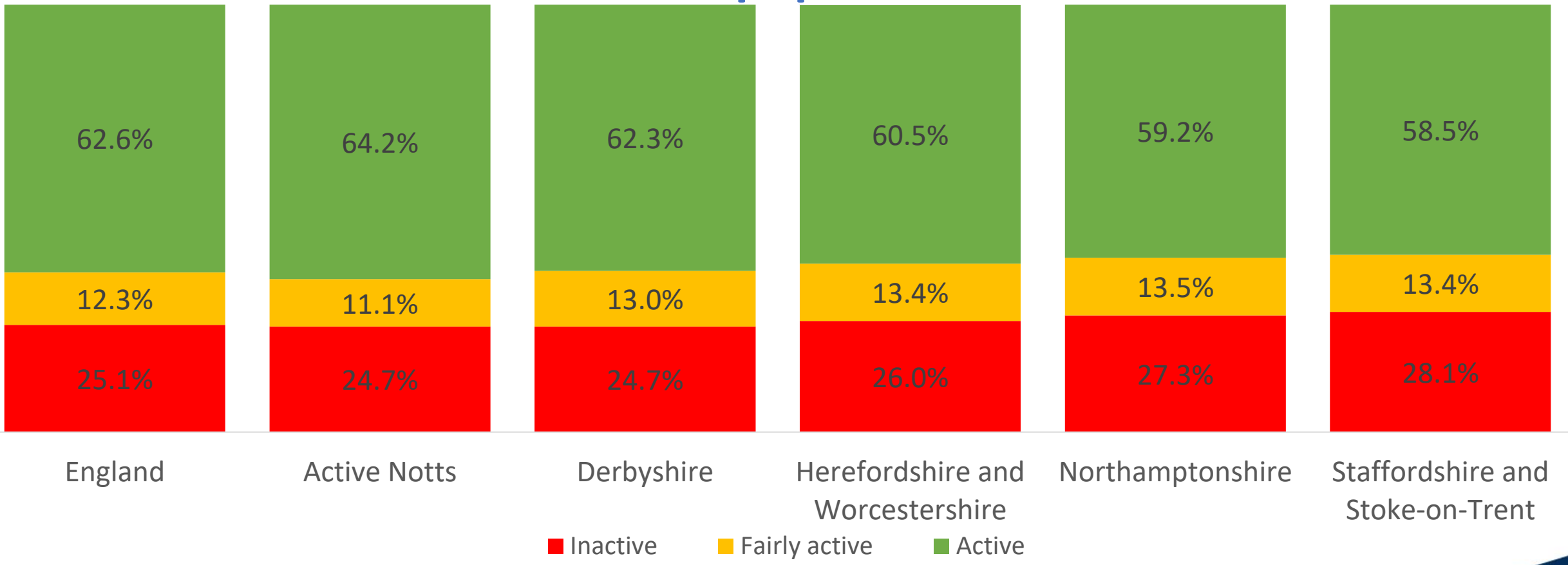
Whole population (16+)



Source: Sport England, Active Lives Adults, Nov 15 to Nov 18, age 16+, excluding gardening

Physical activity behaviour compared to nearest neighbours

Whole population



Source: Sport England, Active Lives Adults, Nov 17 to Nov 18, age 16+, excluding gardening

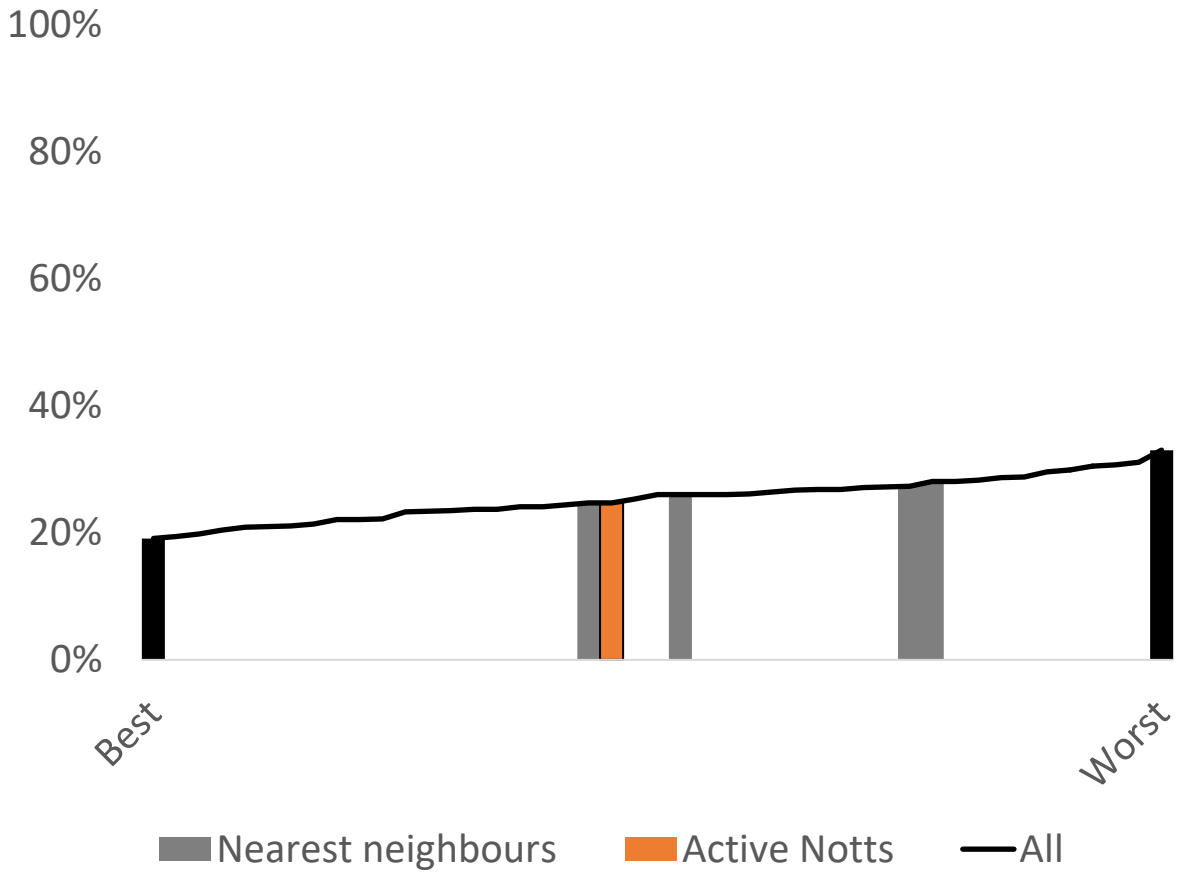
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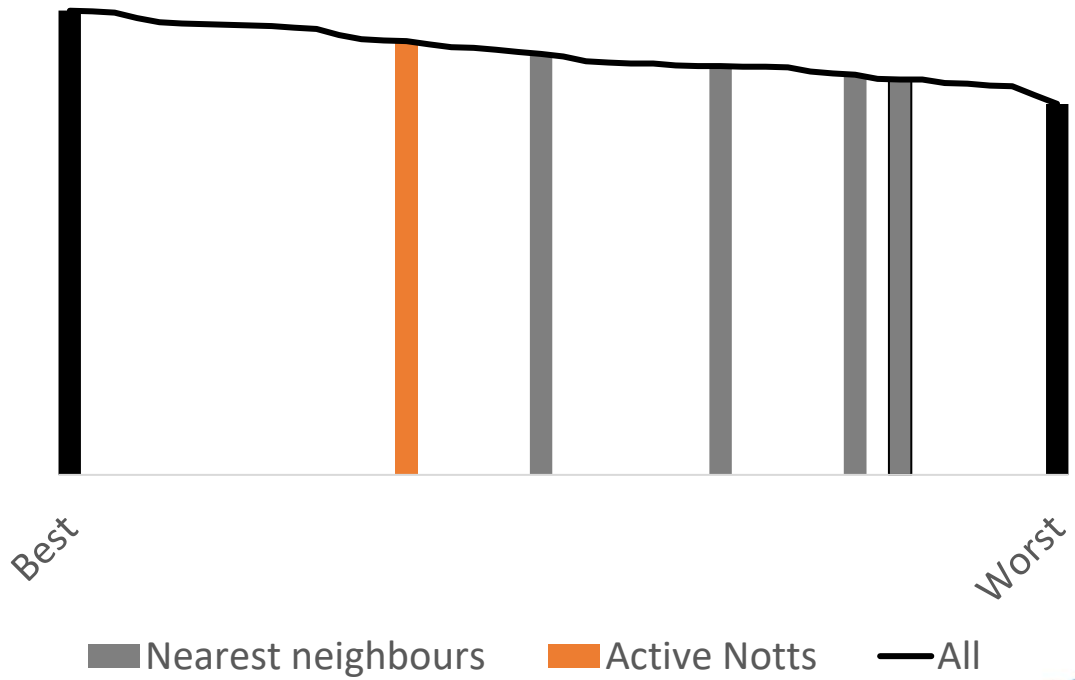
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Physical activity behaviour compared to peers

Inactive - Whole population



Active - Whole population



Source: Sport England, Active Lives Adults, Nov 17 to Nov 18, age 16+, excluding gardening

active notts

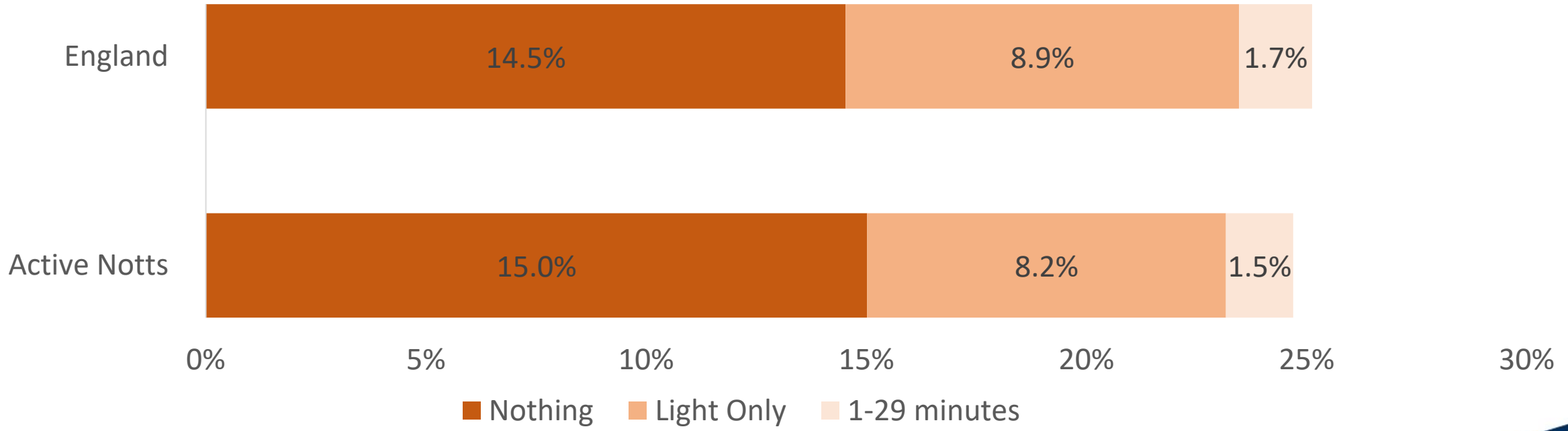
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Breakdown of inactive behaviour

Inactive behaviour can be broken down further into three sub-categories:

- Those that do NOTHING, i.e. no physical activity at all
- Those that do LIGHT INTENSITY ONLY, i.e. no moderate or vigorous intensity activity
- Those that ONLY ACHIEVE 1-29 MINUTES in a week



Source: Sport England, Active Lives Adults, Nov 17 to Nov 18, age 16+, excluding gardening. Census 2011, ONS mid year population estimate 2018

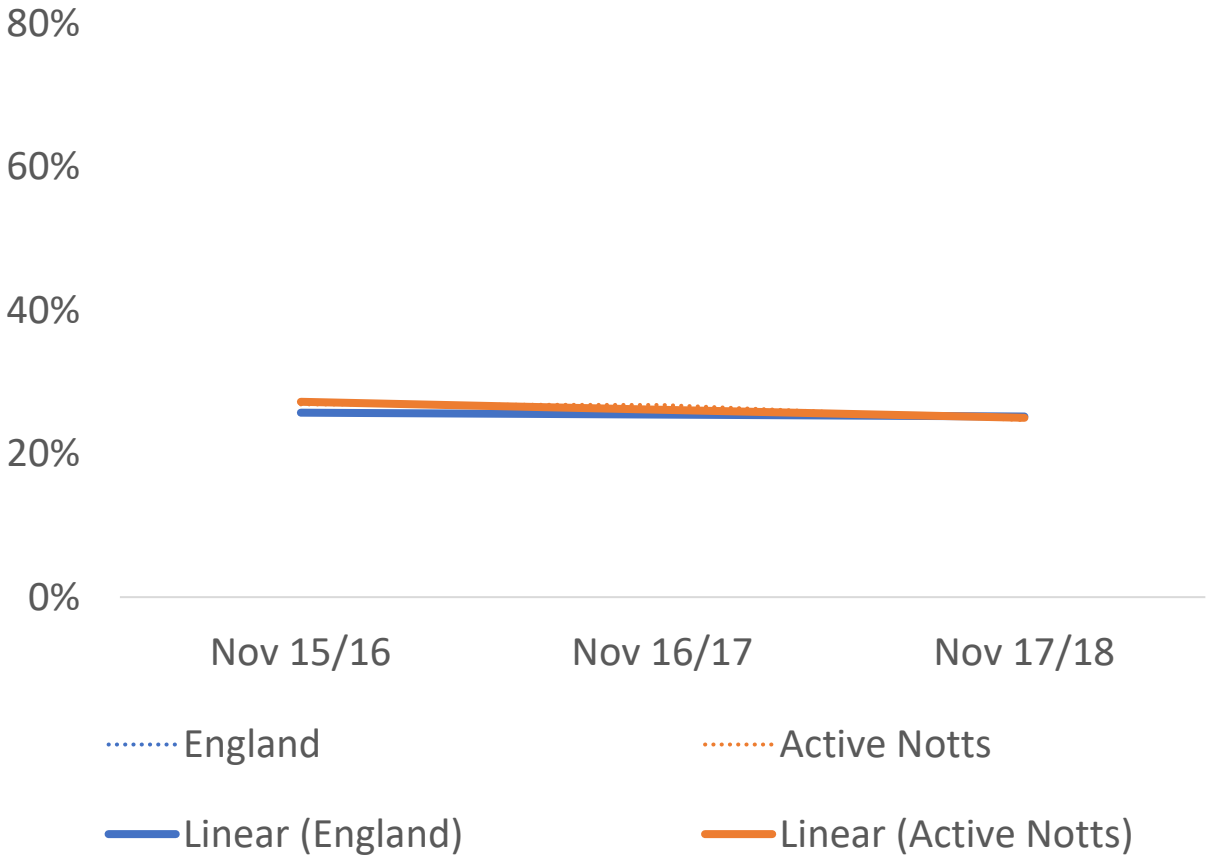
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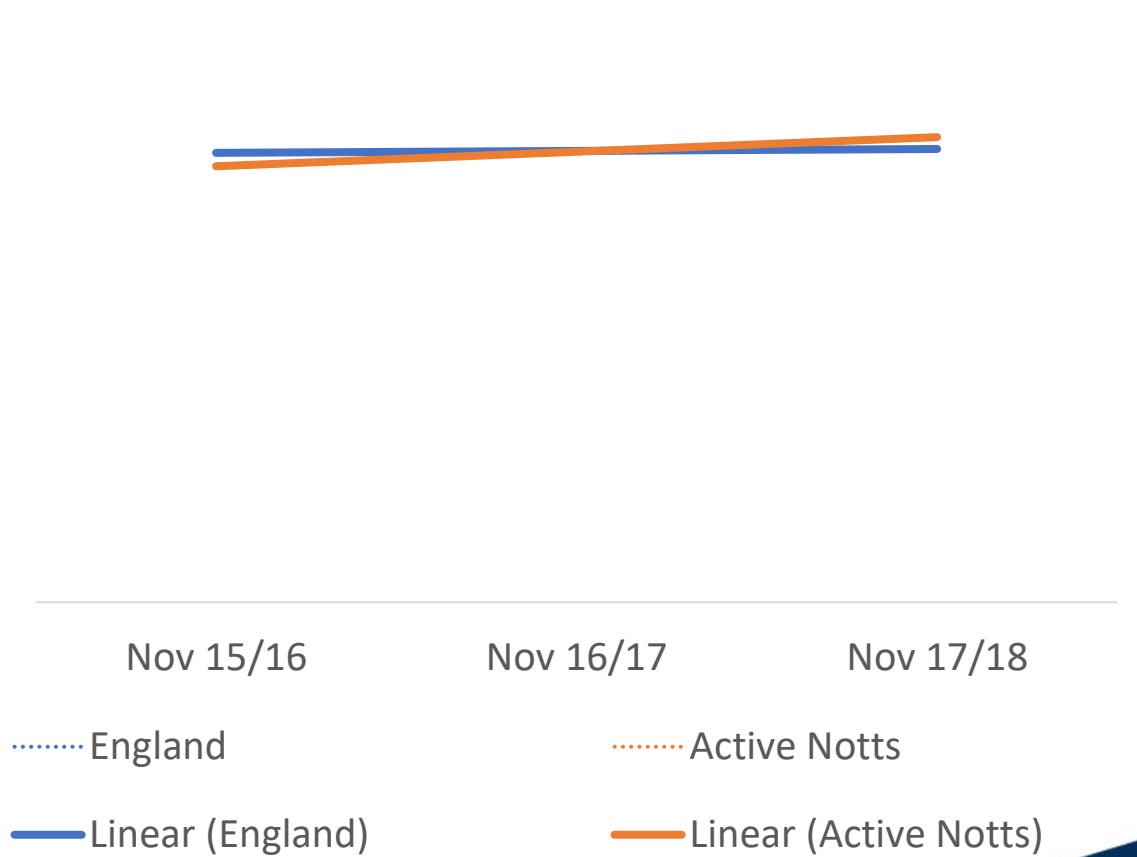
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Physical inactivity behaviour trends - Whole population

Inactive - Whole population



Active - Whole population



Source: Sport England, Active Lives Adults, Nov 15 to Nov 18, age 16+, excluding gardening

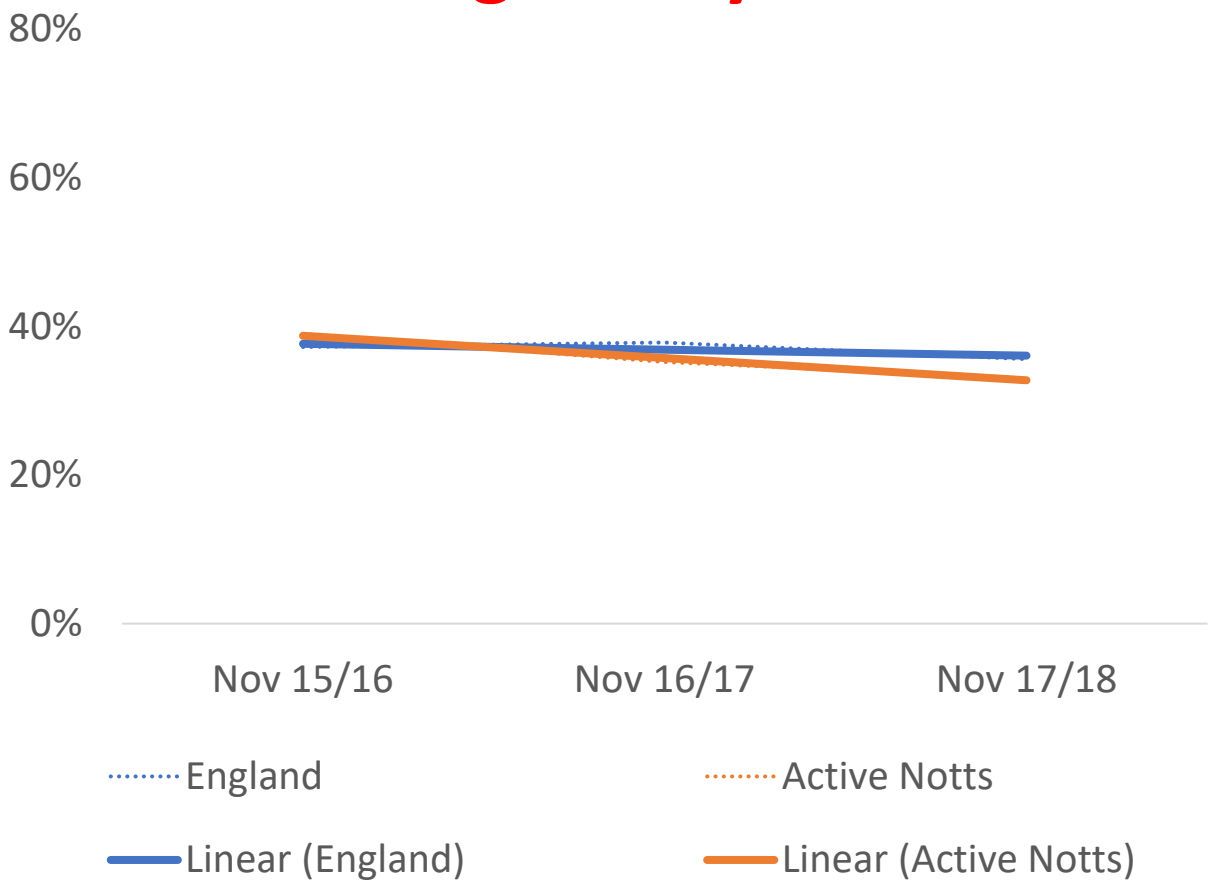
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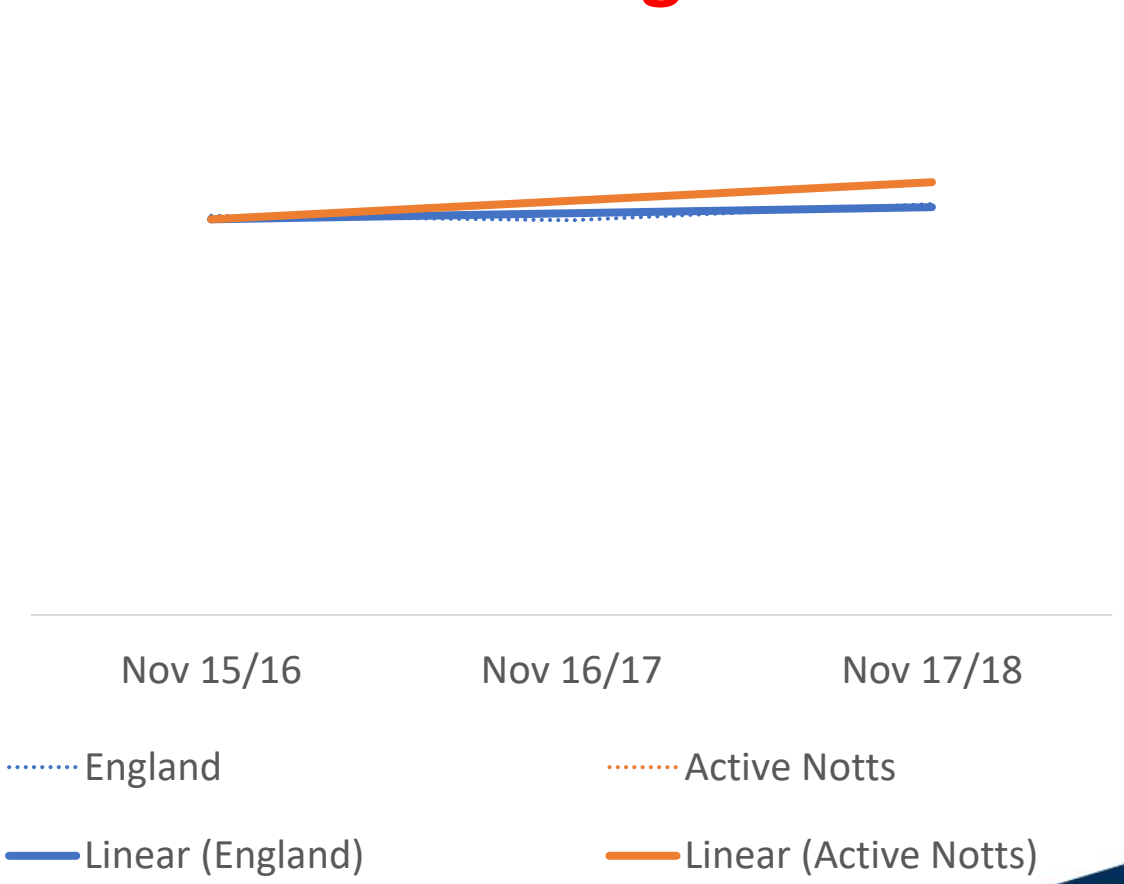
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Physical inactivity behaviour trends - Whole population

Light only



Nothing



Source: Sport England, Active Lives Adults, Nov 15 to Nov 18, age 16+, excluding gardening

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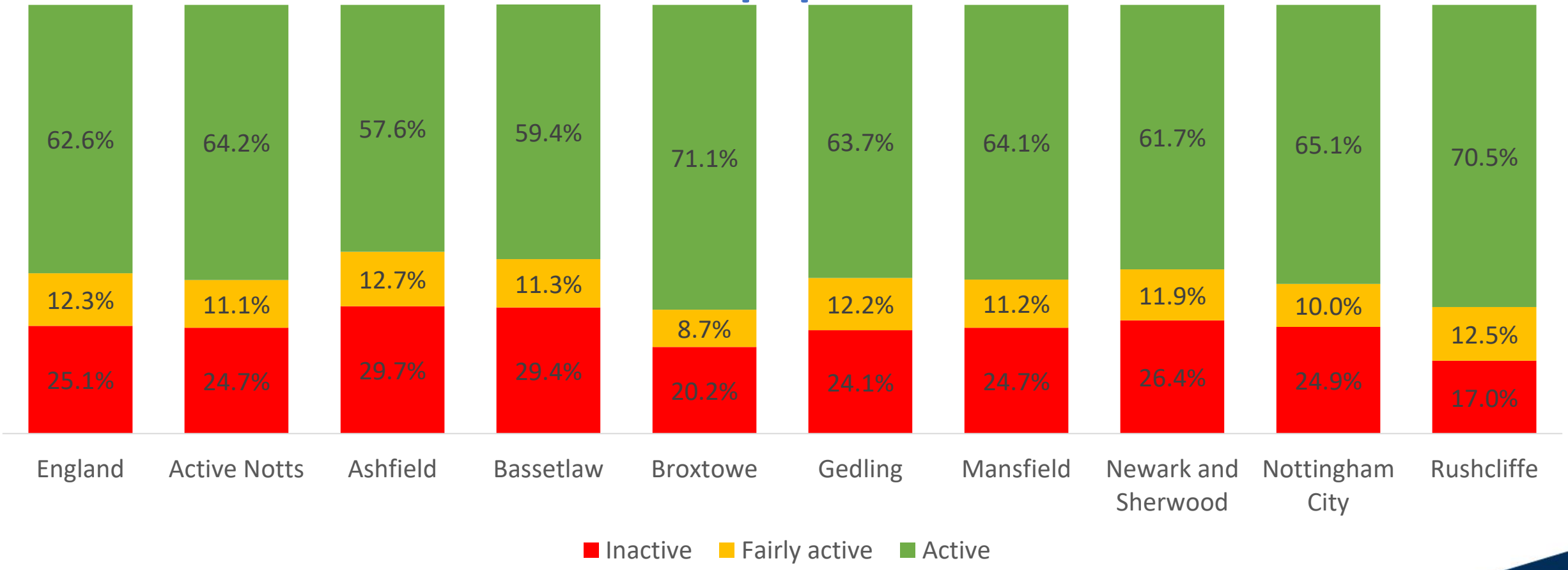
Whole population physical activity behaviour summary

		Latest data (Nov 17/18)	Trend	Compared to England	Nearest neighbour rank
Whole Population	Inactive	24.7%	improving	lower (better)	2nd of 5
	Active	64.2%	improving	higher (better)	1st of 5

Physical activity behaviour: by locality

Physical activity behaviour by locality

Whole population



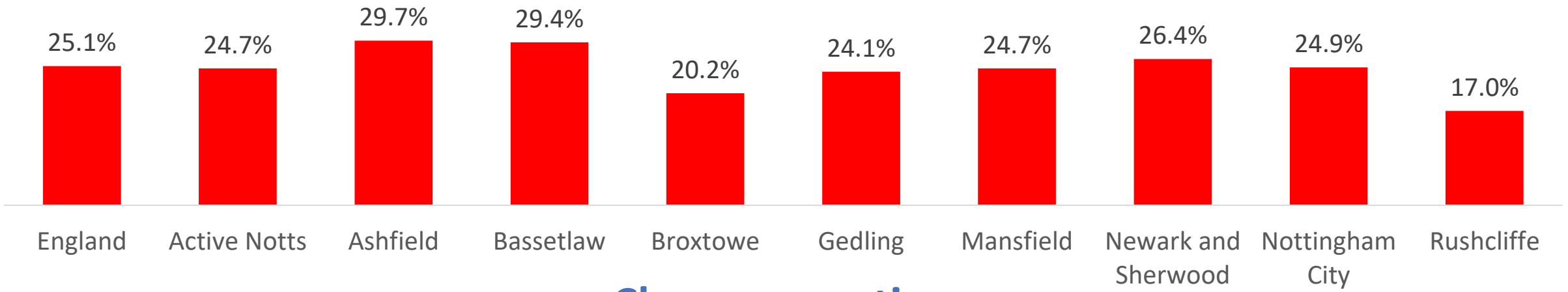
Source: Sport England, Active Lives Adults, Nov 17 to Nov 18, age 16+, excluding gardening

active notts

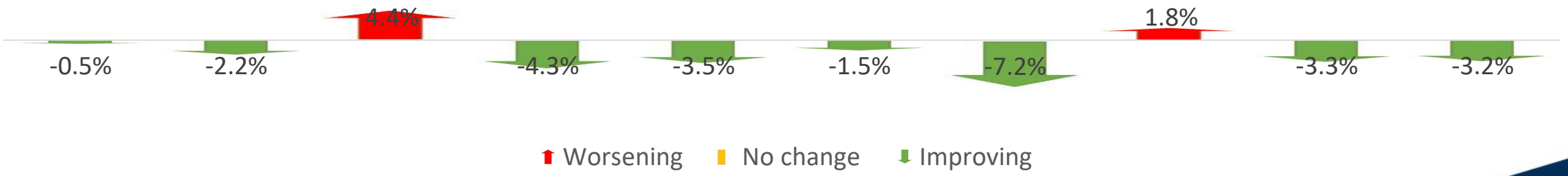
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Physical activity behaviour by locality

Inactive - year 3 trend point



Change over time



Source: Sport England, Active Lives Adults, Nov 17 to Nov 18, age 16+, excluding gardening

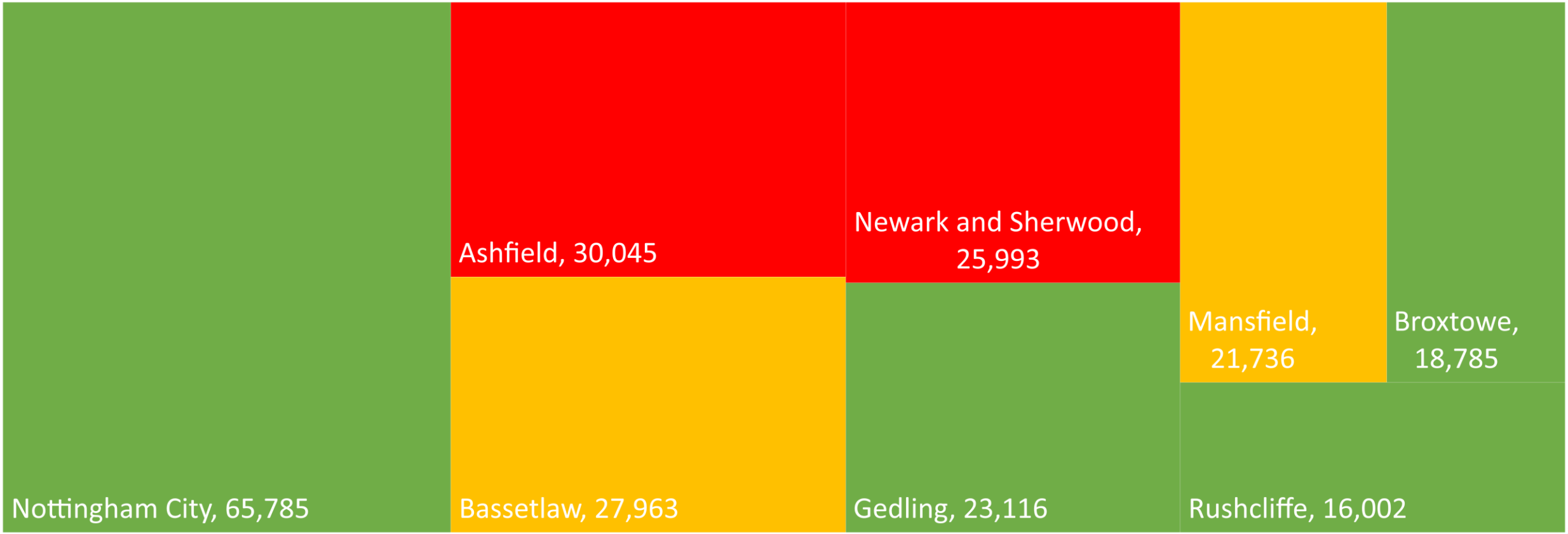
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Scale of inactivity challenge by locality

Whole population



Source: Sport England, Active Lives, Nov 16 to Nov 17, age 16+, excluding gardening, ONS 2016 Population Projections
Note: Figures are estimates calculated using Active Lives inactive trend values and population projections

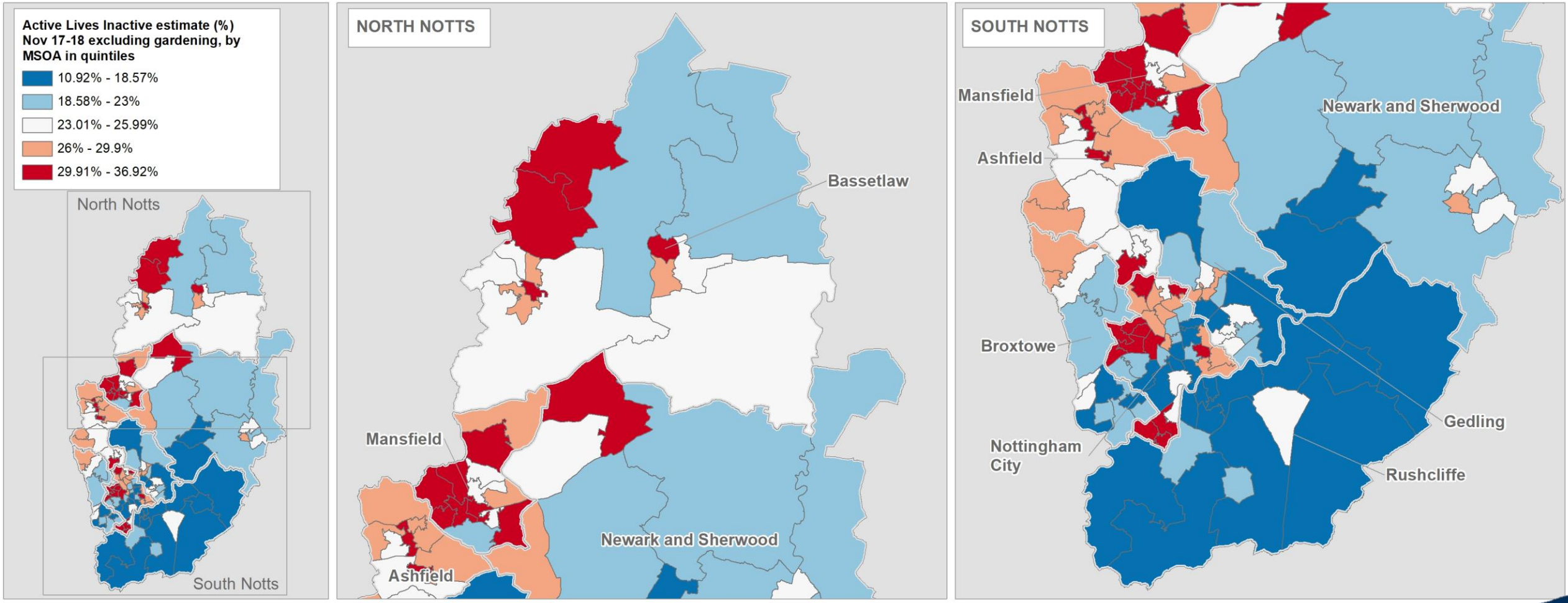
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Better than Active Partnership, positive trend
Worse than Active Partnership, positive trend
Better than Active Parnership, negative trend
Worse than Active Partnership, negative trend

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Inactivity small area estimates



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Source: Sport England, Active Lives Survey (Small Area Estimates) published September 2019, 16+ years

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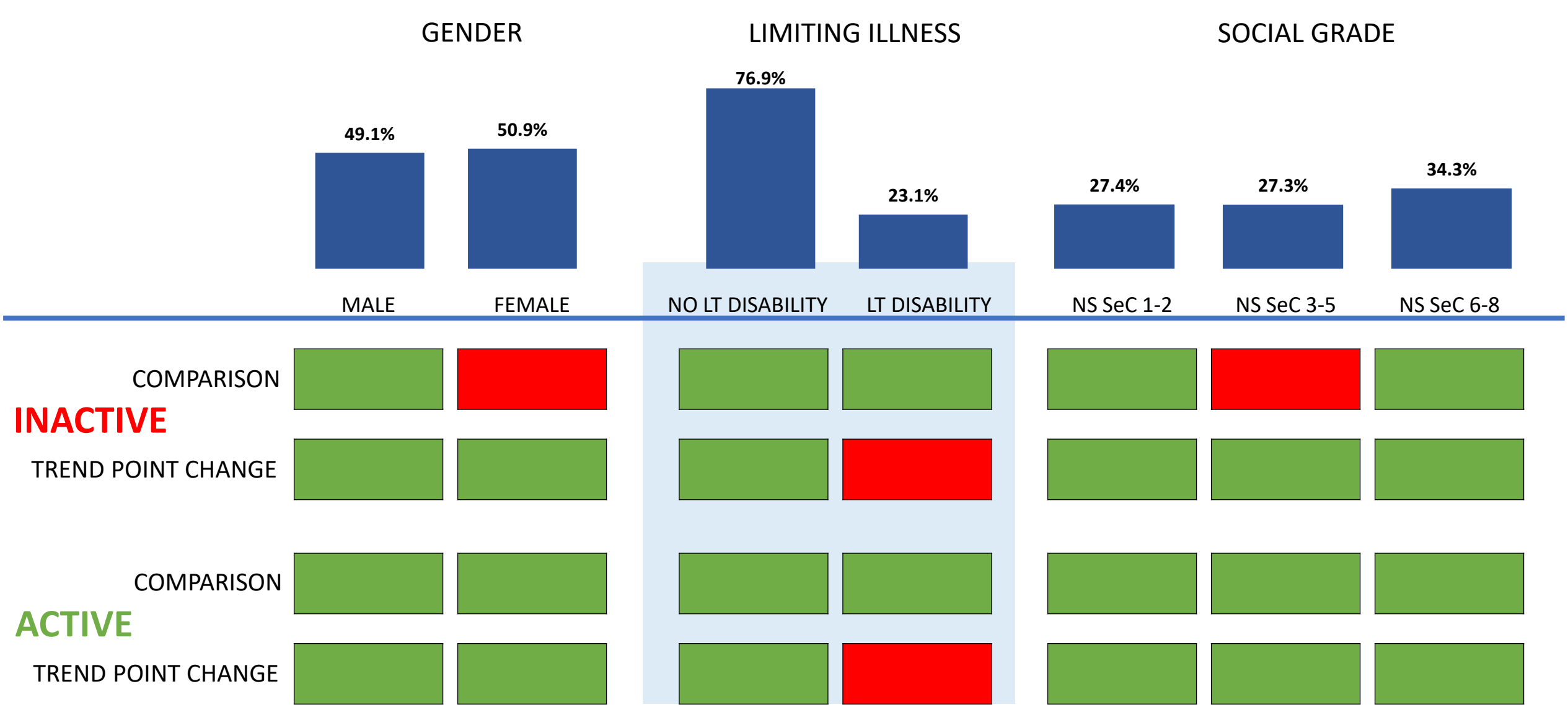
Localities physical activity behaviour summary

	Active		Inactive	
	Nov 17/18	Trend	Nov 17/18	Trend
Active Notts	60.2%	improving	25%	improving
Ashfield	59.7%	worsening	30%	worsening
Bassetlaw	53.8%	improving	29%	improving
Broxtowe	64.6%	improving	20%	improving
Gedling	62.0%	improving	24%	improving
Mansfield	56.7%	improving	25%	improving
Newark and Sherwood	61.7%	worsening	26%	worsening
Nottingham City	60.2%	improving	25%	improving
Rushcliffe	62.7%	improving	17%	improving

Physical activity behaviour: by demographic group

Behaviour of different groups

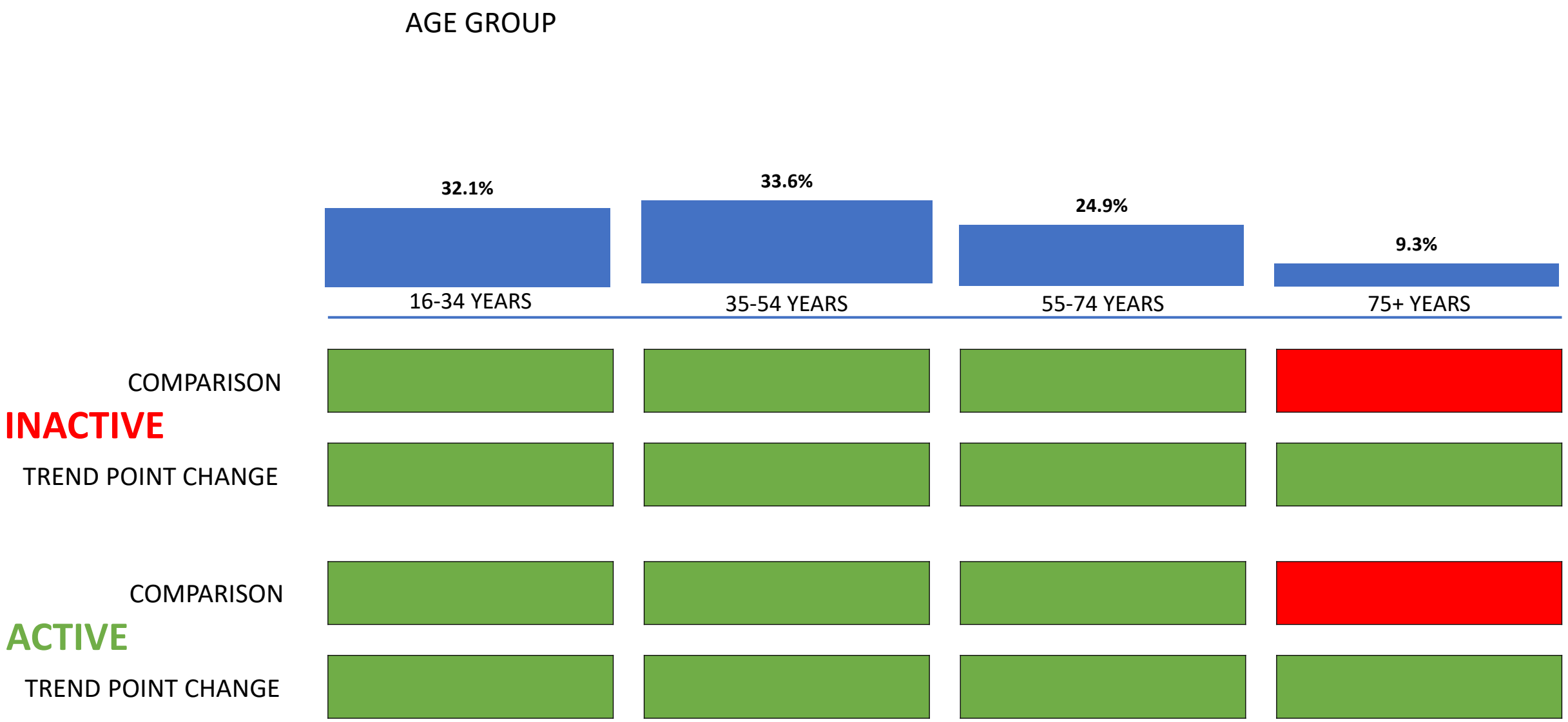
KEY			
Comparison to same group in England	Better	Same	Worse
Trend point change from Nov 15–16	Getting better	Staying the same	Getting worse



Source: Sport England, Active Lives Adults, Nov 17 to Nov 18, age 16+, excluding gardening

Behaviour of different groups

KEY			
Comparison to same group in England	Better	Same	Worse
Trend point change from Nov 15–16	Getting better	Staying the same	Getting worse



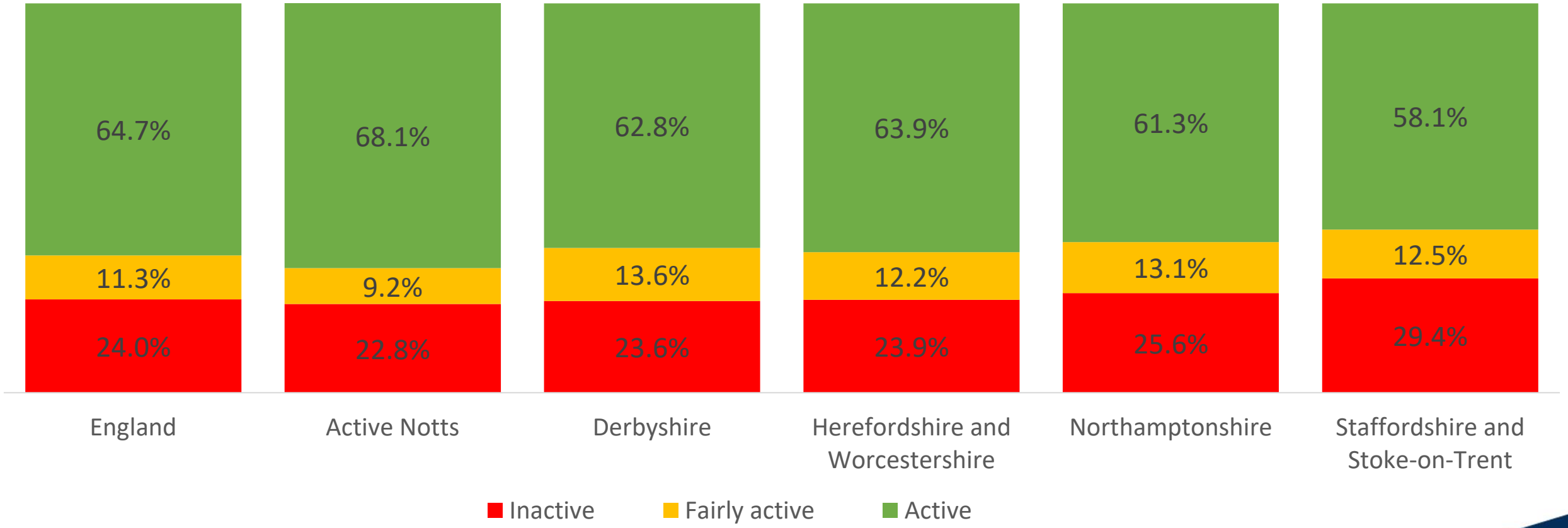
Source: Sport England, Active Lives Adults, Nov 17 to Nov 18, age 16+, excluding gardening

Gender

GENDER

Physical activity behaviour compared to nearest neighbours

Male



Source: Sport England, Active Lives Adults, Nov 17 to Nov 18, age 16+, excluding gardening

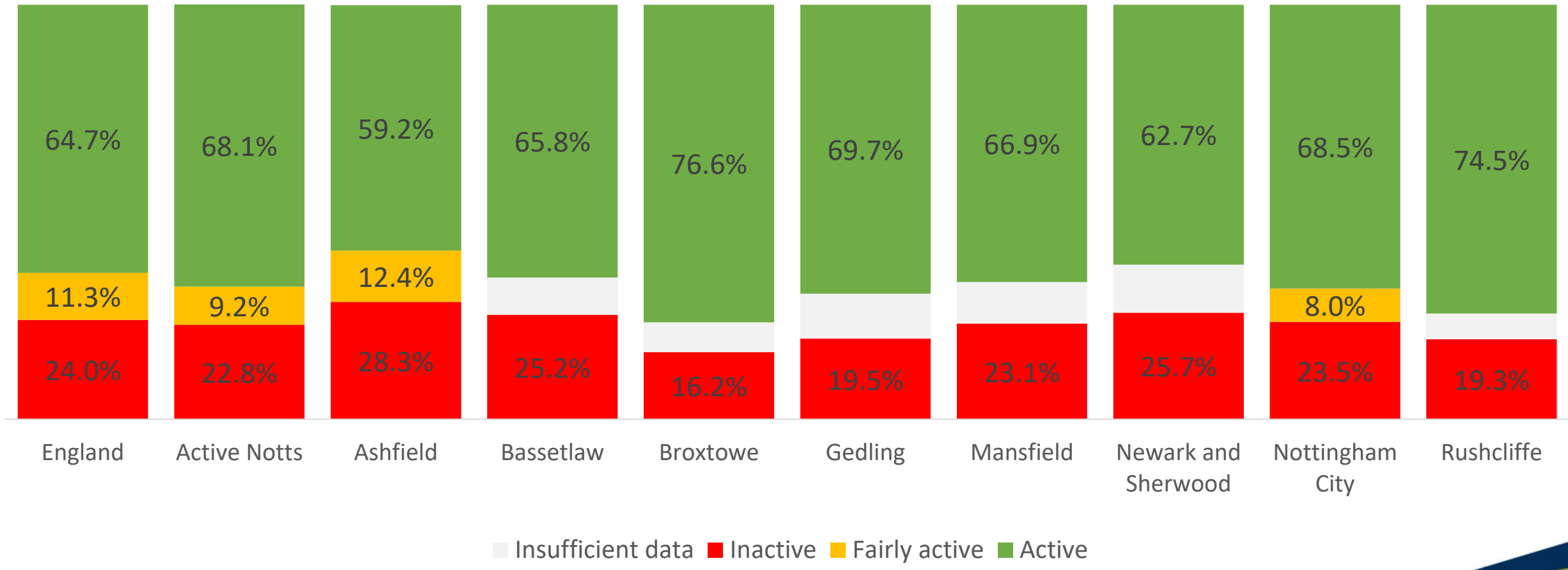
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GENDER

Physical activity behaviour by localities

Male



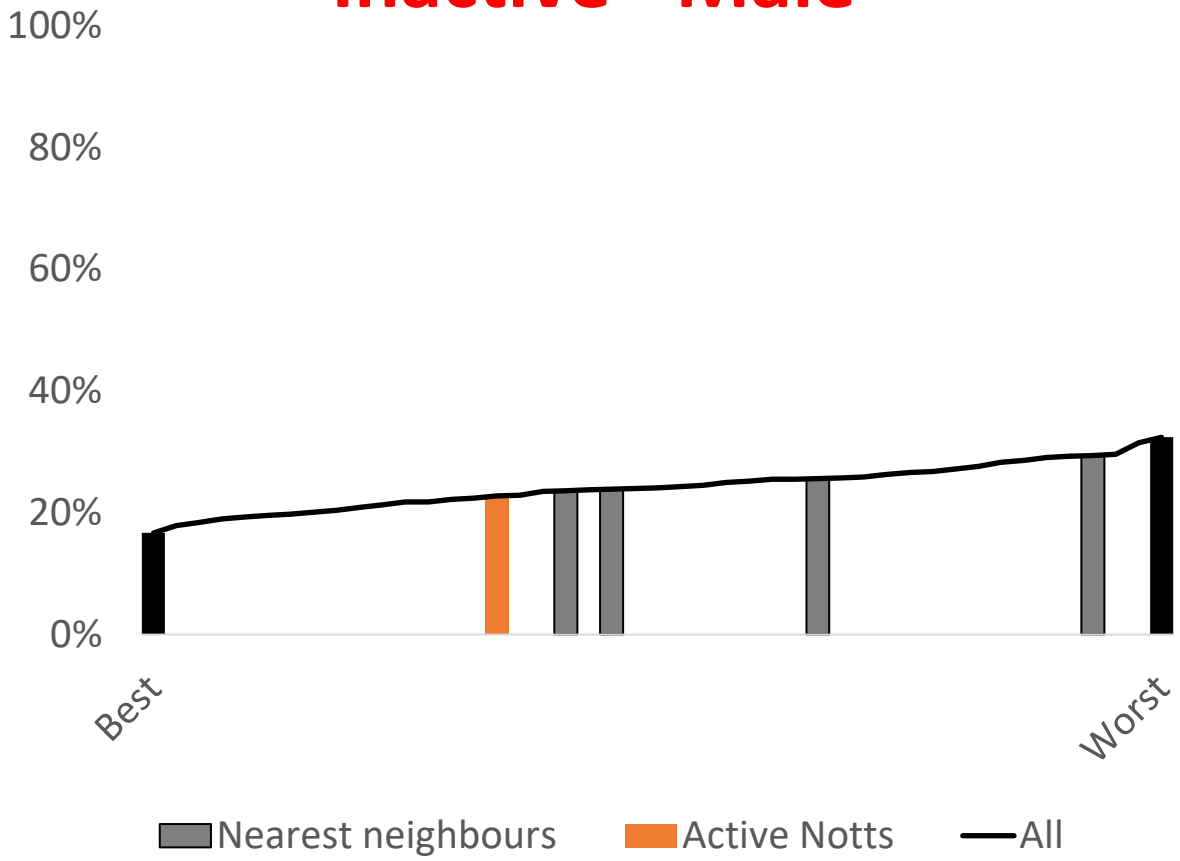
Source: Sport England, Active Lives Adults, Nov 17 to Nov 18, age 16+, excluding gardening

active notts

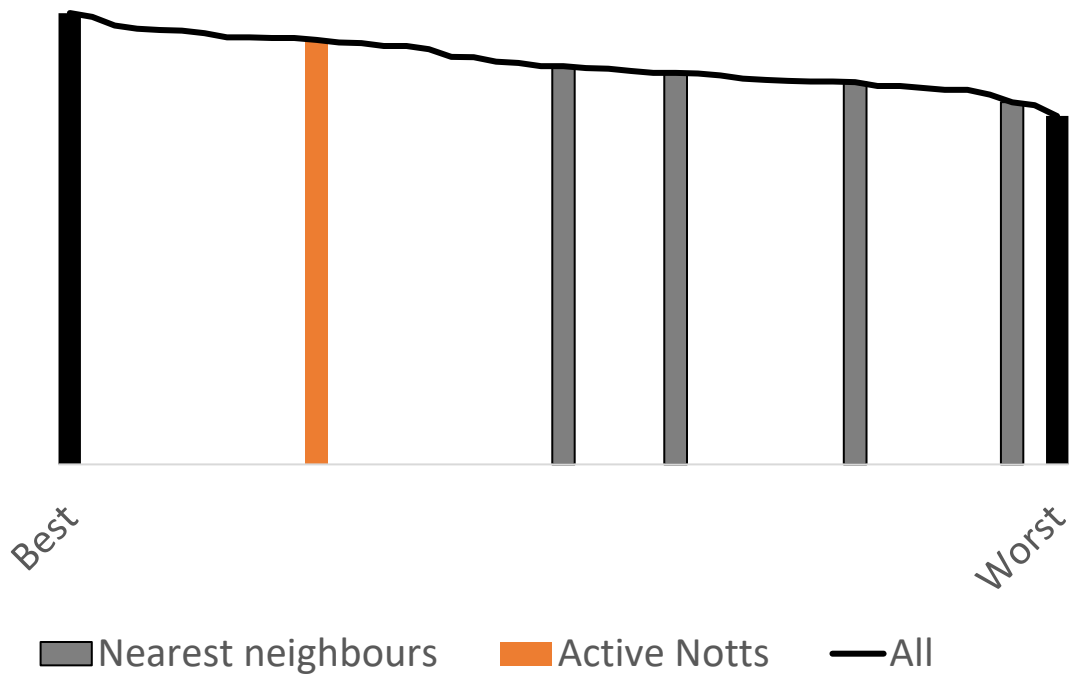
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Physical activity behaviour compared to peers

Inactive - Male



Active - Male

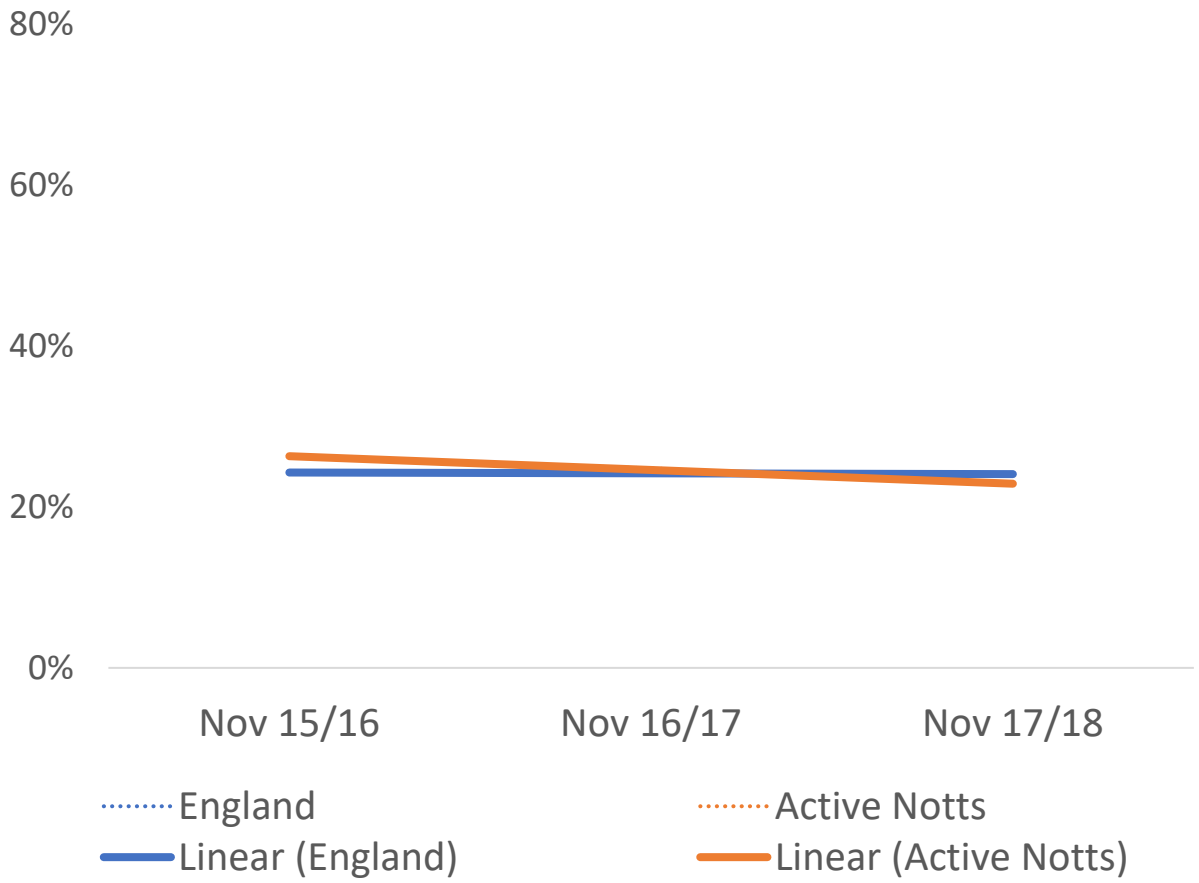


Source: Sport England, Active Lives Adults, Nov 17 to Nov 18, age 16+, excluding gardening

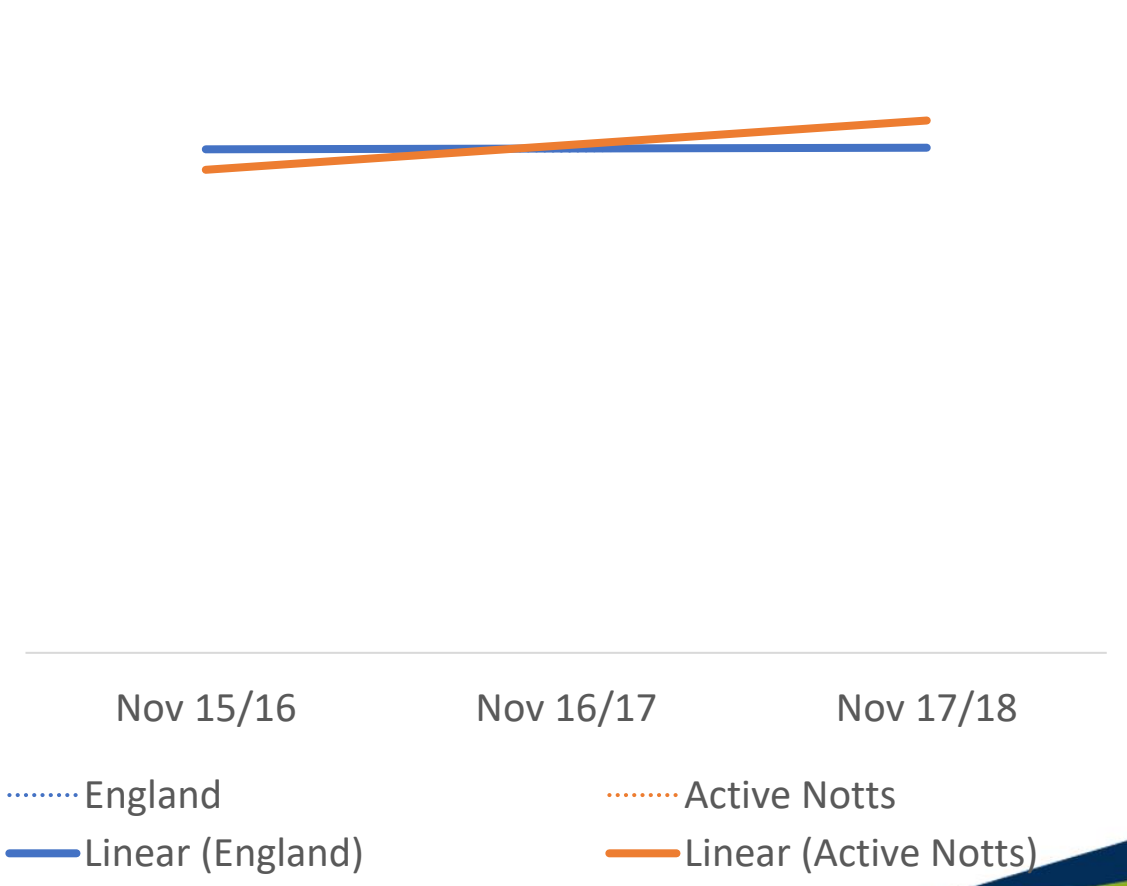
GENDER

Physical activity behaviour trend

Inactive - Male



Active - Male



Source: Sport England, Active Lives Adults, Nov 15 to Nov 18, age 16+, excluding gardening

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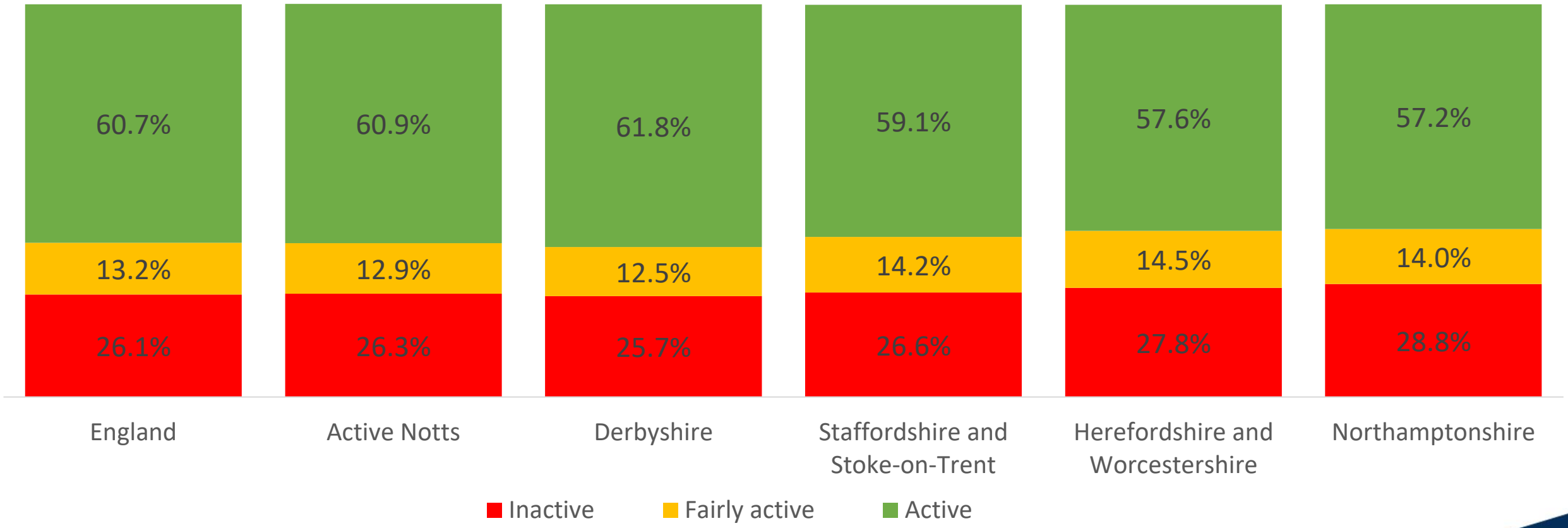
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GENDER

Physical activity behaviour compared to nearest neighbours

Female



Source: Sport England, Active Lives Adults, Nov 17 to Nov 18, age 16+, excluding gardening

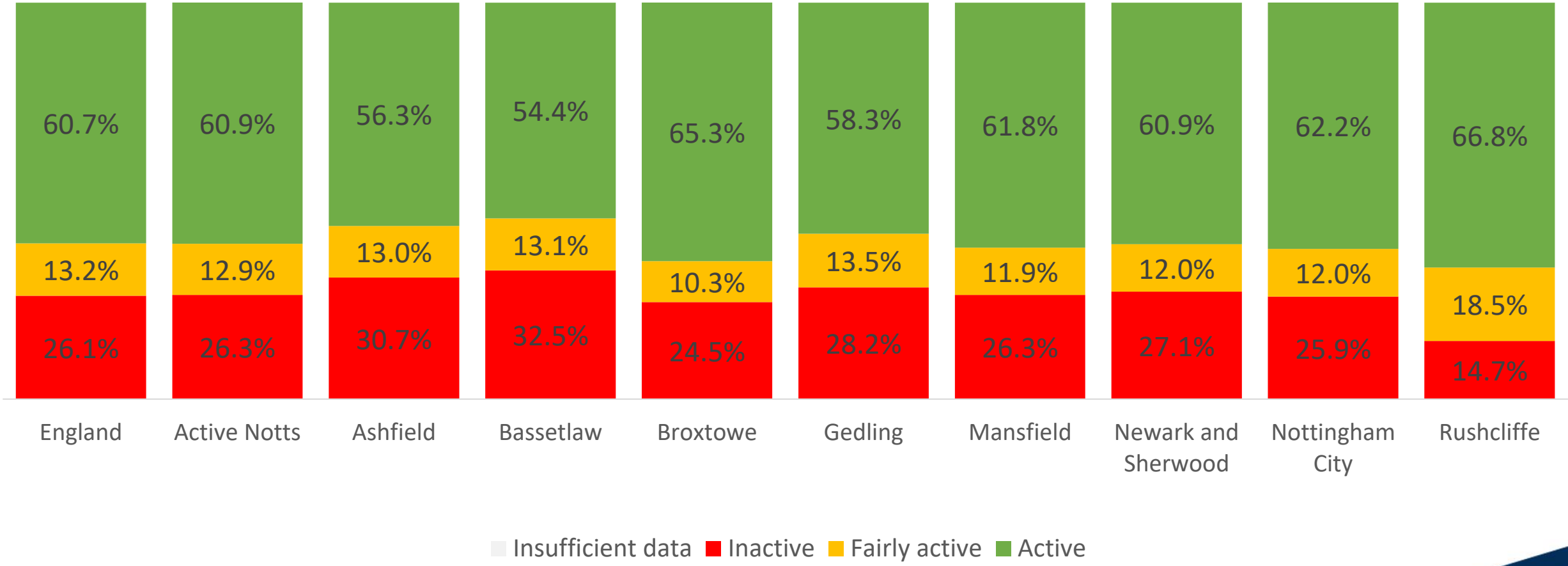
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GENDER

Physical activity behaviour by localities

Female



Source: Sport England, Active Lives Adults, Nov 17 to Nov 18, age 16+, excluding gardening

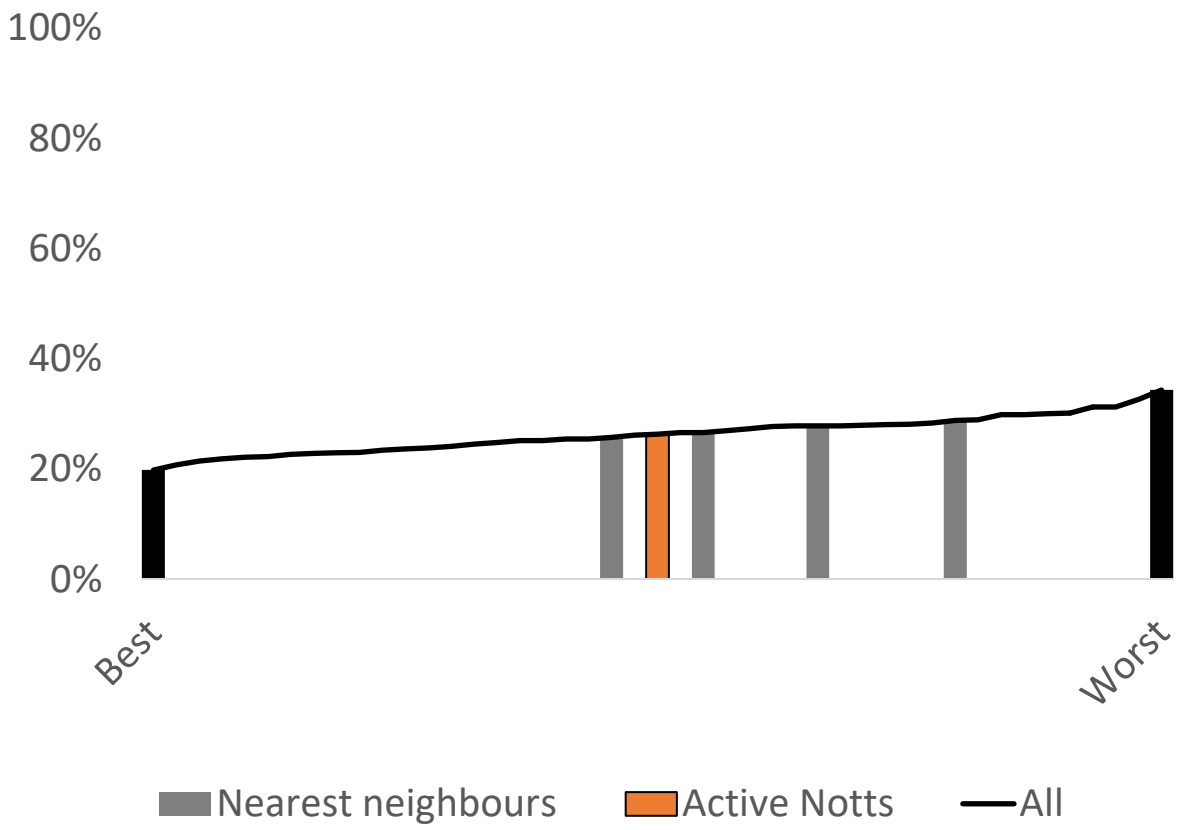
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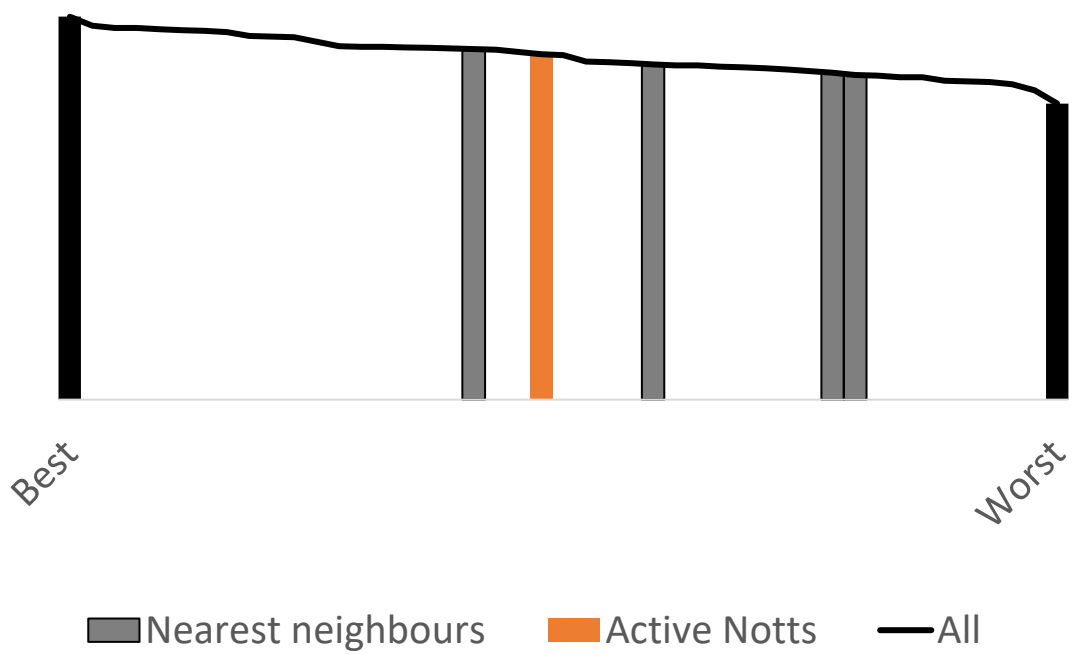
GENDER

Physical activity behaviour compared to peers

Inactive - Female



Active - Female



Source: Sport England, Active Lives Adults, Nov 17 to Nov 18, age 16+, excluding gardening

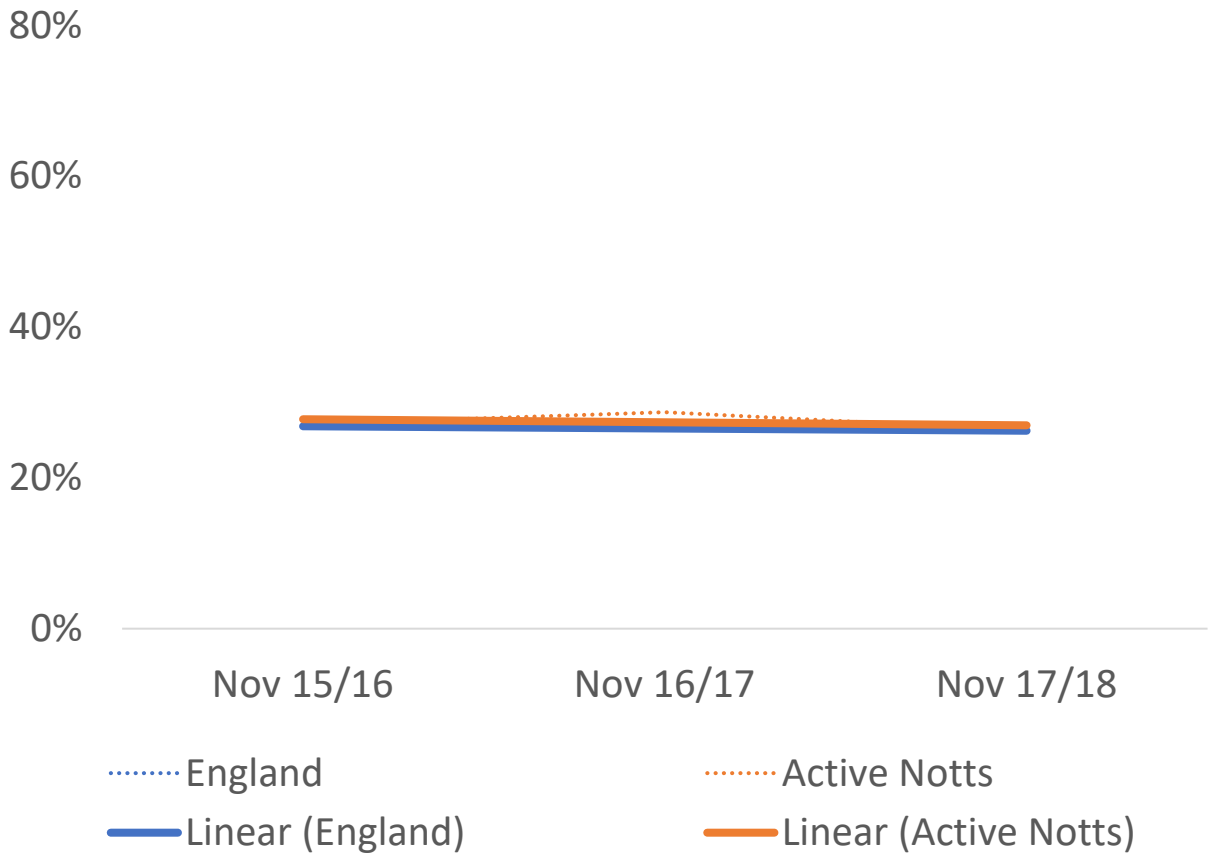
active notts

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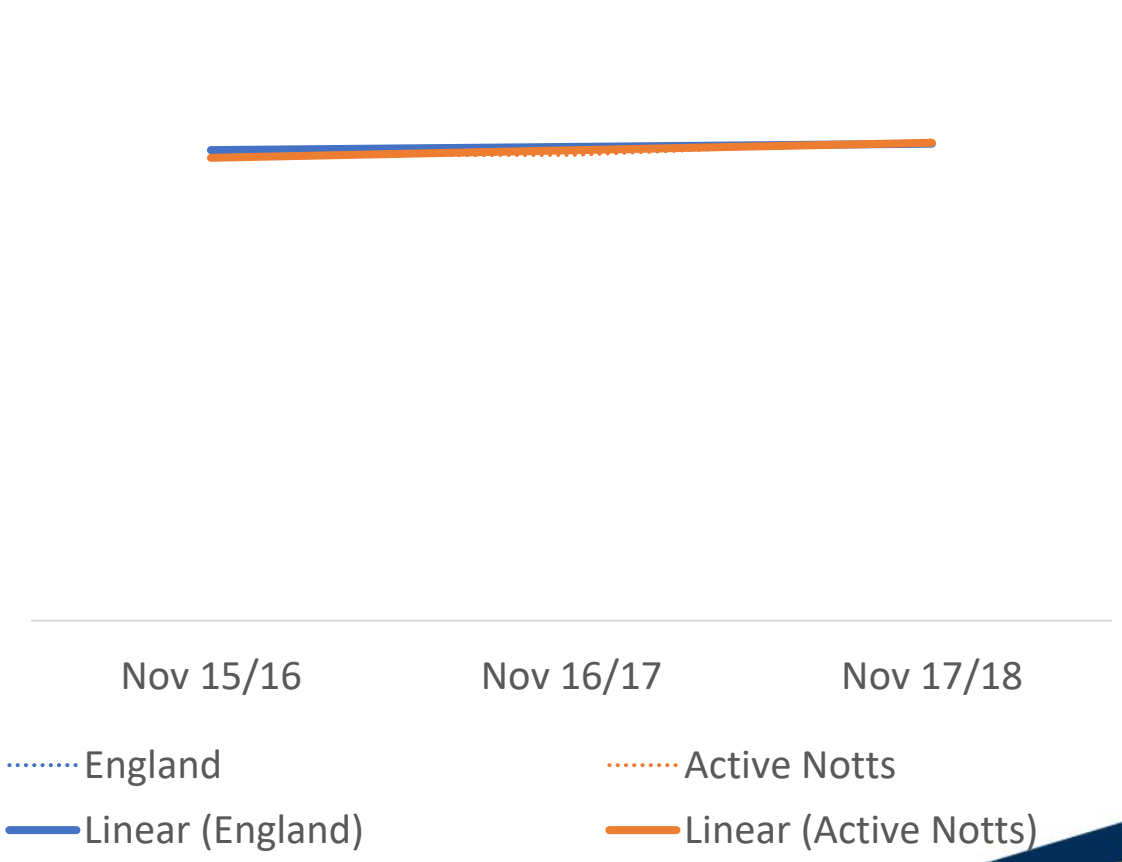
GENDER

Physical activity behaviour trend

Inactive - Female



Active - Female



Source: Sport England, Active Lives Adults, Nov 15 to Nov 18, age 16+, excluding gardening

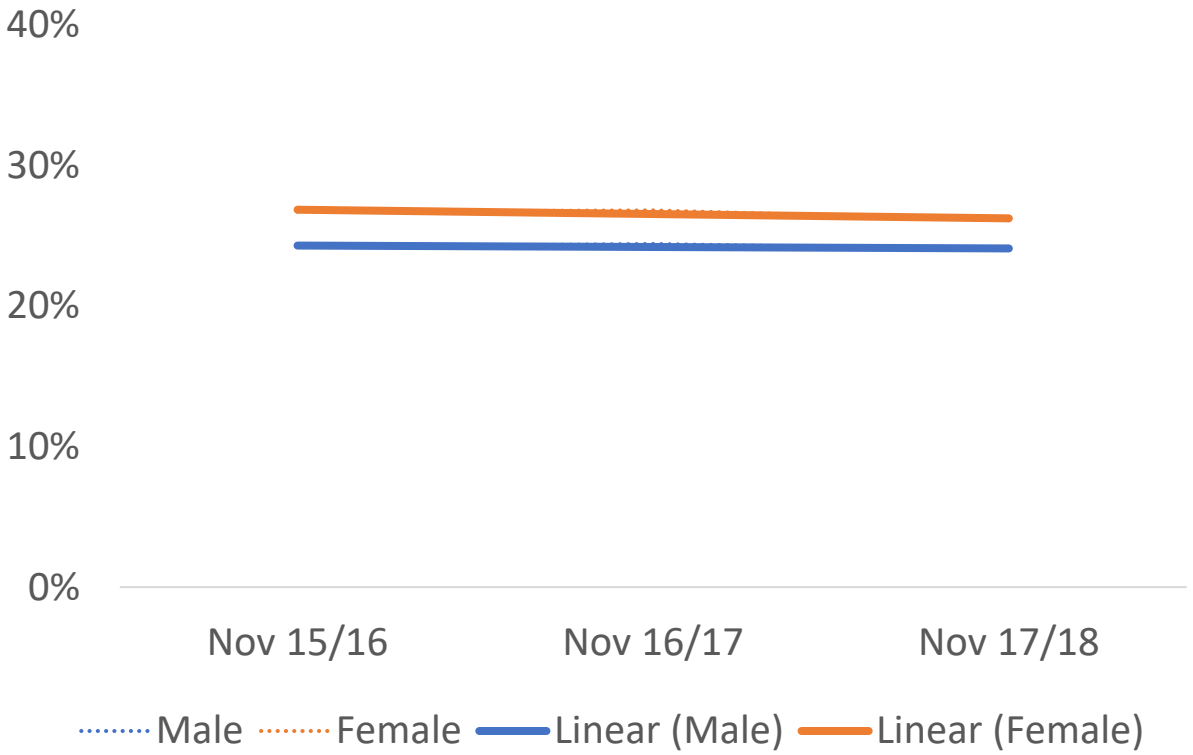
active notts

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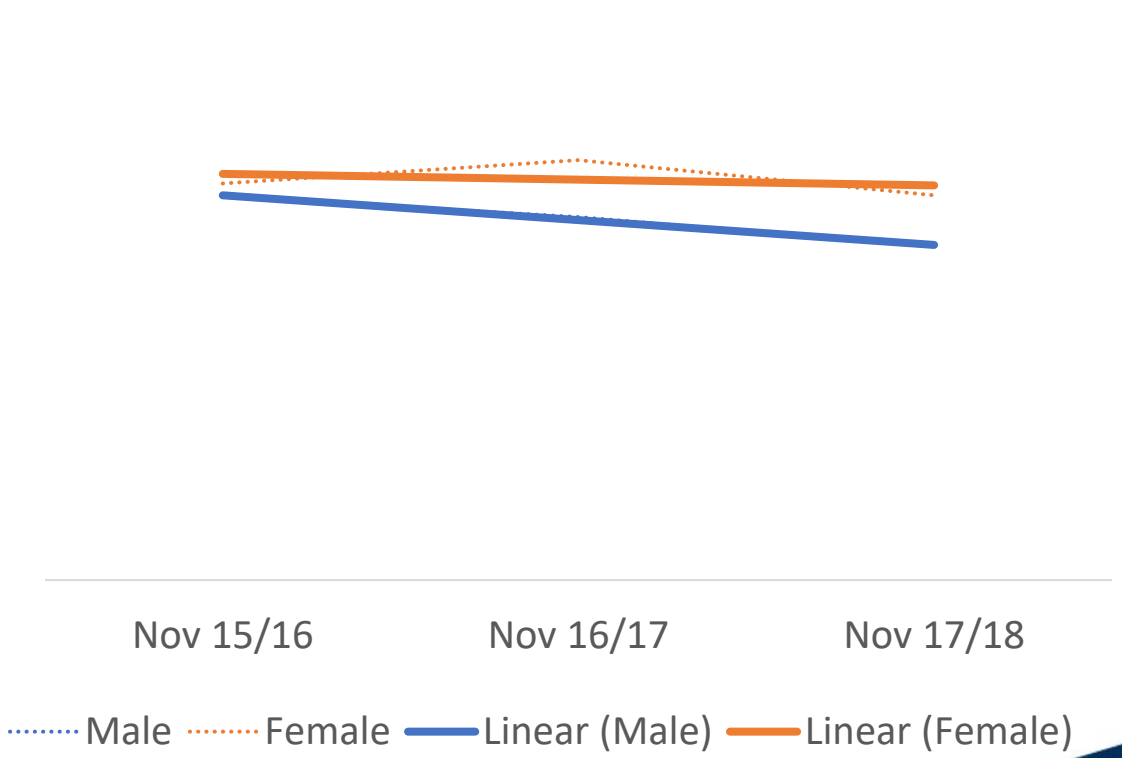
Gender inequality gap

Inactive

England



Active Notts

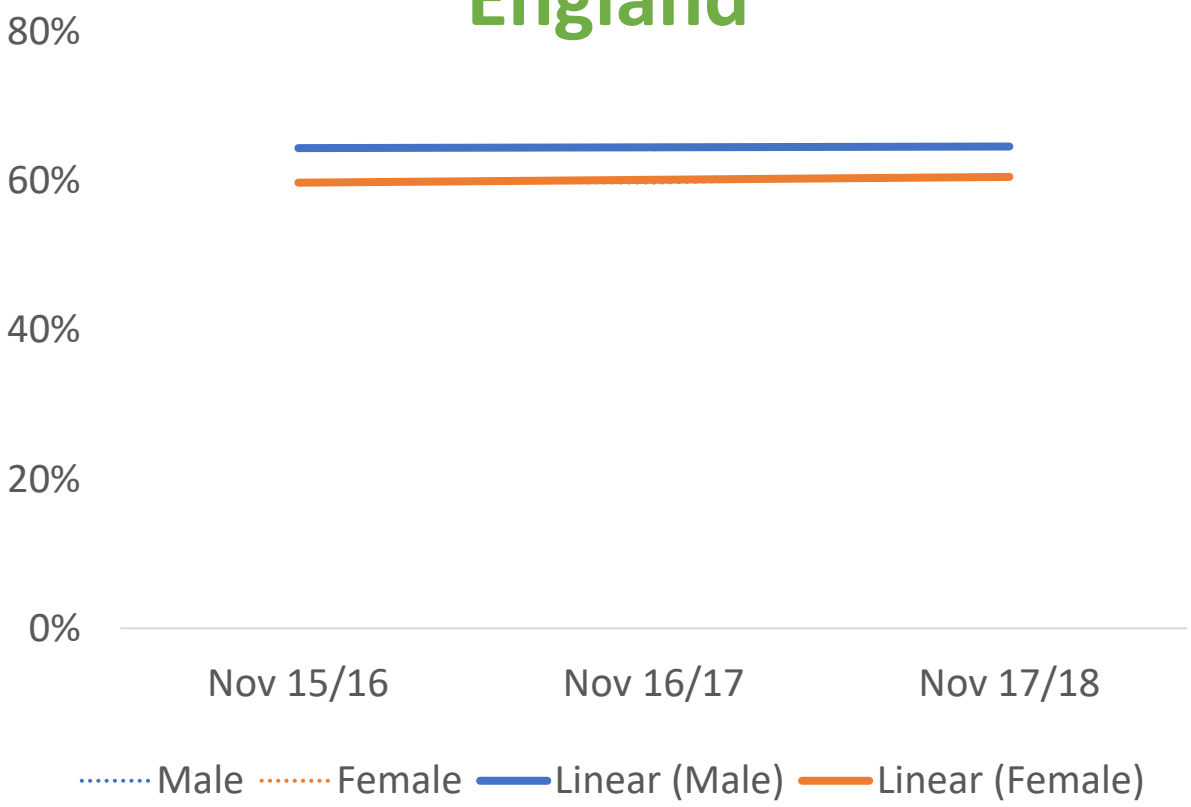


Source: Sport England, Active Lives Adults, Nov 15 to Nov 18, age 16+, excluding gardening

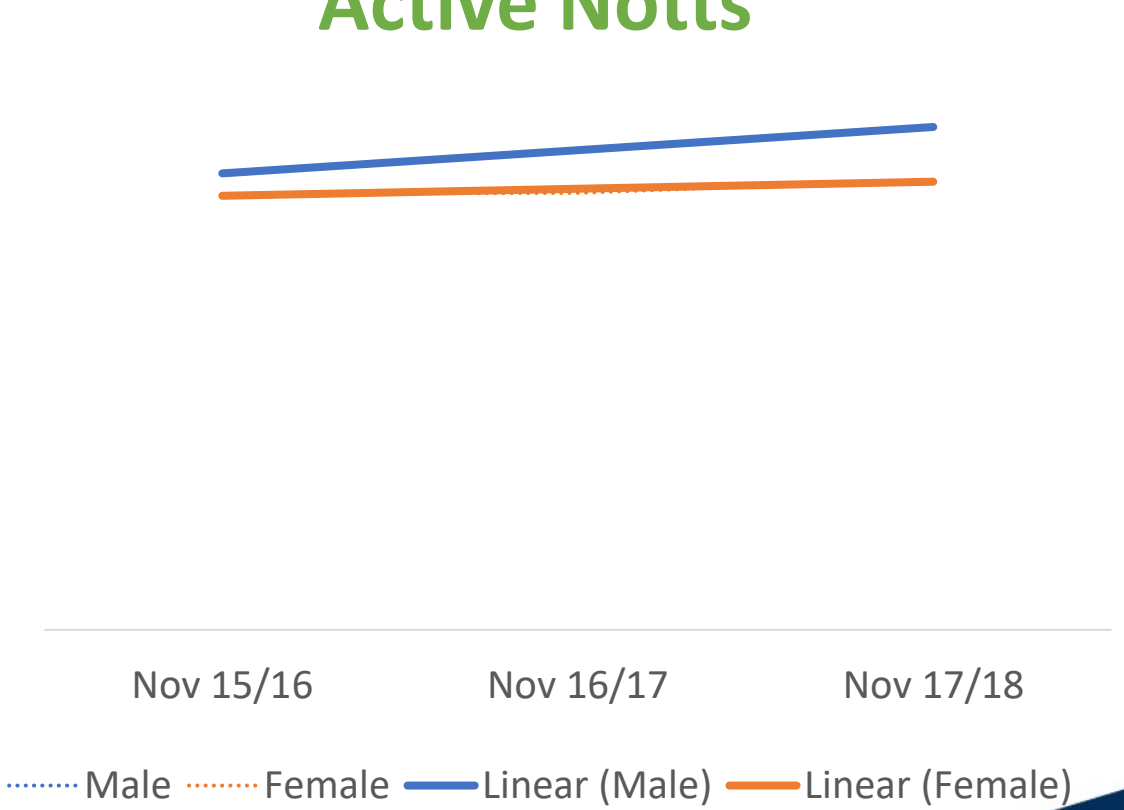
Gender inequality gap

Active

England



Active Notts

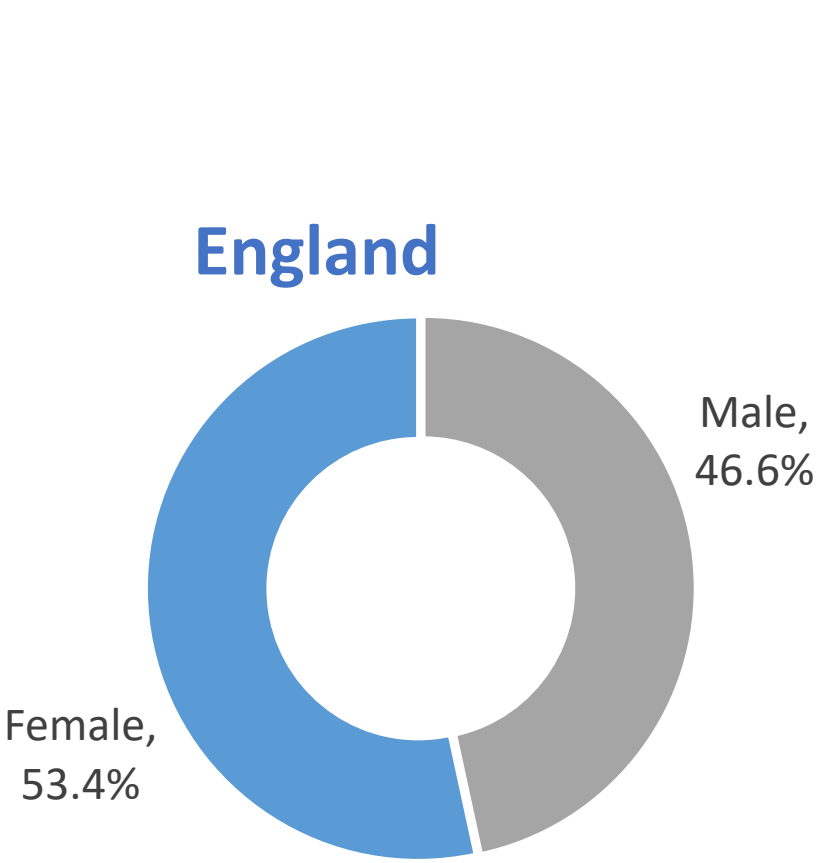


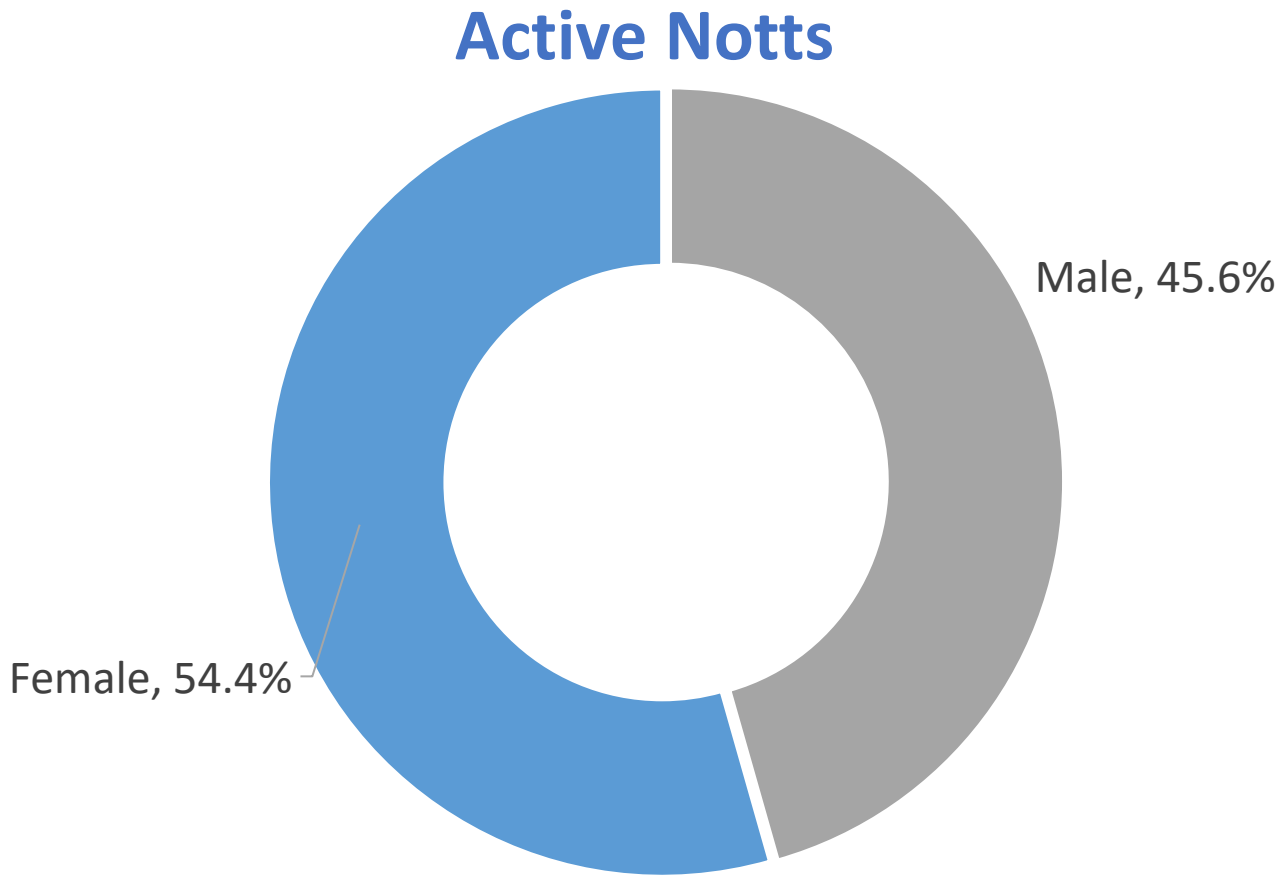
Source: Sport England, Active Lives Adults, Nov 15 to Nov 18, age 16+, excluding gardening

active notts

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Inactive population by demographic group





Source: Source: Sport England, Active Lives Adults, Nov 17 to Nov 18, age 16+, excluding gardening, ONS, Persons by single year of age and sex for local authorities in the UK, mid-2018, Census 2011

GENDER – Physical activity behaviour summary

		Latest data (Nov 17/18)	Trend	Compared to England	Nearest neighbour rank
Male	Inactive	22.8%	improving	lower (better)	1st of 5
	Active	68.1%	improving	higher (better)	1st of 5
Female	Inactive	26.3%	improving	higher (worse)	2nd of 5
	Active	60.9%	improving	higher (better)	2nd of 5
Inequality gap	Inactive	3.5%			
	Active	7.2%			

Long term limiting illness or disability

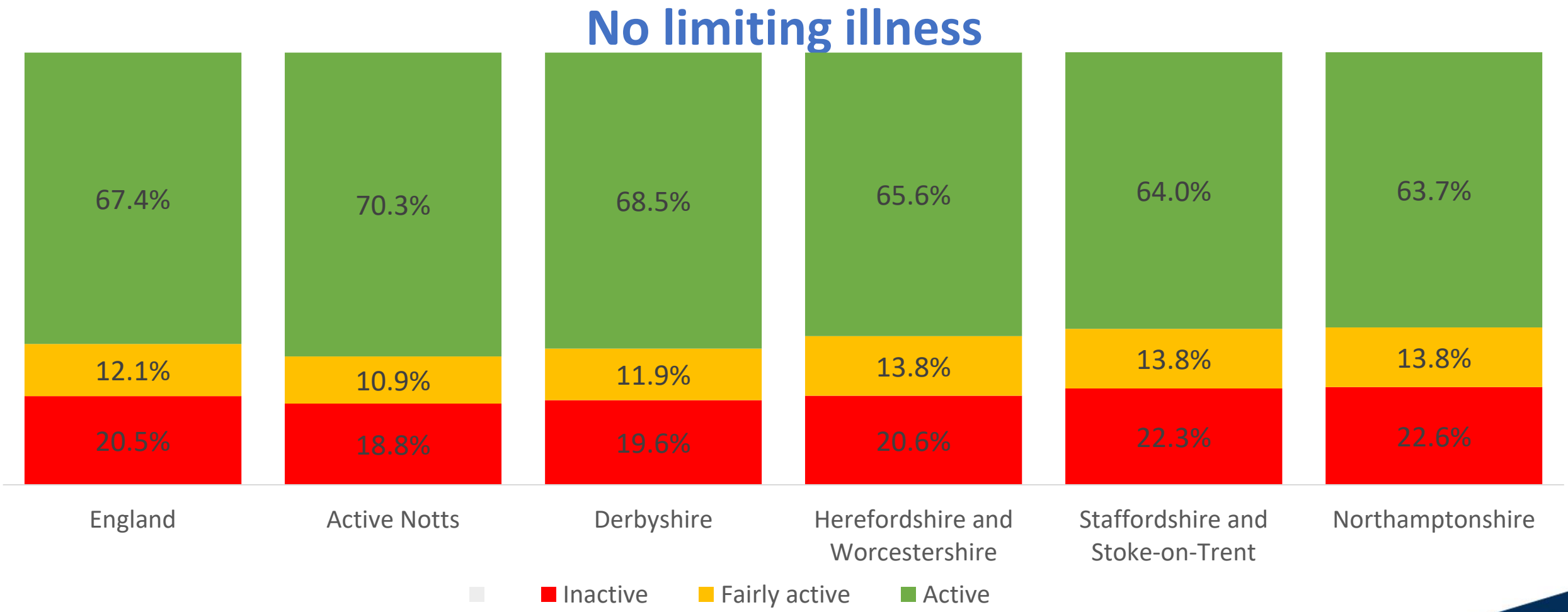
Definition: (Sport England)

Limiting disability is defined as an individual reporting they have a physical or mental health condition or illness that has lasted or is expected to last 12 months or more, and that this has a substantial effect on their ability to do normal daily activities.

In future slides this will be referred to as ‘Limiting illness’

DISABILITY SECTION

Physical activity behaviour compared to nearest neighbours



Source: Sport England, Active Lives Adults, Nov 17 to Nov 18, age 16+, excluding gardening

active notts

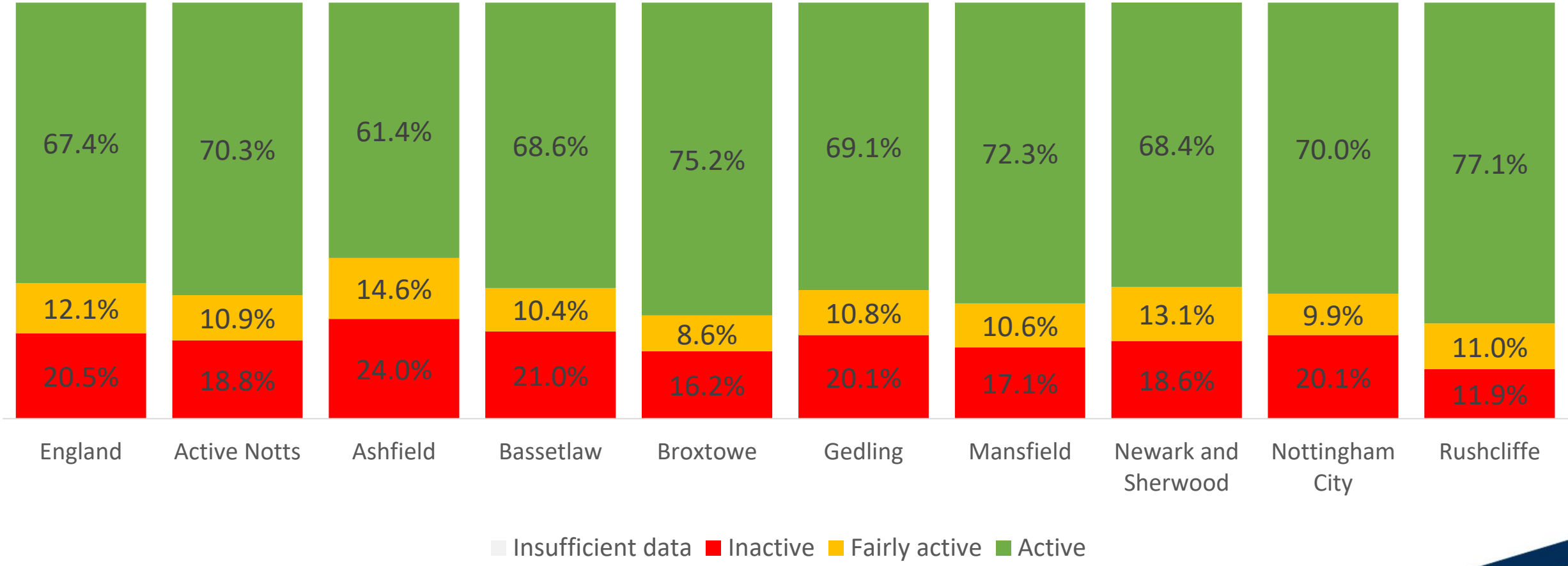
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DISABILITY SECTION

Physical activity behaviour by localities

No limiting illness



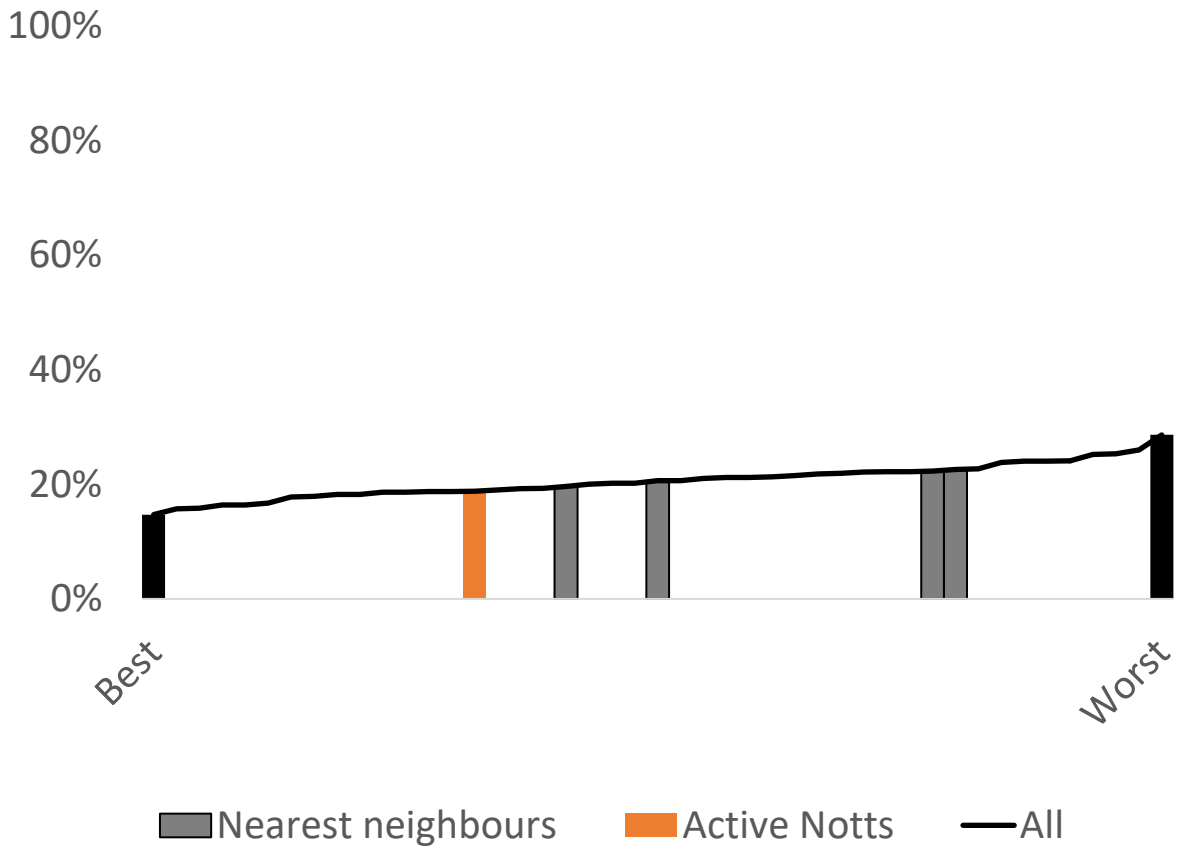
Source: Sport England, Active Lives Adults, Nov 17 to Nov 18, age 16+, excluding gardening

active notts

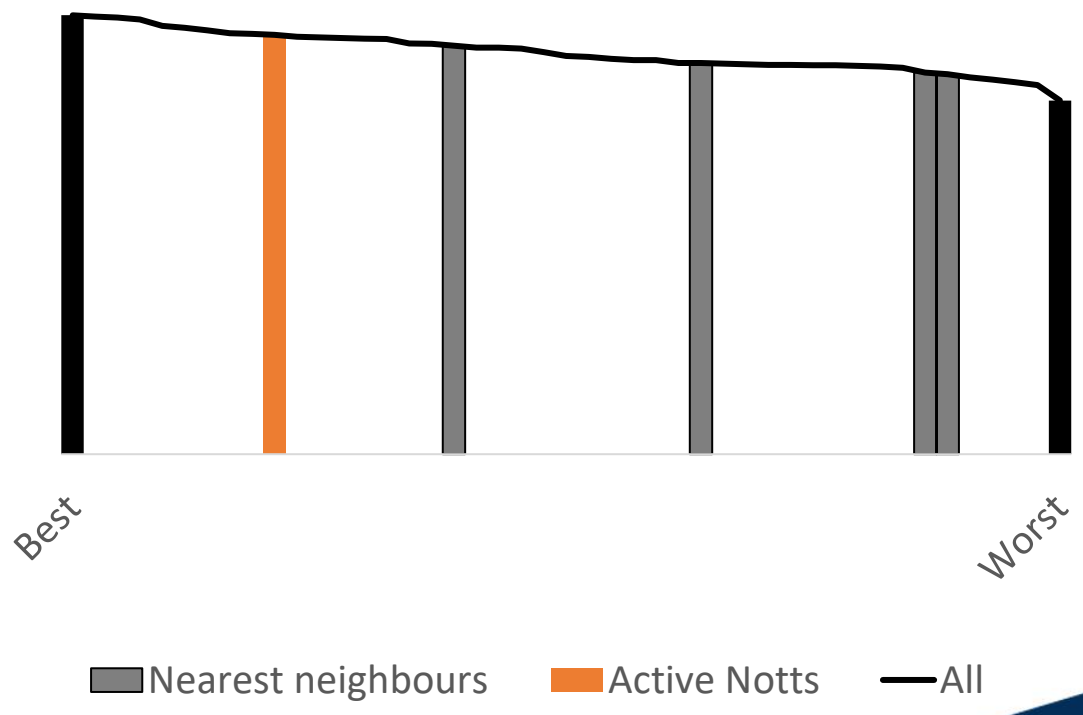
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Physical activity behaviour compared to peers

Inactive – No limiting illness



Active – No limiting illness



Source: Sport England, Active Lives Adults, Nov 17 to Nov 18, age 16+, excluding gardening

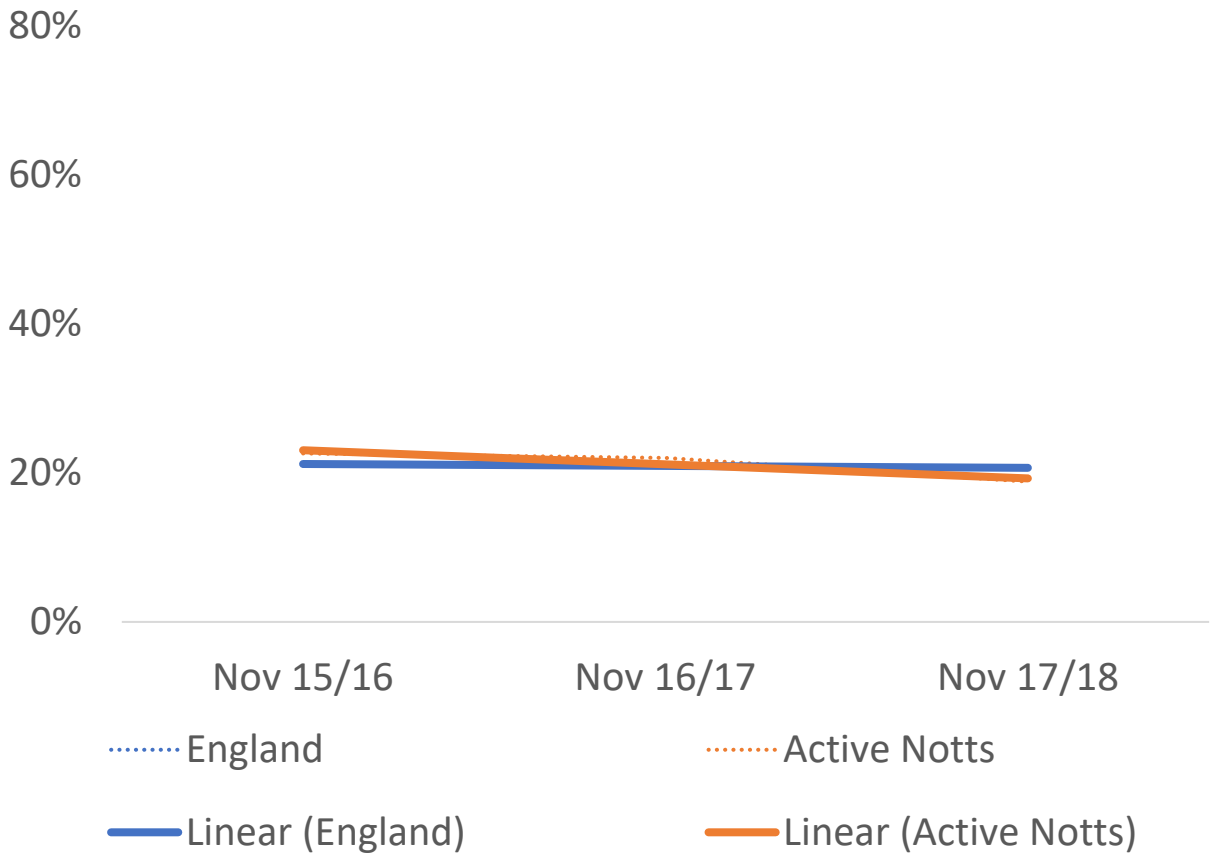
active notts

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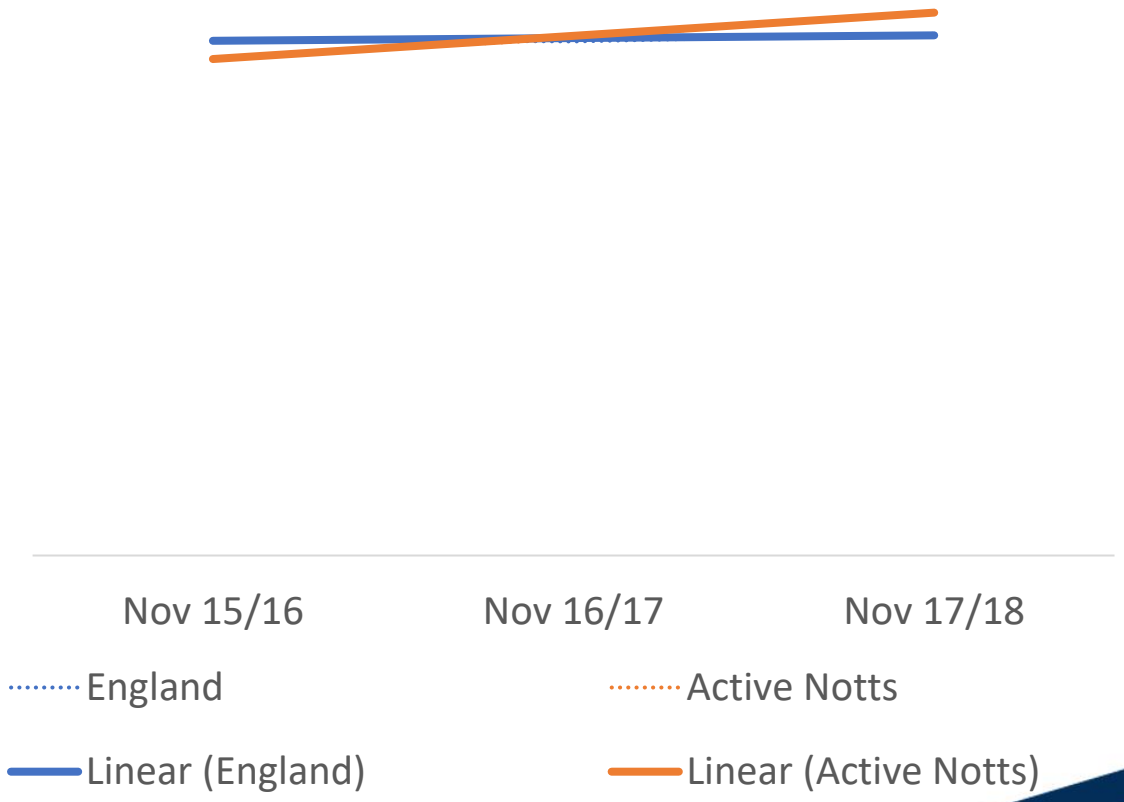
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Physical activity behaviour trend

Inactive – No limiting illness



Active – No limiting illness

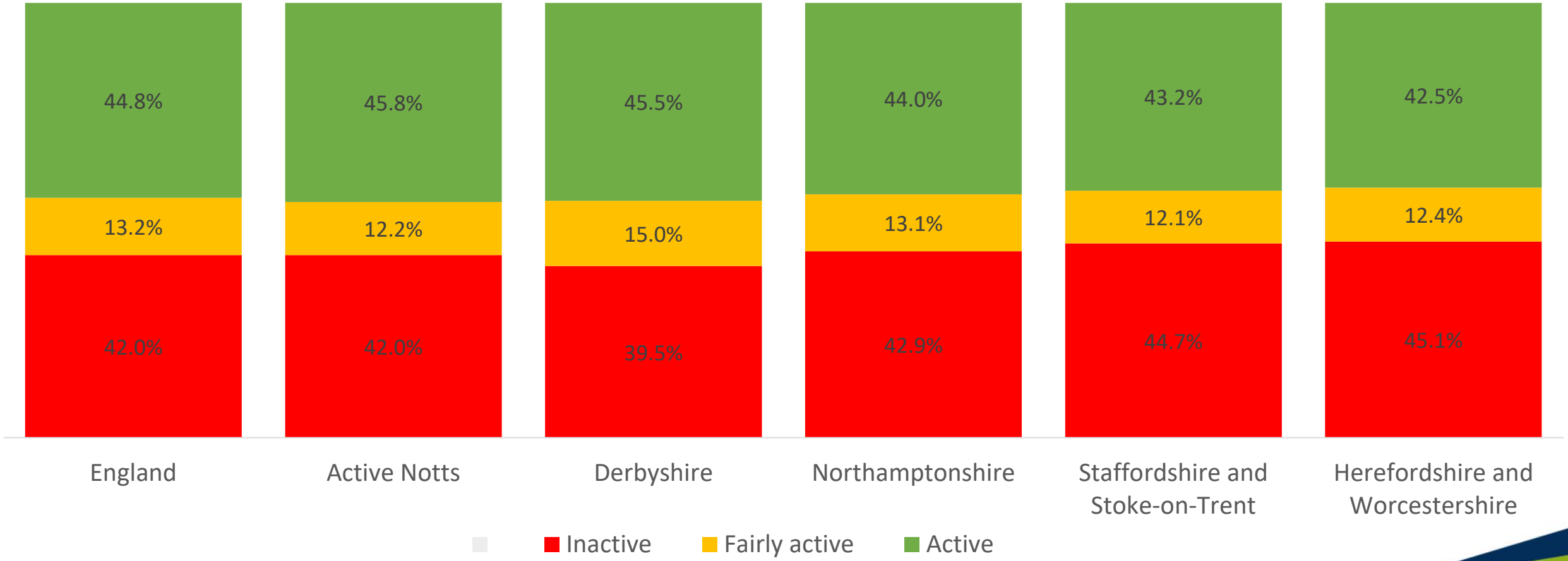


Source: Sport England, Active Lives Adults, Nov 15 to Nov 18, age 16+, excluding gardening

DISABILITY SECTION

Physical activity behaviour compared to nearest neighbours

Limiting illness



Source: Sport England, Active Lives Adults, Nov 17 to Nov 18, age 16+, excluding gardening

active notts

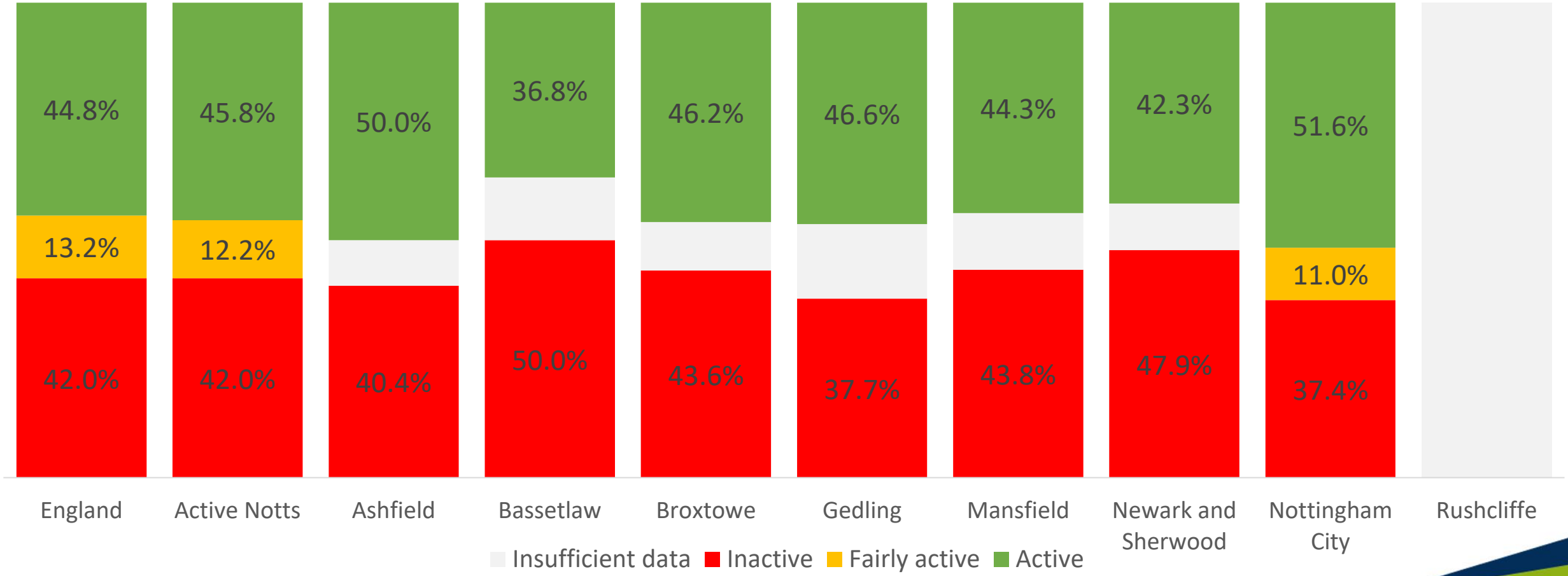
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DISABILITY SECTION

Physical activity behaviour by localities

Limiting illness



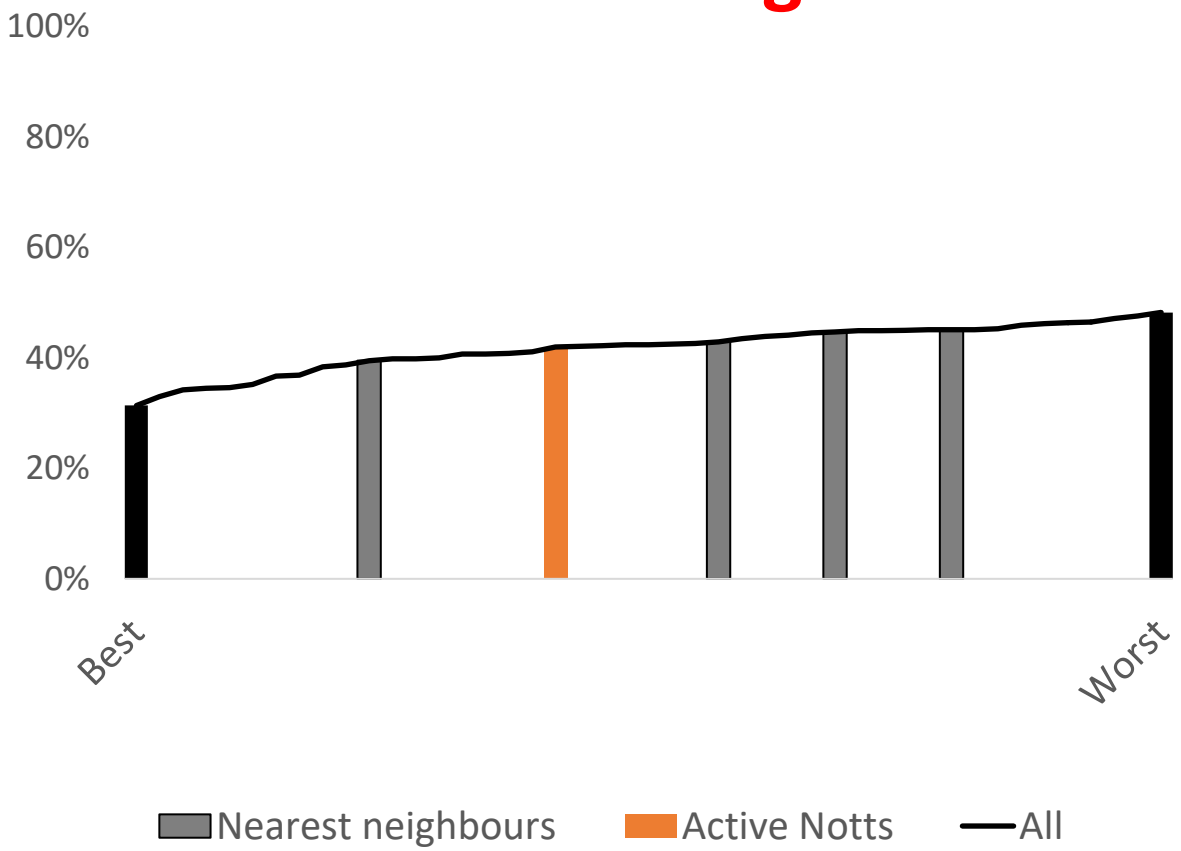
Source: Sport England, Active Lives Adults, Nov 17 to Nov 18, age 16+, excluding gardening

active notts

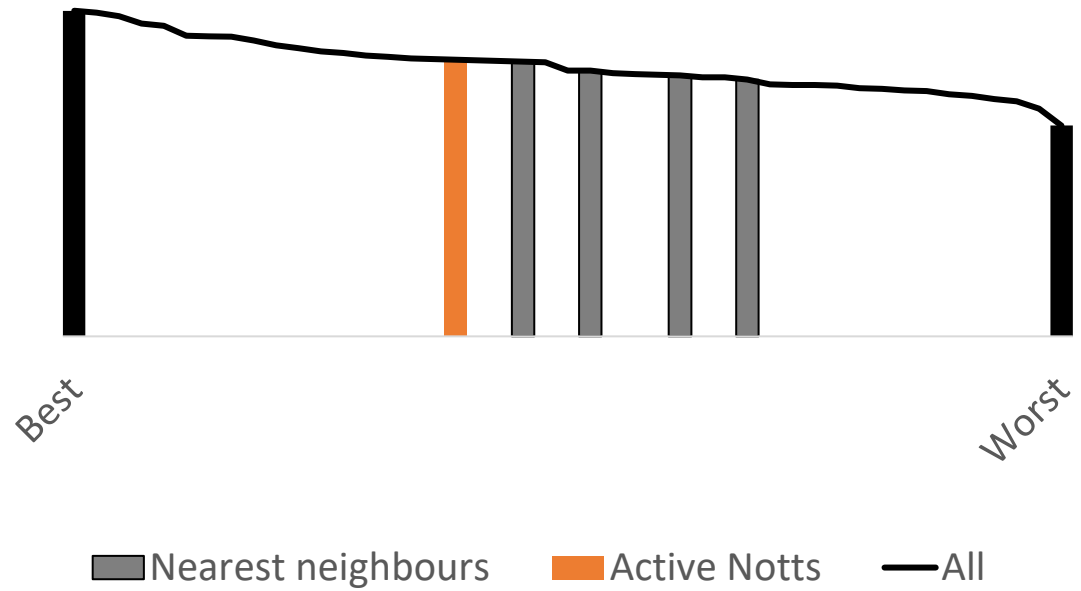
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Physical activity behaviour compared to peers

Inactive – Limiting illness



Active – Limiting illness



Source: Sport England, Active Lives Adults, Nov 17 to Nov 18, age 16+, excluding gardening

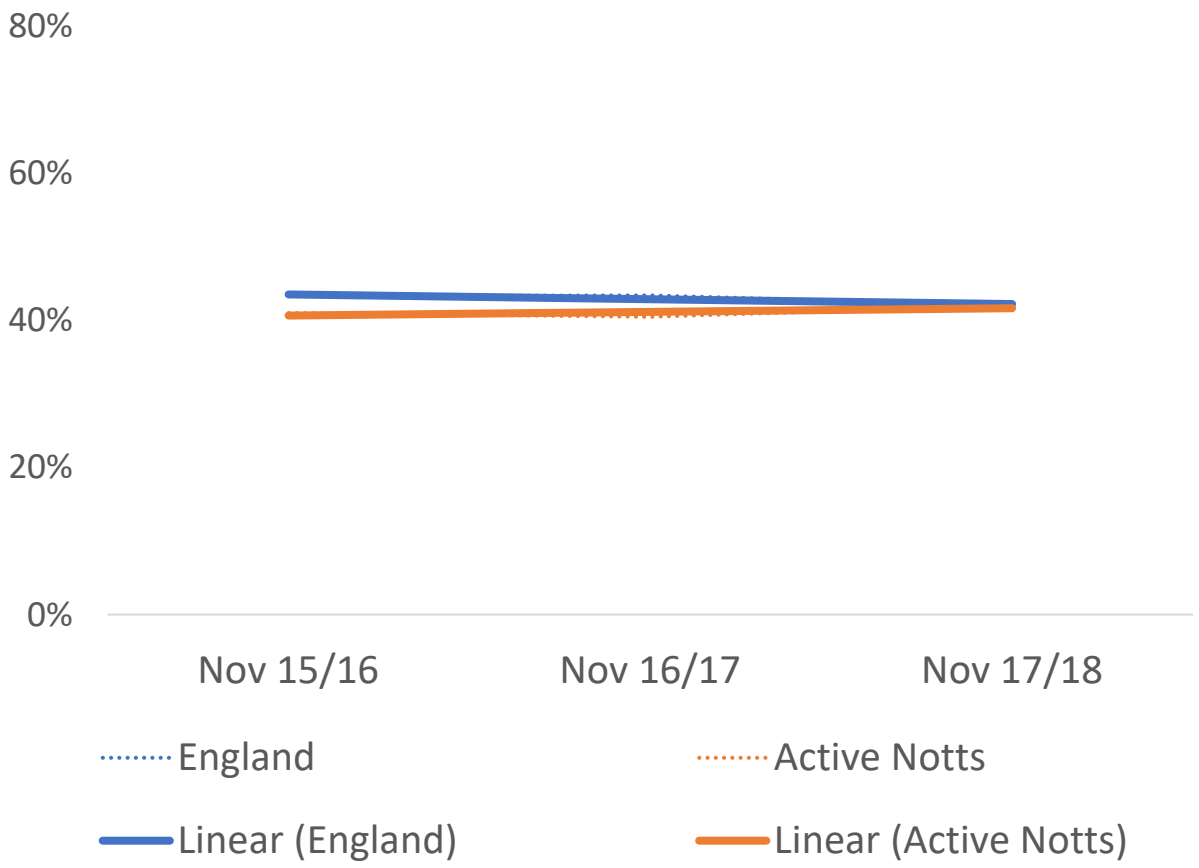
active notts

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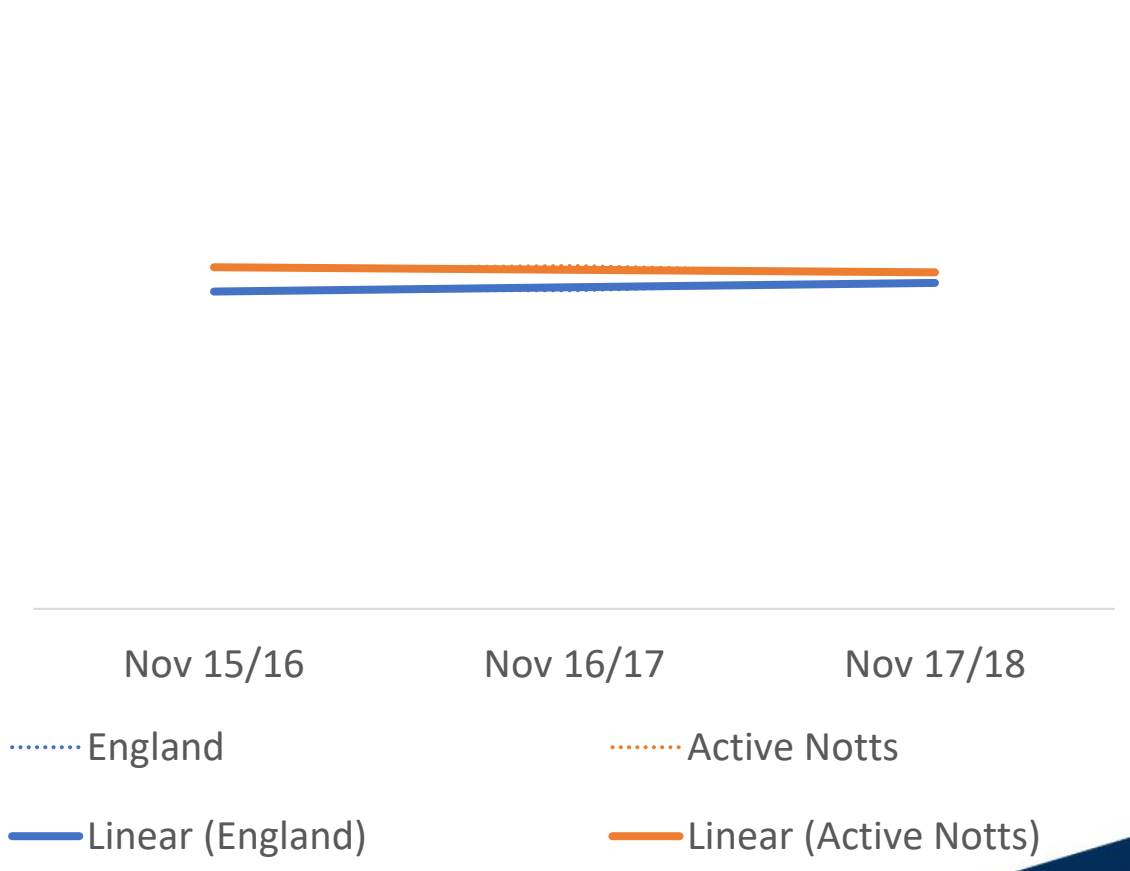
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Physical activity behaviour trend

Inactive – Limiting illness



Active – Limiting illness

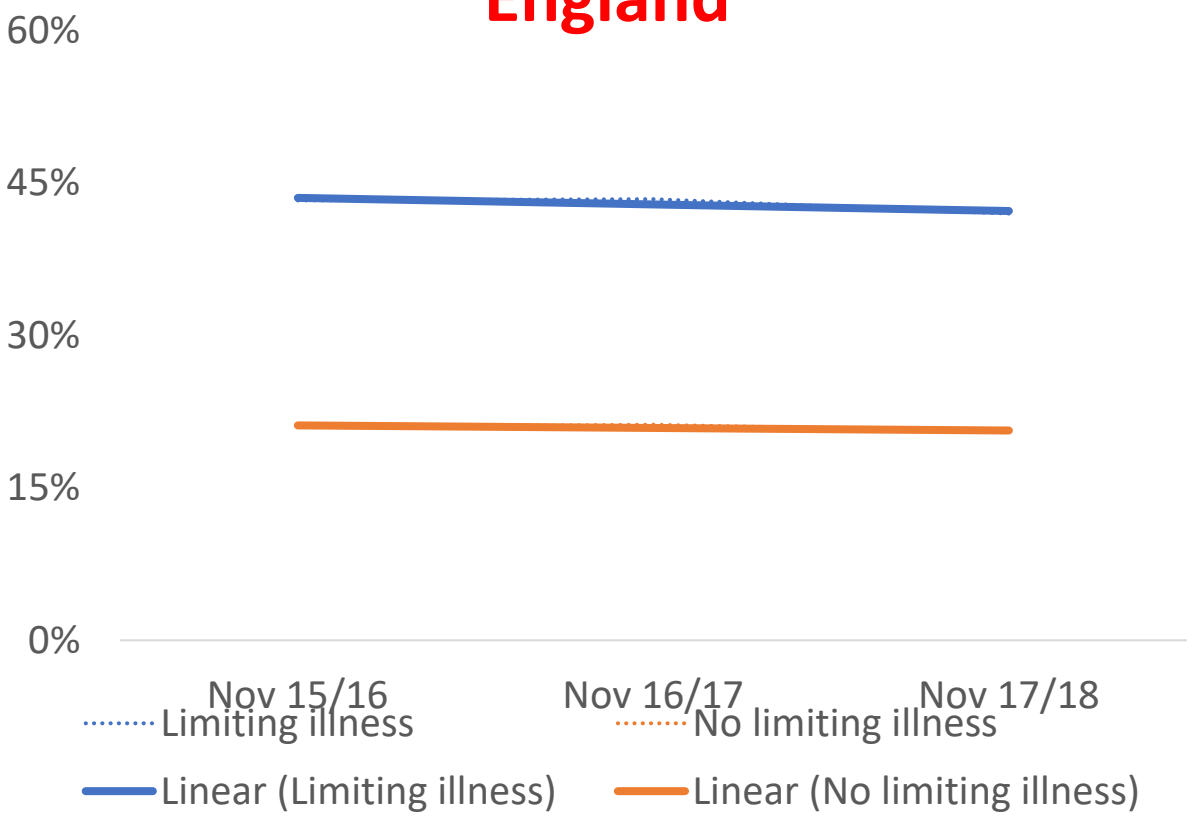


Source: Sport England, Active Lives Adults, Nov 15 to Nov 18, age 16+, excluding gardening

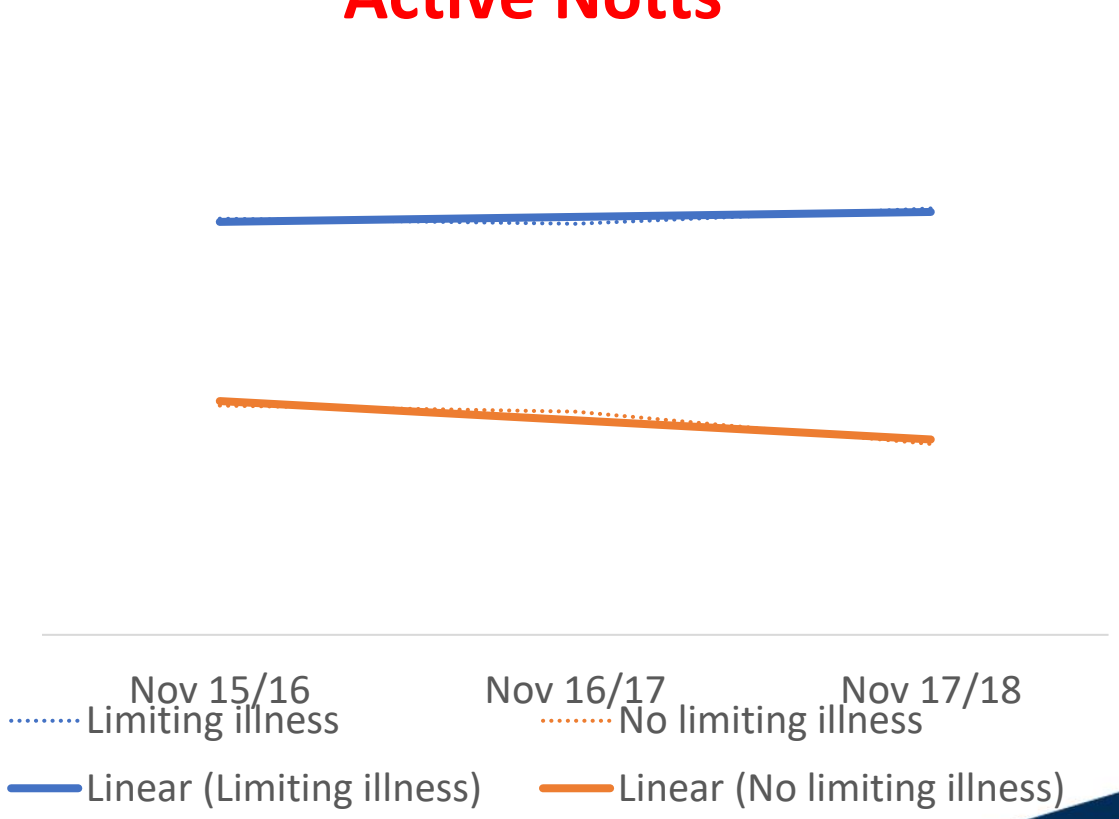
Limiting illness inequality gap

Inactive

England



Active Notts



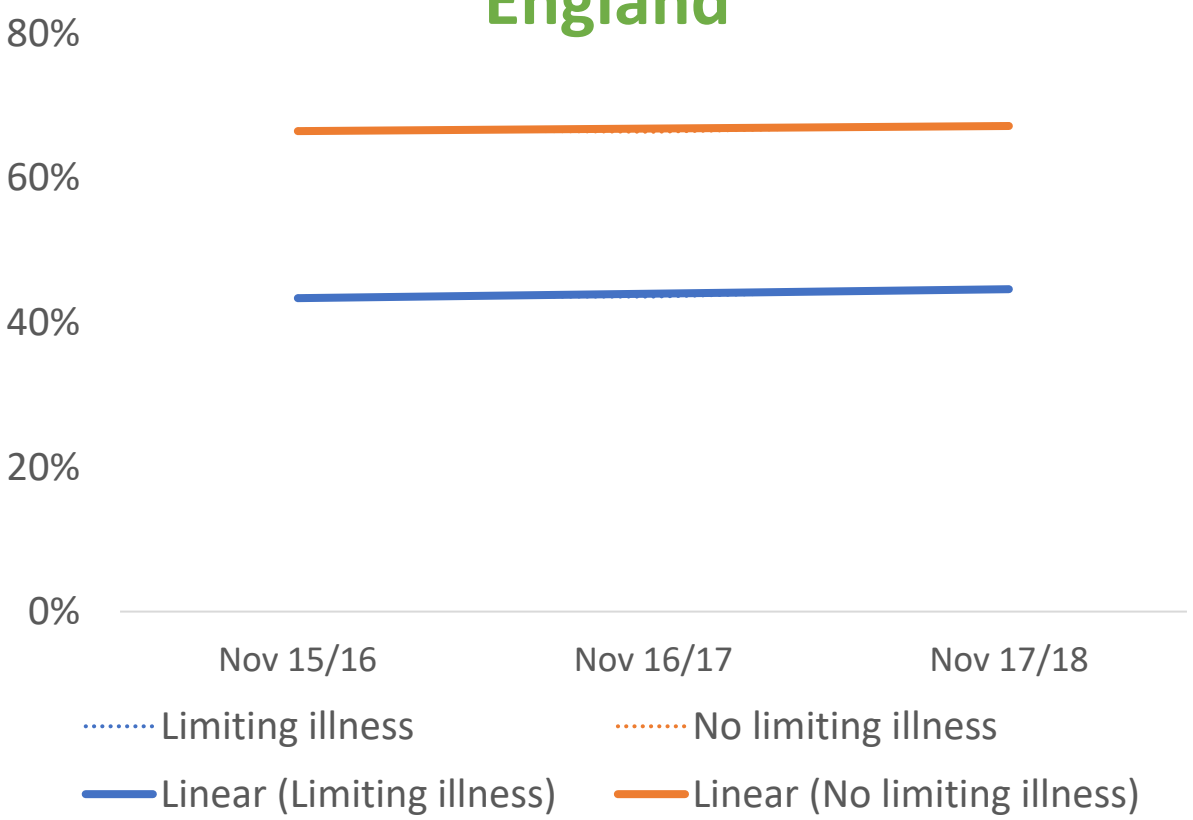
Source: Sport England, Active Lives Adults, Nov 15 to Nov 18, age 16+, excluding gardening

DISABILITY SECTION

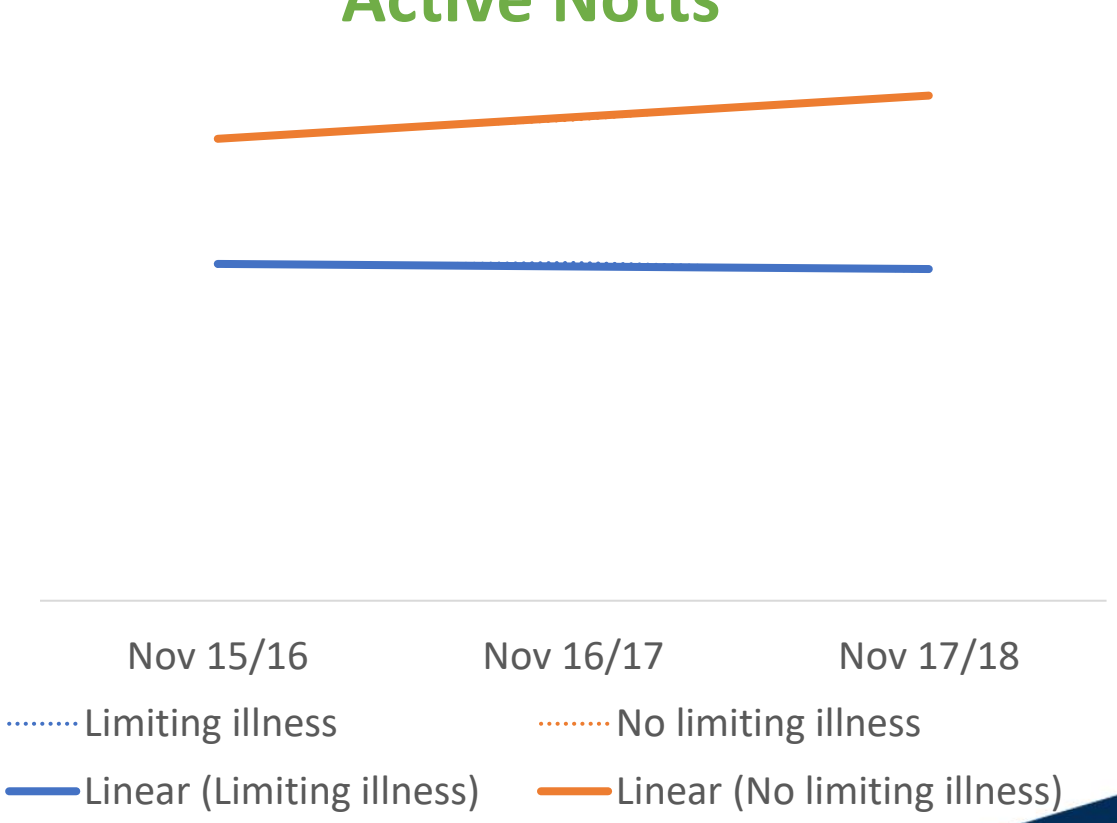
Limiting illness inequality gap

Active

England



Active Notts

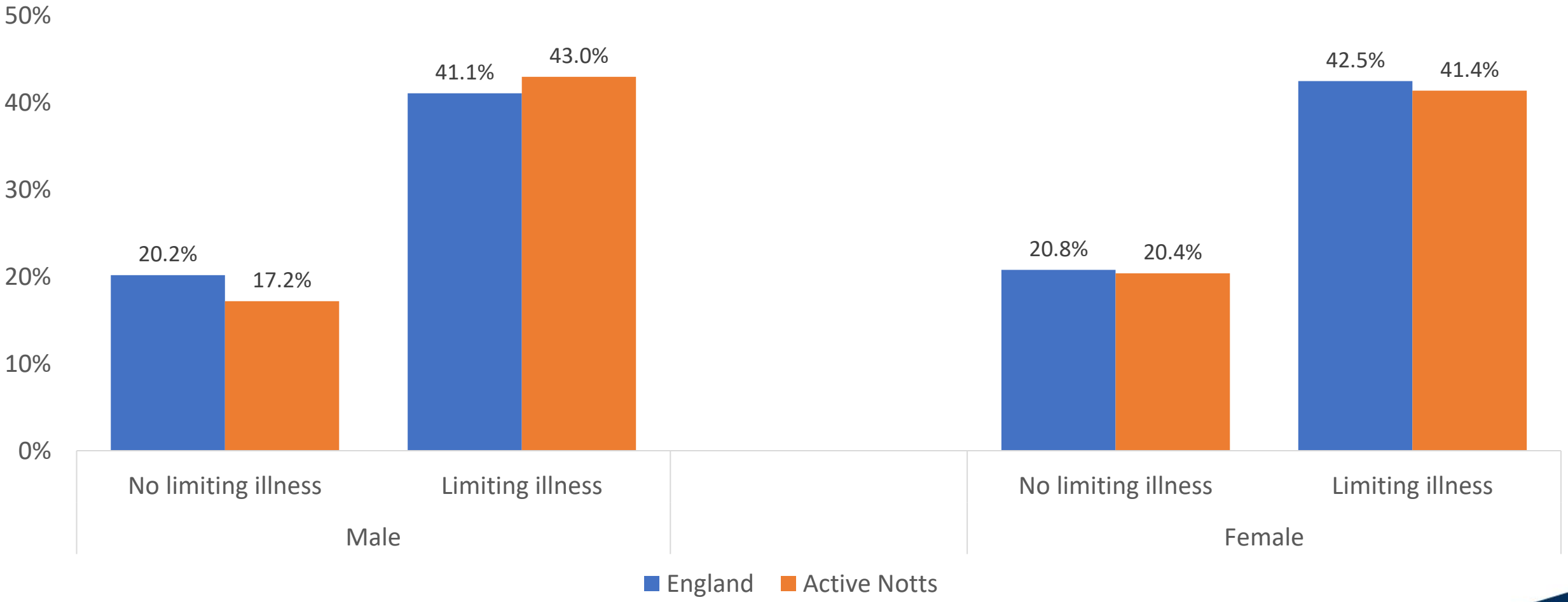


Source: Sport England, Active Lives Adults, Nov 15 to Nov 18, age 16+, excluding gardening

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Inactive behaviour – Limiting illness by gender

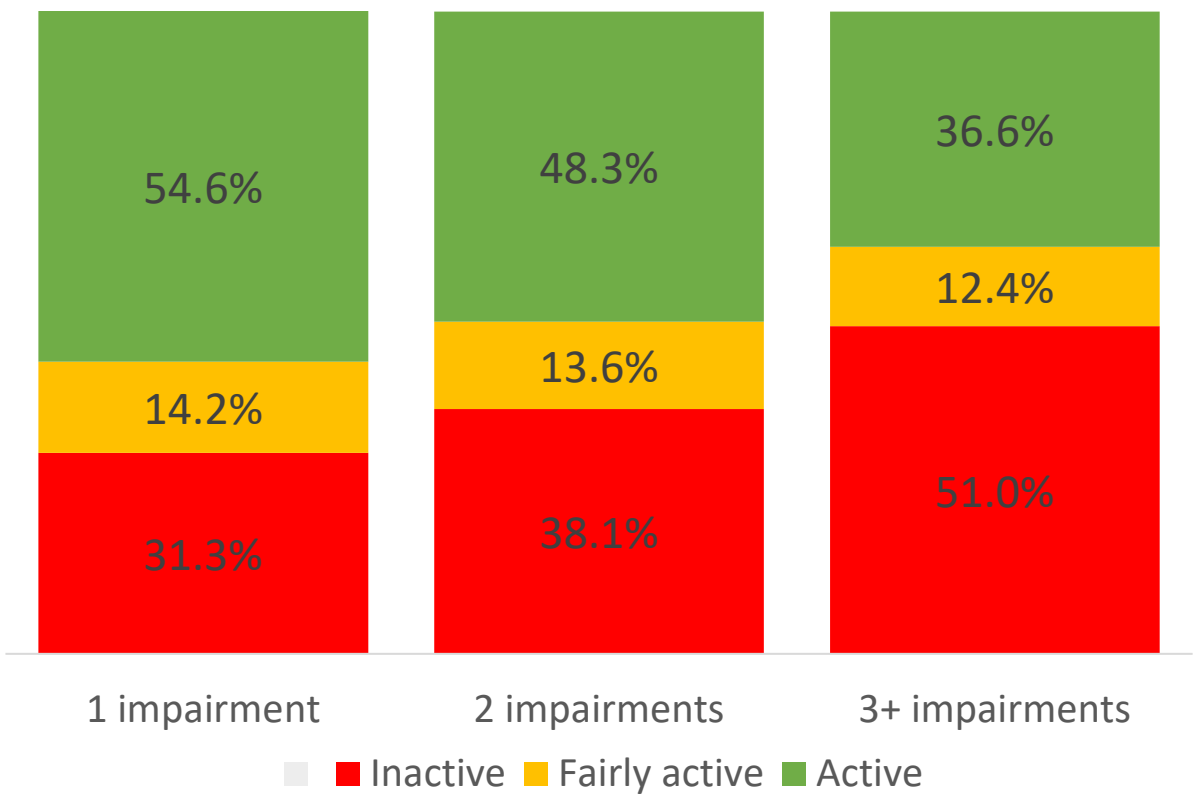


Source: Sport England, Active Lives Adults, Nov 15 to Nov 18, age 16+, excluding gardening

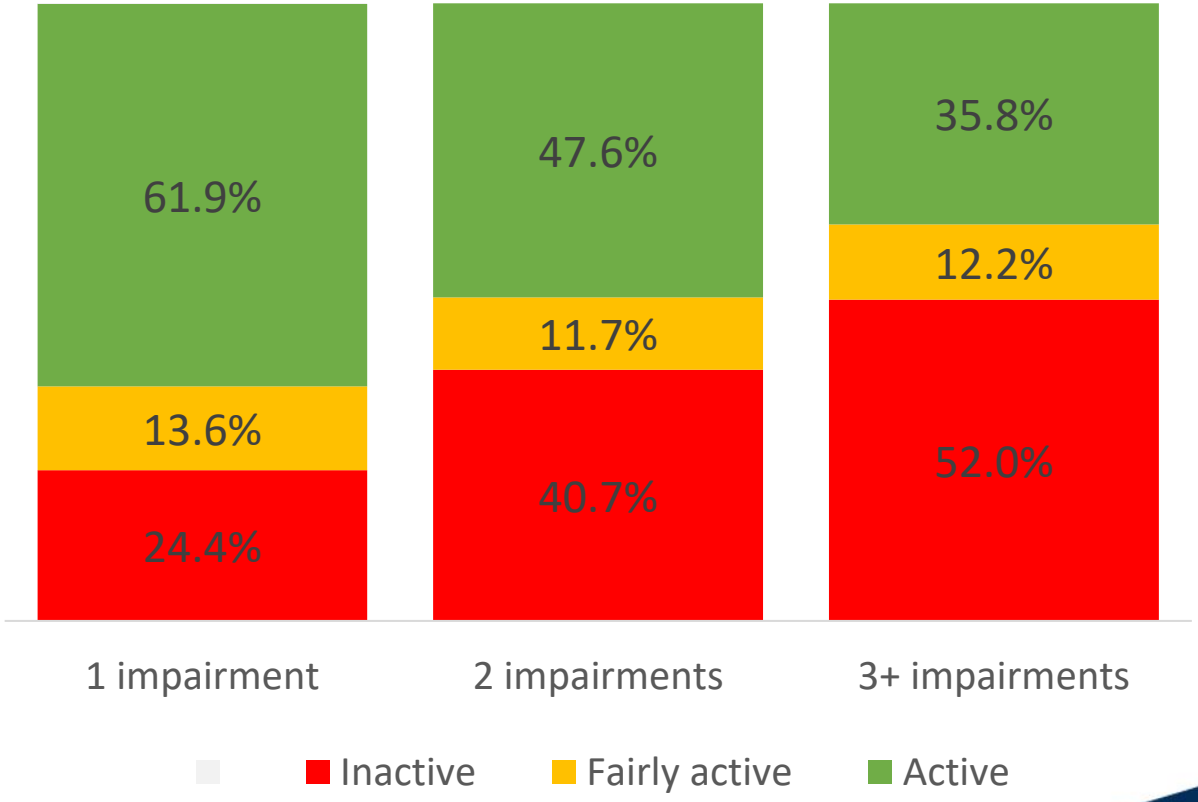
DISABILITY SECTION

Physical activity behaviour by number of impairments

England



Active Notts



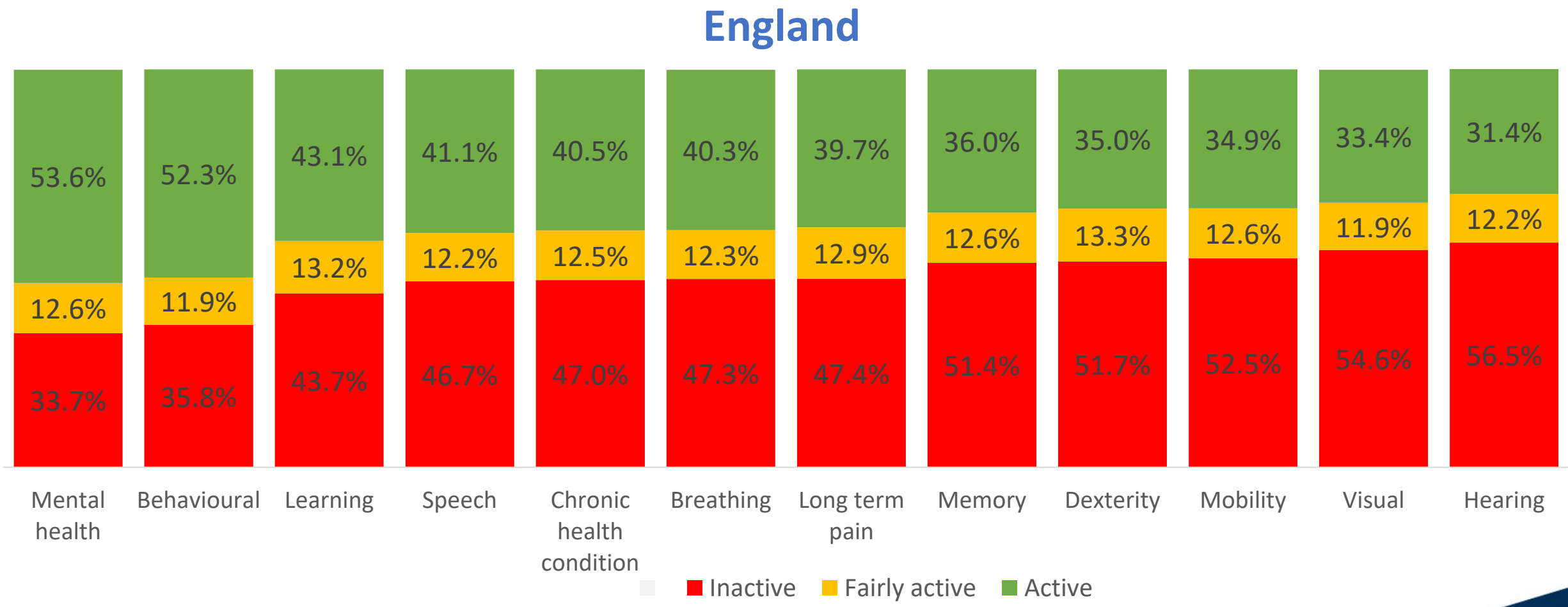
Source: Sport England, Active Lives, Nov 16 to Nov 17, age 16+, excluding gardening

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Physical activity behaviour by disability type



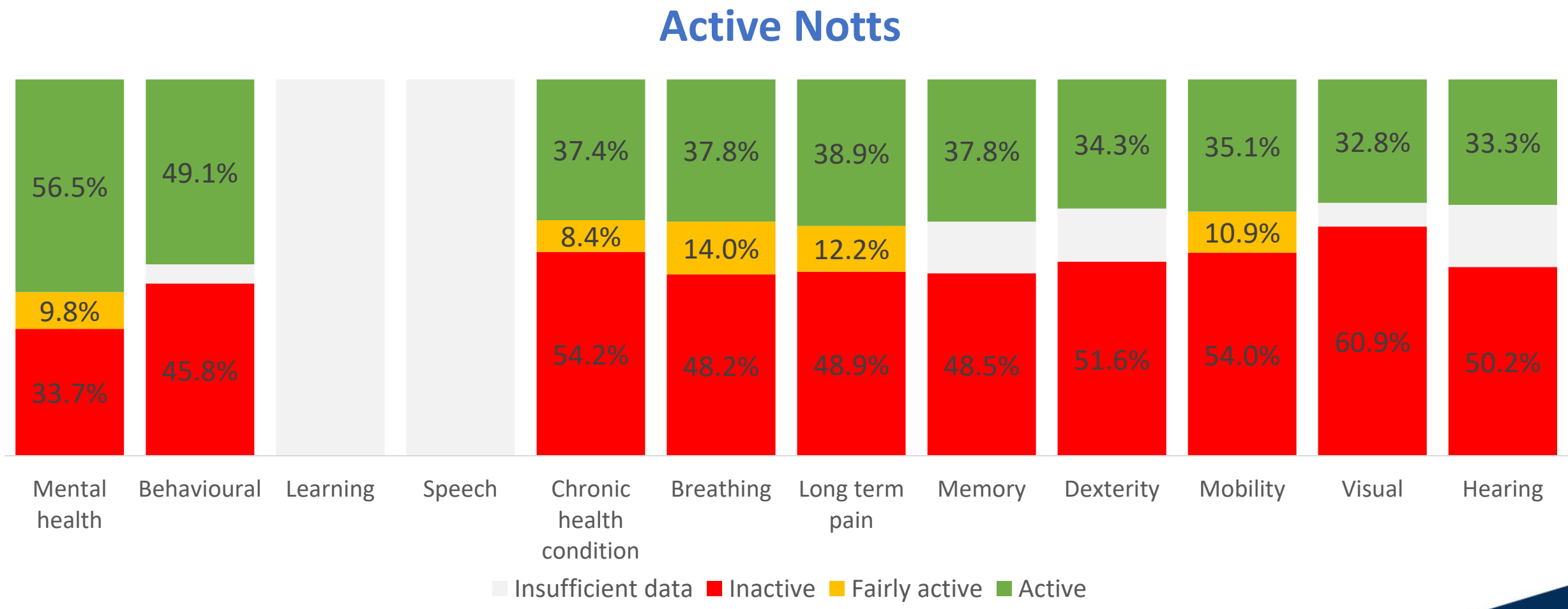
Source: Sport England, Active Lives Adults, Nov 17 to Nov 18, age 16+, excluding gardening

active notts

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DISABILITY SECTION

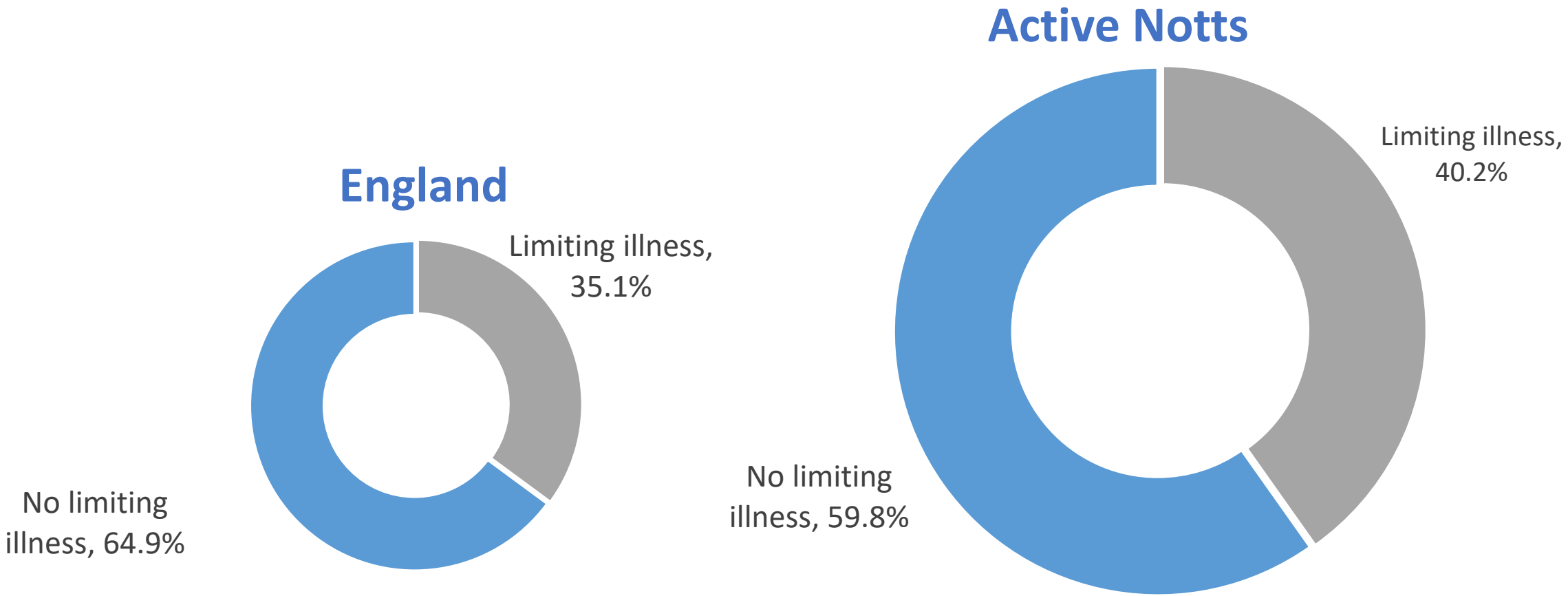
Physical activity behaviour by disability type



active notts

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Inactive population by demographic group



Source: Source: Sport England, Active Lives Adults, Nov 17 to Nov 18, age 16+, excluding gardening, ONS, Persons by single year of age and sex for local authorities in the UK, mid-2018, Census 2011

Physical activity behaviour limiting illness summary

		Latest data (Nov 17/18)	Trend	Compared to England	Nearest neighbour rank
Limiting illness	Inactive	42.0%	worsening	The same	2nd of 5
	Active	45.8%	worsening	higher (better)	1st of 5
No limiting illness	Inactive	18.8%	improving	lower (better)	1st of 5
	Active	70.3%	improving	higher (better)	1st of 5
Inequality gap	Inactive	23.2%			
	Active	24.5%			

Age

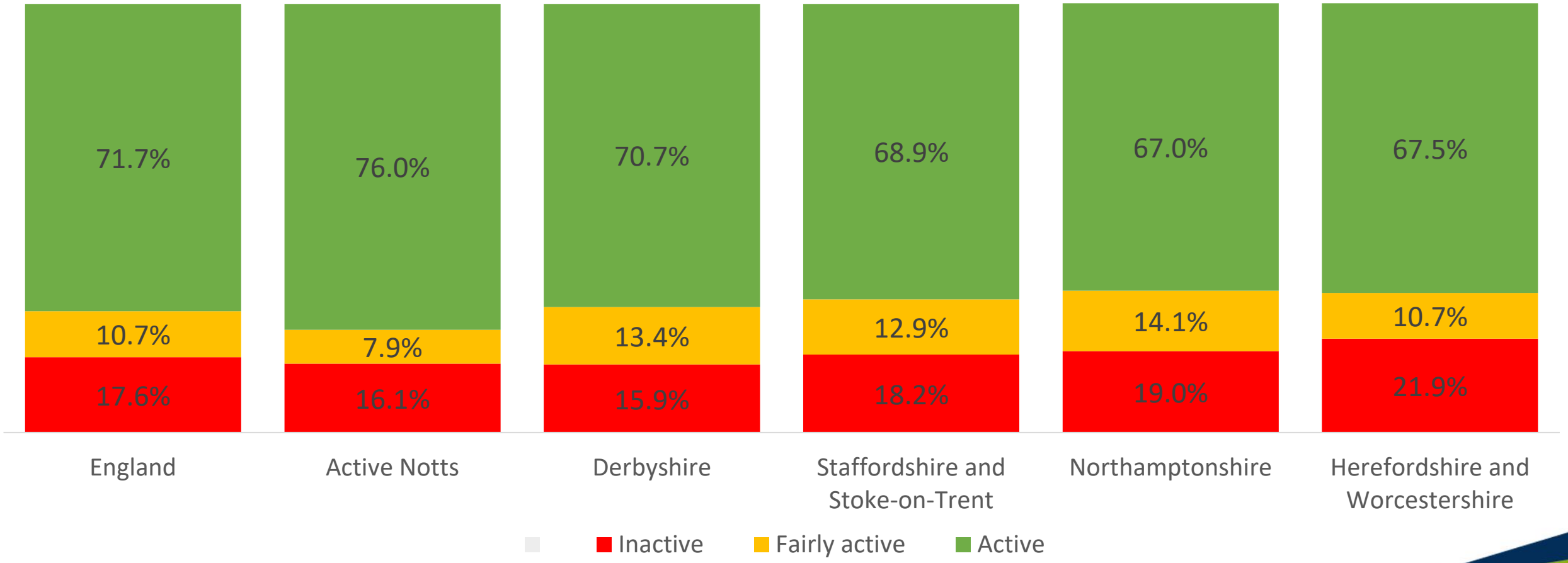
Age data will be presented in the following groups

- **16-34 years**
- **35-54 years**
- **55-74 years**
- **75+ years**

Active Lives survey currently includes those aged 14+ but this is not available on the Active Lives web tool.

Physical activity behaviour compared to nearest neighbours

Age 16-34



Source: Sport England, Active Lives Adults, Nov 17 to Nov 18, age 16+, excluding gardening

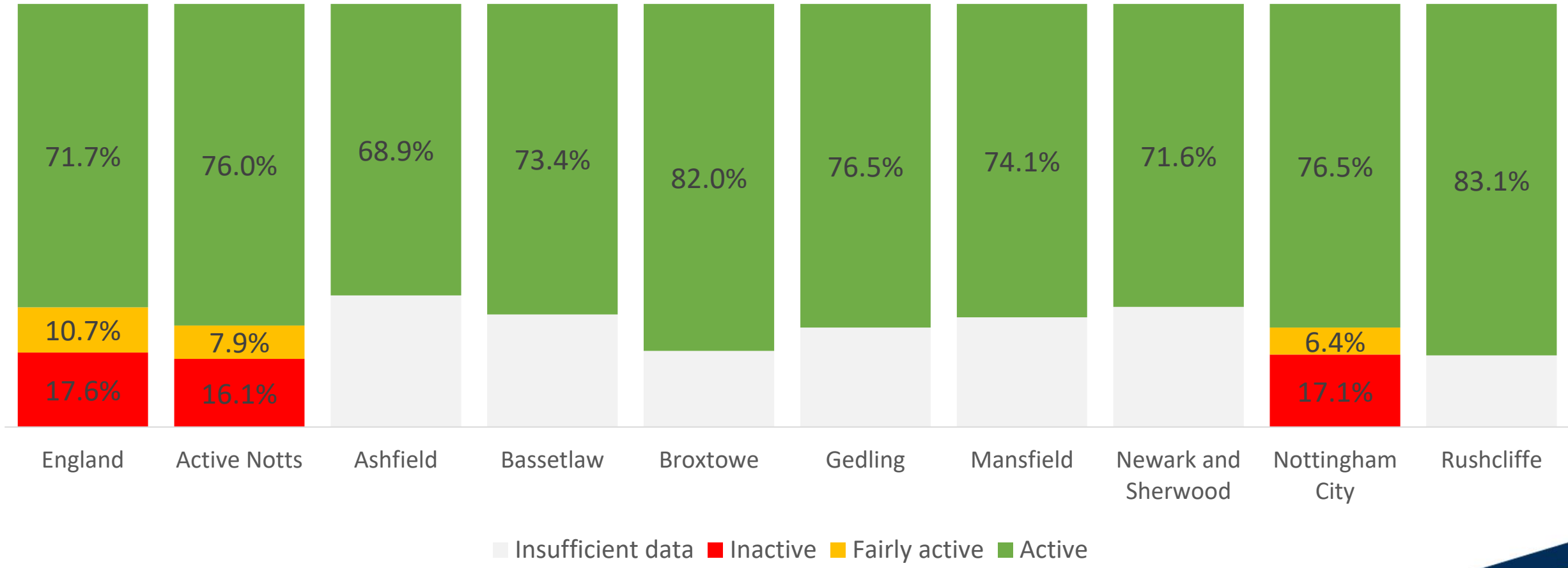
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AGE

Physical activity behaviour by localities

Age 16-34



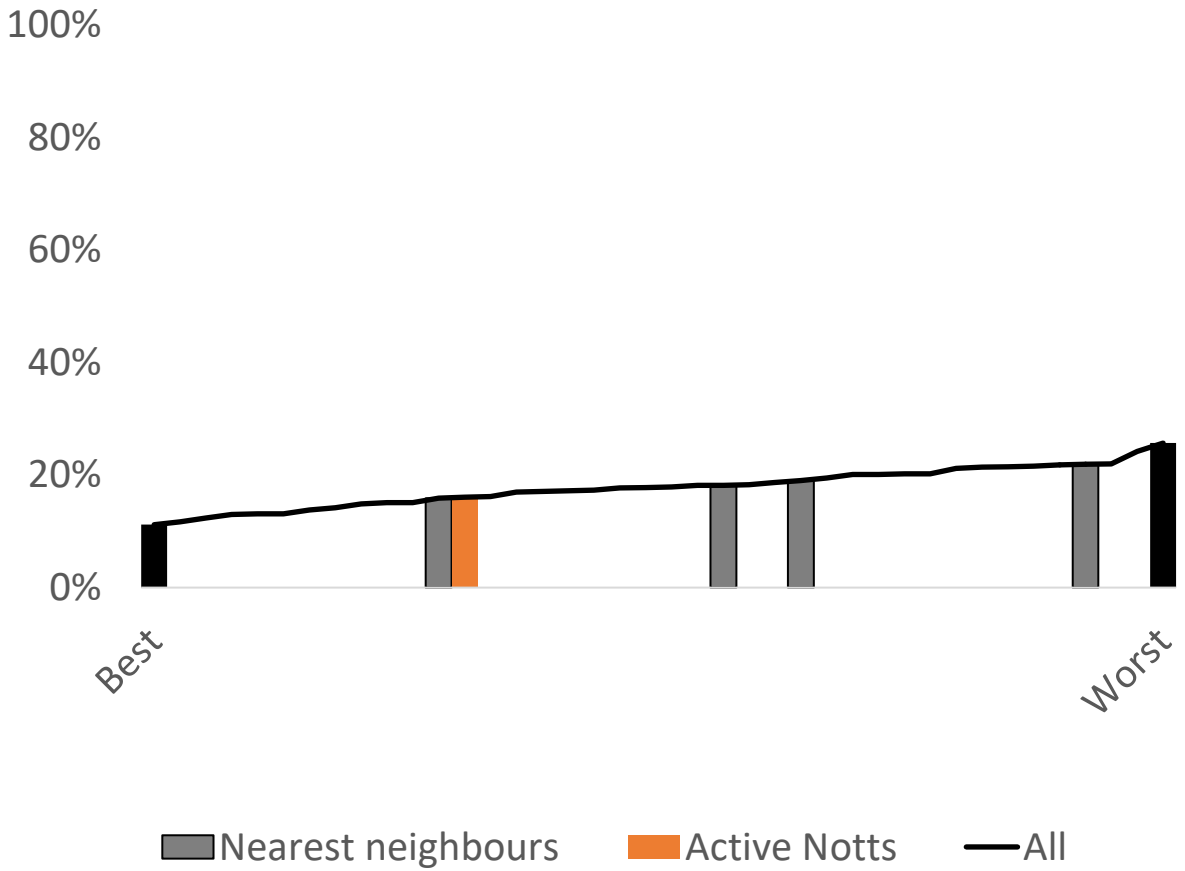
Source: Sport England, Active Lives Adults, Nov 17 to Nov 18, age 16+, excluding gardening

active notts

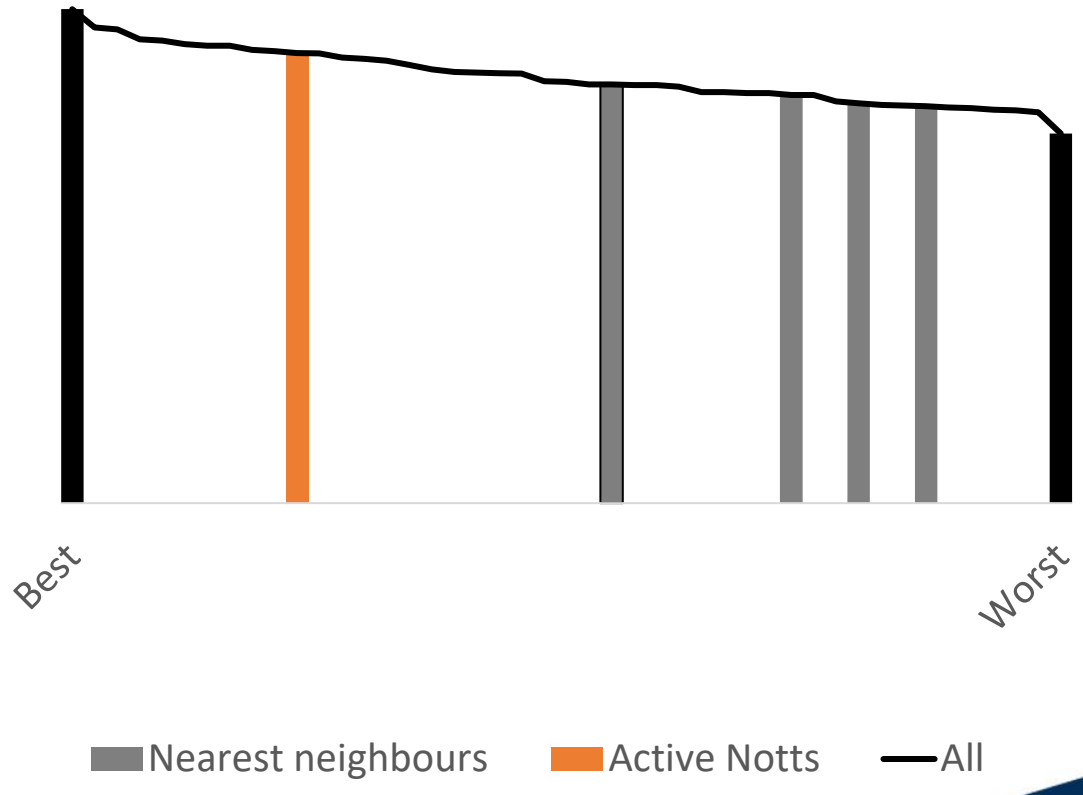
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Physical activity behaviour compared to peers

Inactive – Age 16-34



Active – Age 16-34



Source: Sport England, Active Lives Adults, Nov 17 to Nov 18, age 16+, excluding gardening

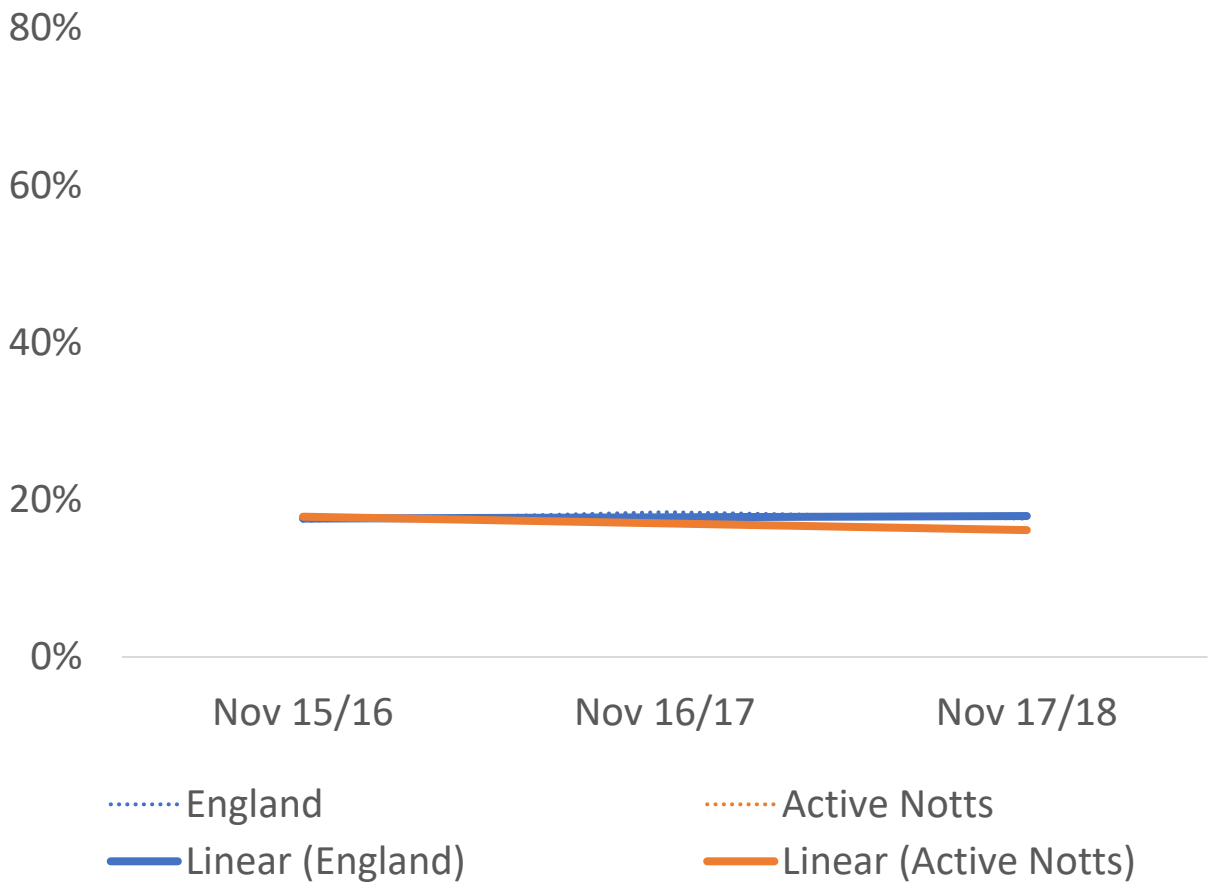
active notts

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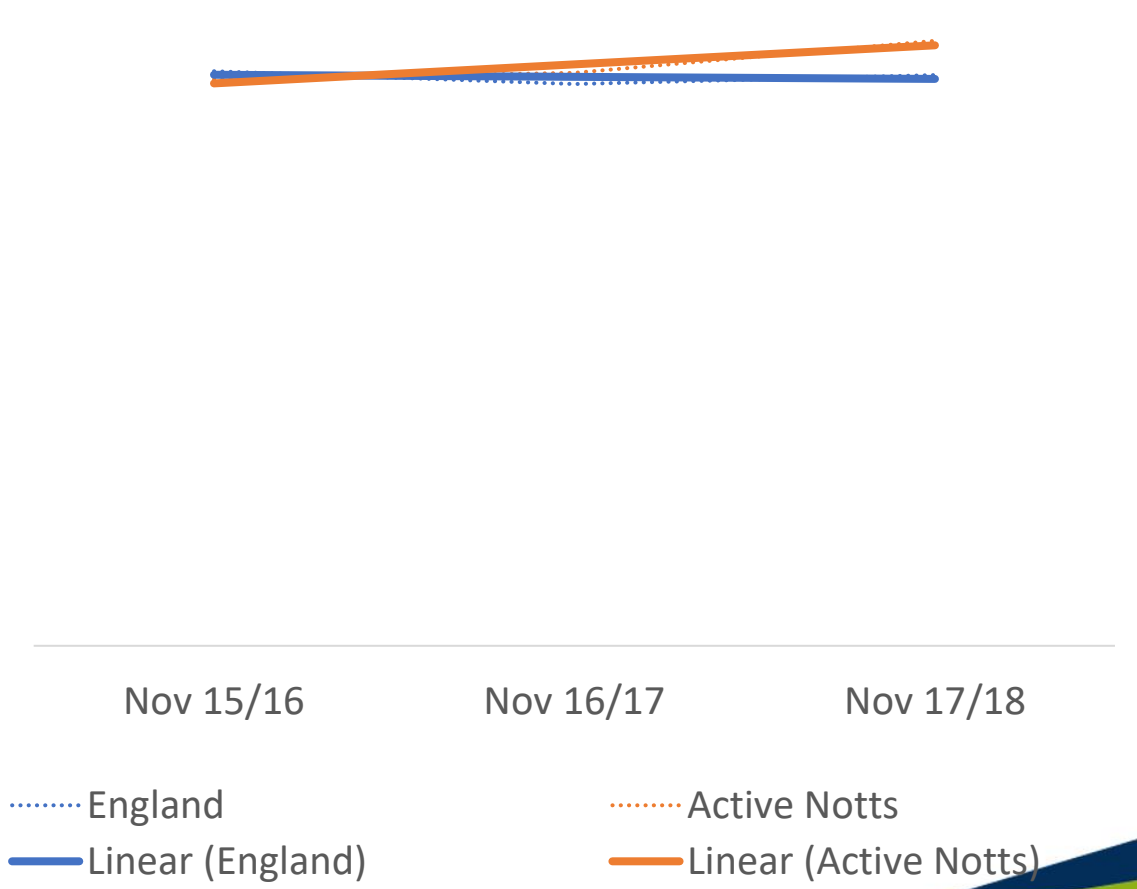
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Physical activity behaviour trend

Inactive – Age 16-34



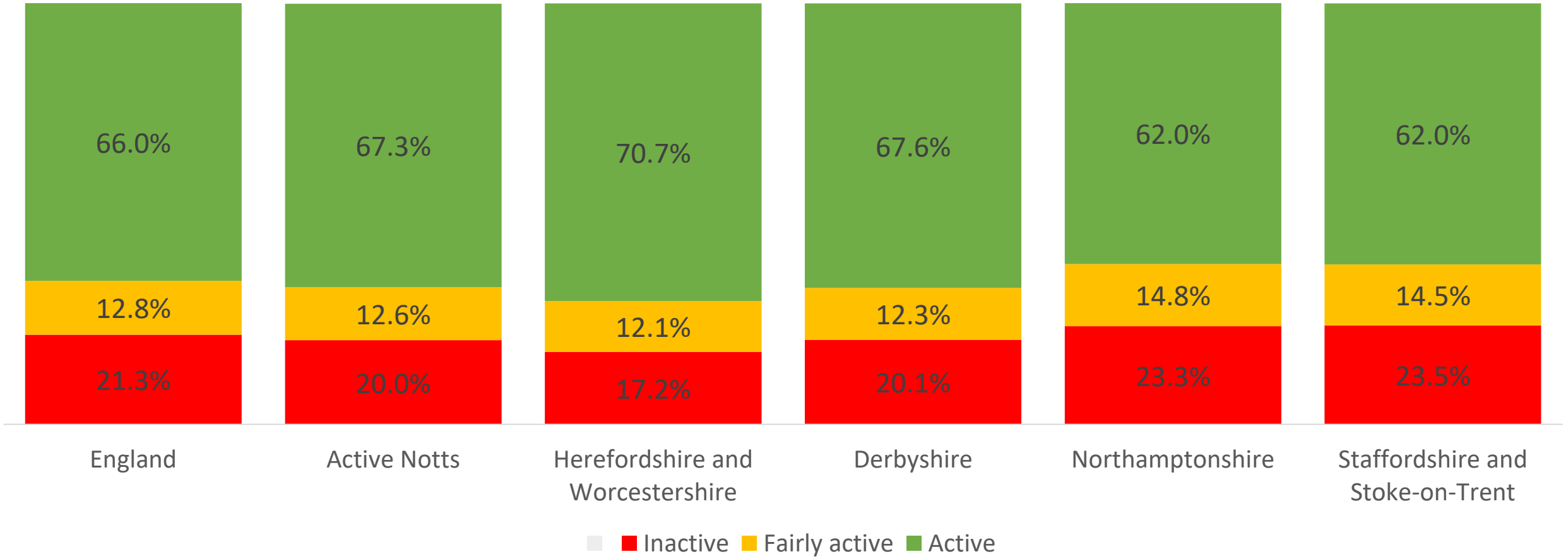
Active – Age 16-34



Source: Sport England, Active Lives Adults, Nov 15 to Nov 18, age 16+, excluding gardening

Physical activity behaviour compared to nearest neighbours

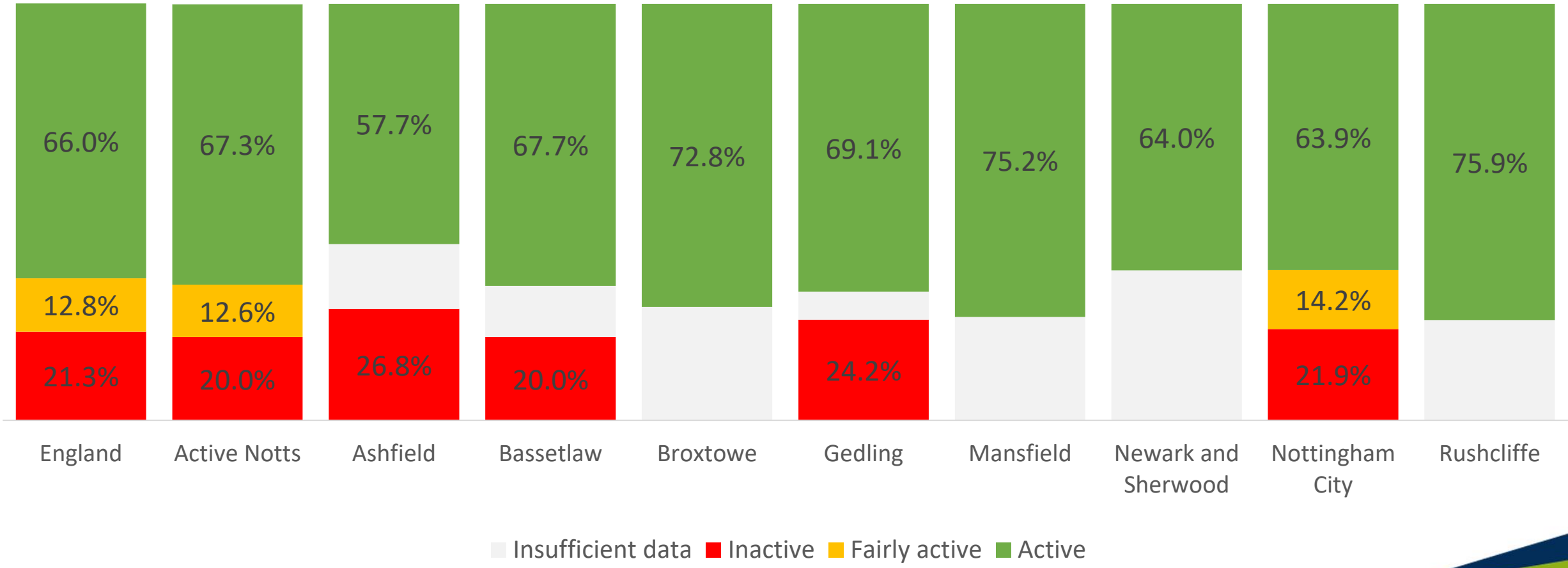
Age 35-54



Source: Sport England, Active Lives Adults, Nov 17 to Nov 18, age 16+, excluding gardening

Physical activity behaviour by localities

Age 35-54



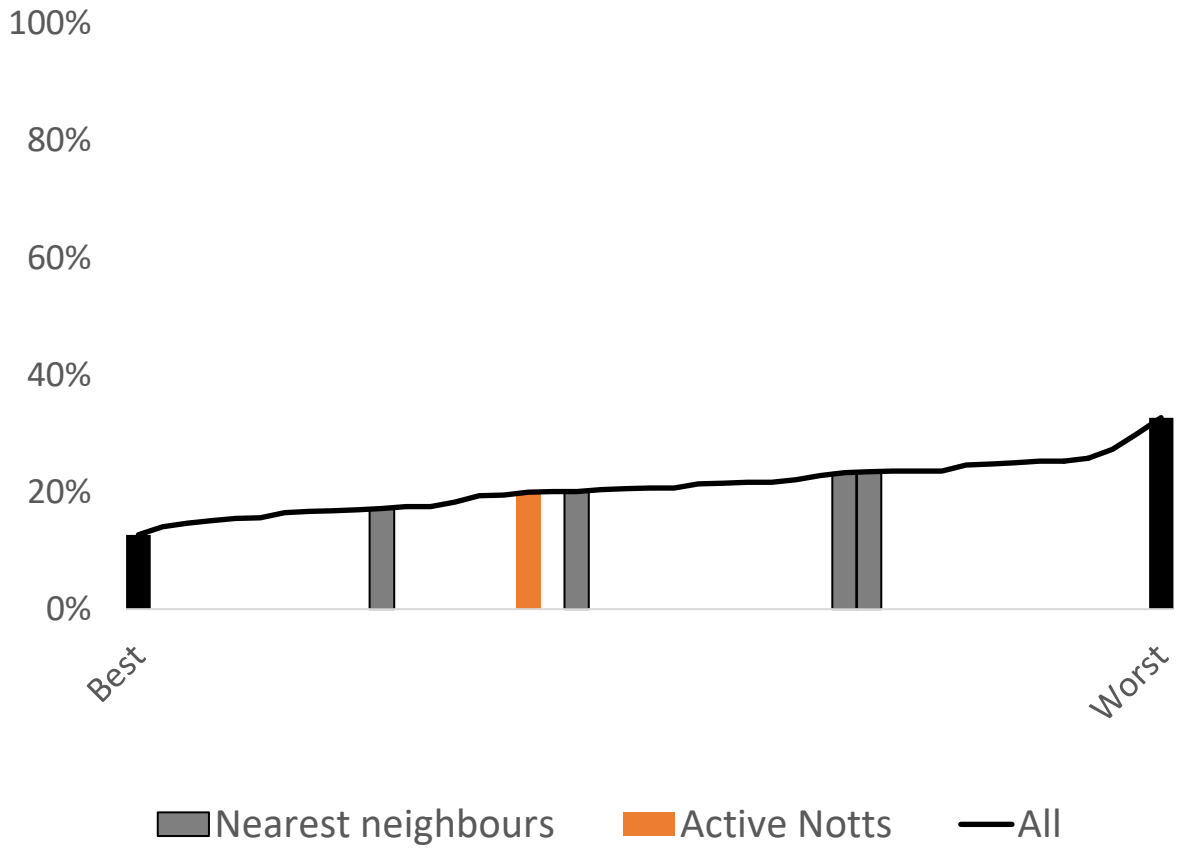
Source: Sport England, Active Lives Adults, Nov 17 to Nov 18, age 16+, excluding gardening

active notts

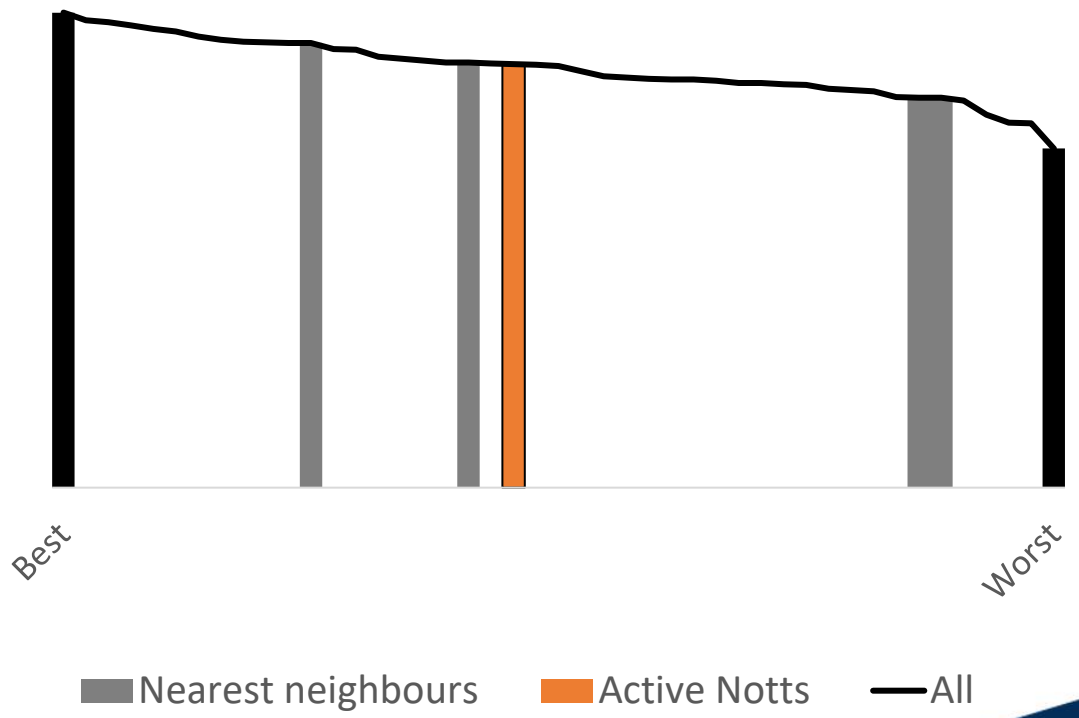
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Physical activity behaviour compared to nearest neighbours

Inactive – Age 35-54



Active – Age 35-54



Source: Sport England, Active Lives Adults, Nov 17 to Nov 18, age 16+, excluding gardening

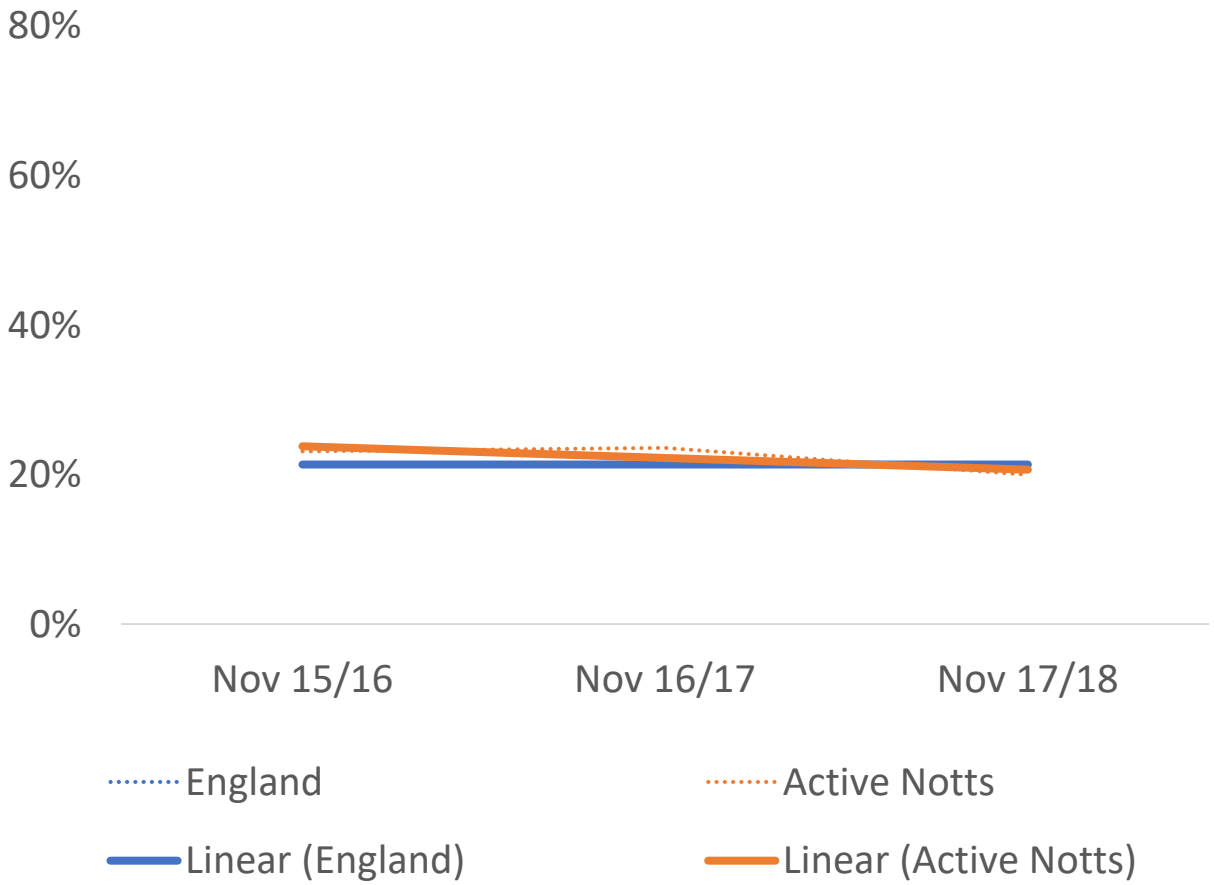
active notts

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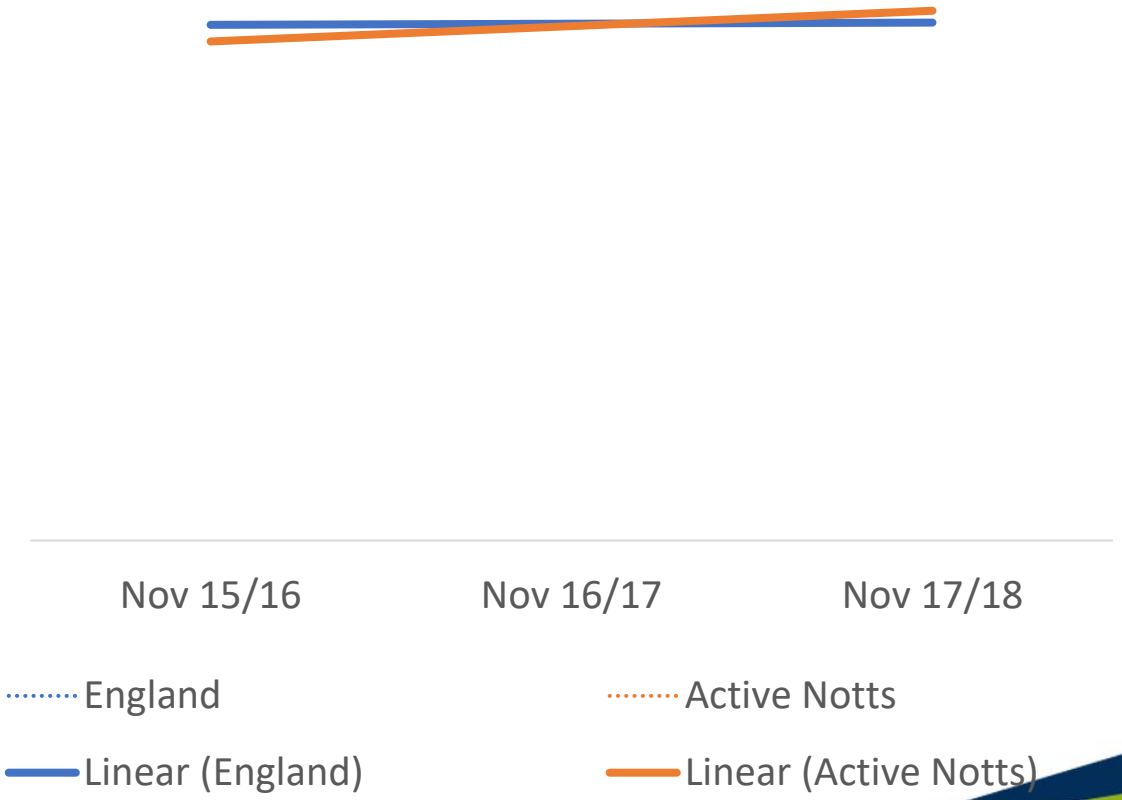
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Physical activity behaviour trend

Inactive – Age 35-54



Active – Age 35-54



Source: Sport England, Active Lives Adults, Nov 15 to Nov 18, age 16+, excluding gardening

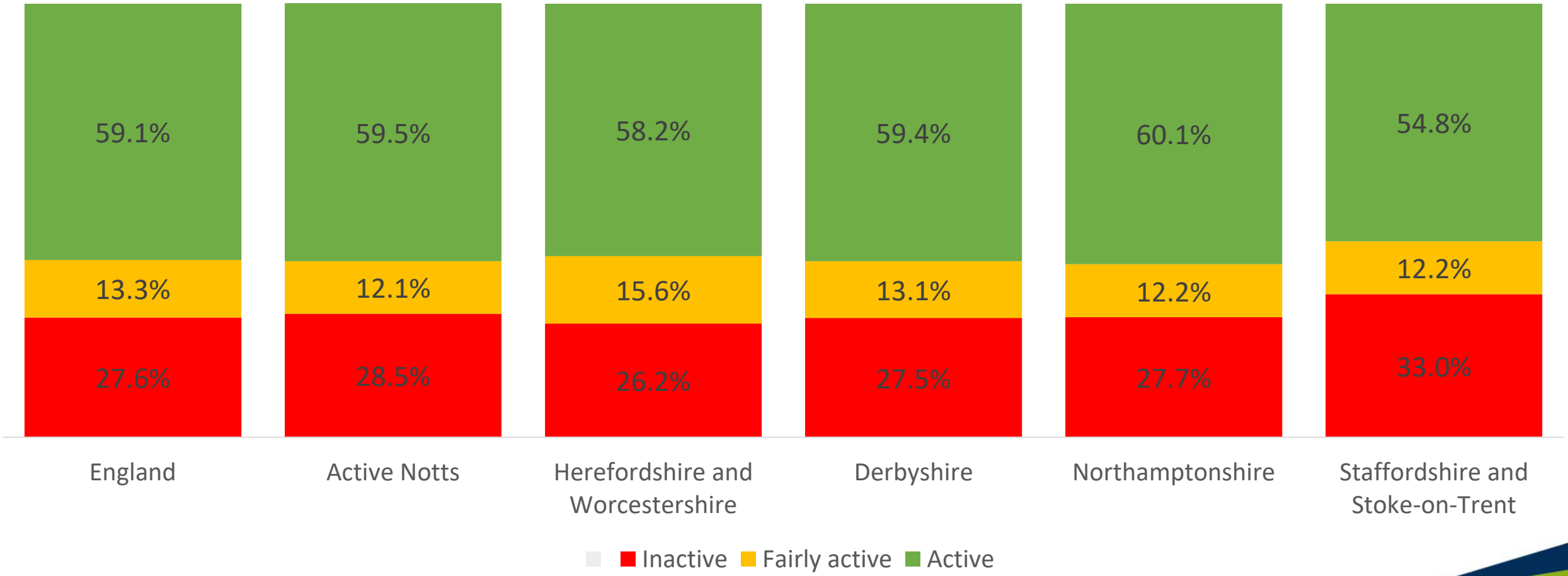
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Physical activity behaviour compared to nearest neighbours

Age 55-74



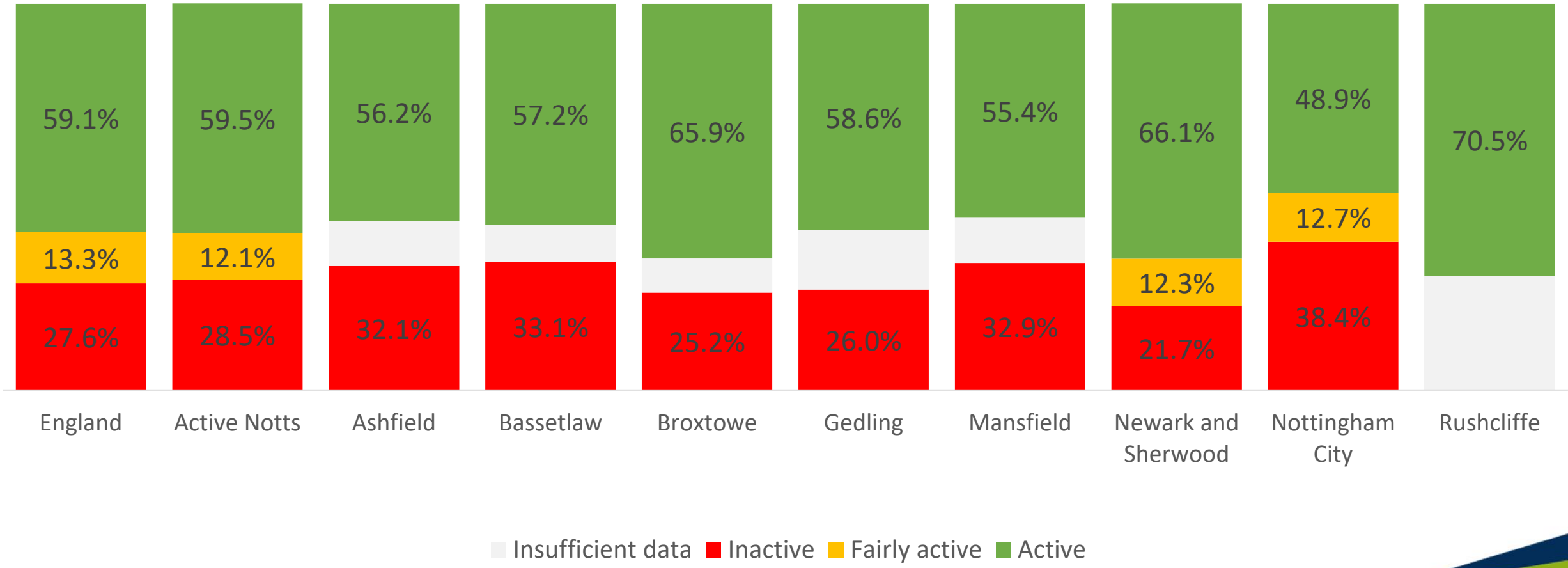
Source: Sport England, Active Lives Adults, Nov 17 to Nov 18, age 16+, excluding gardening

active notts

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Physical activity behaviour by localities

Age 55-74



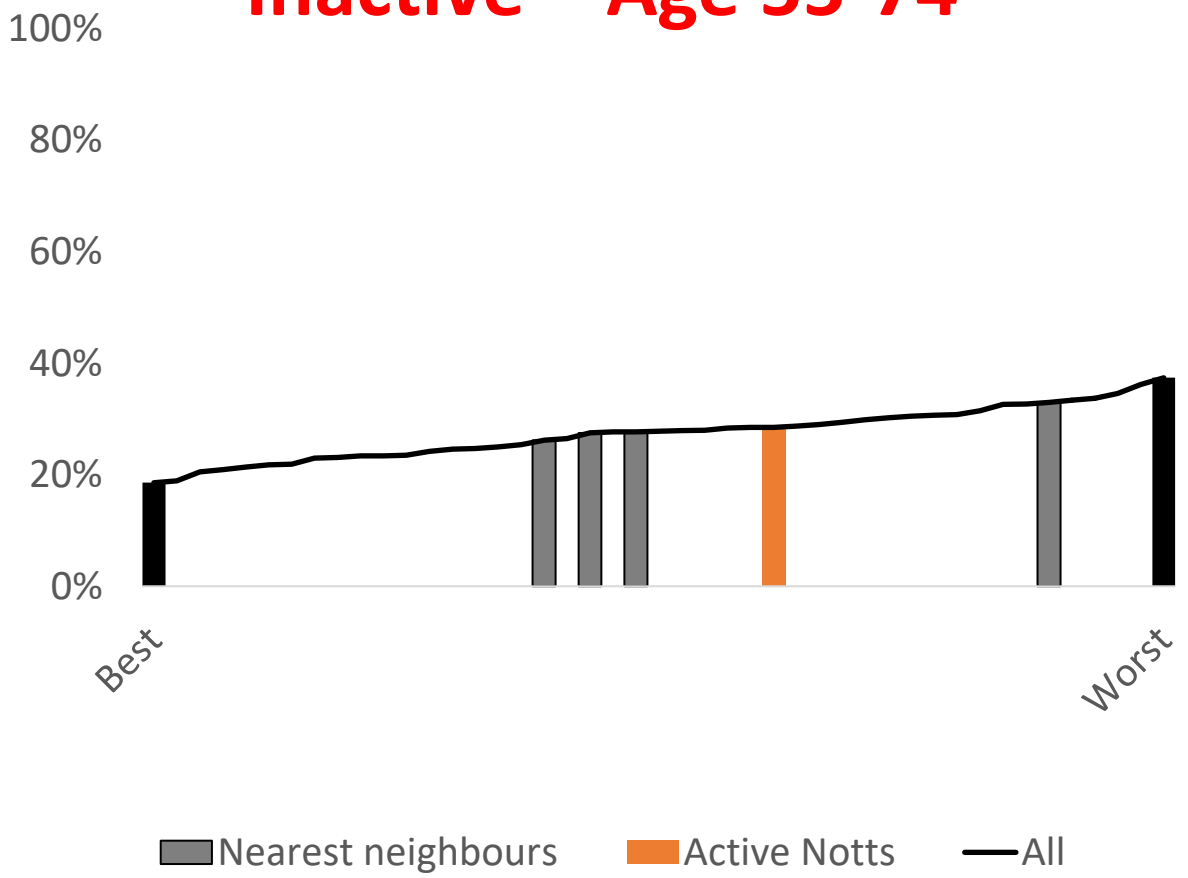
Source: Sport England, Active Lives Adults, Nov 17 to Nov 18, age 16+, excluding gardening

active notts

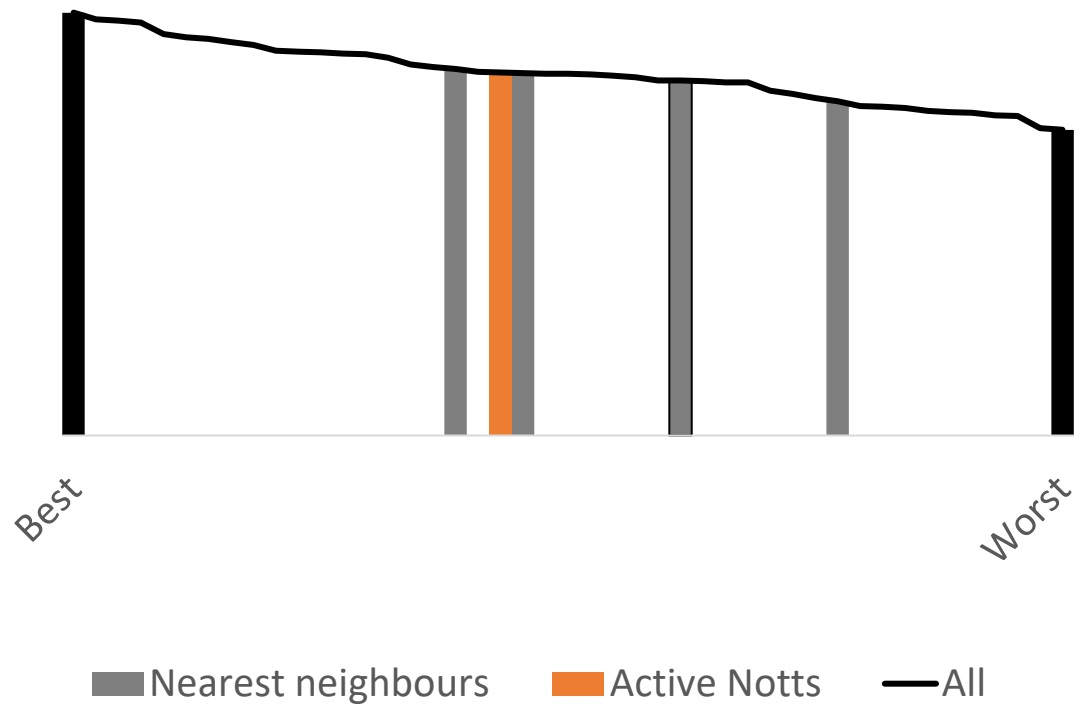
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Physical activity behaviour compared to peers

Inactive – Age 55-74



Active – Age 55-74



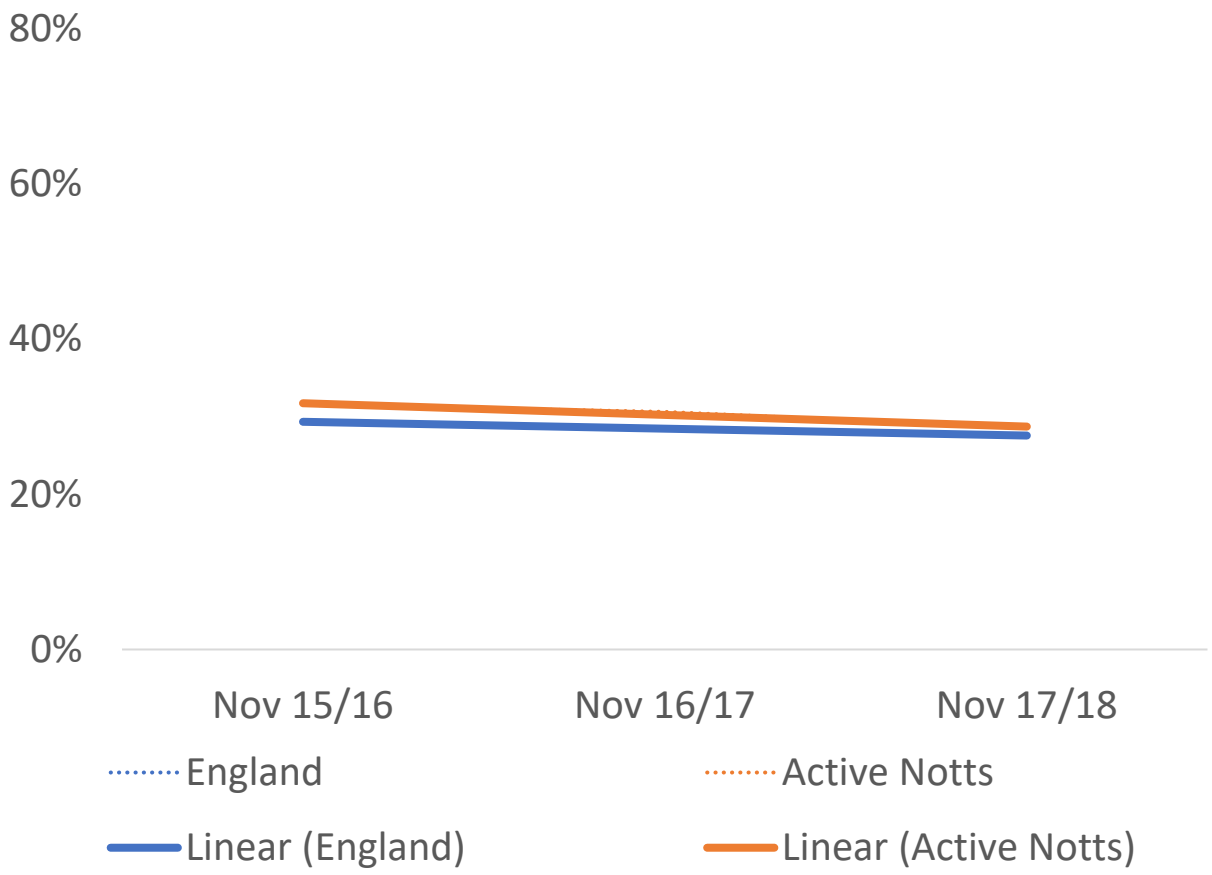
Source: Sport England, Active Lives Adults, Nov 17 to Nov 18, age 16+, excluding gardening

active notts

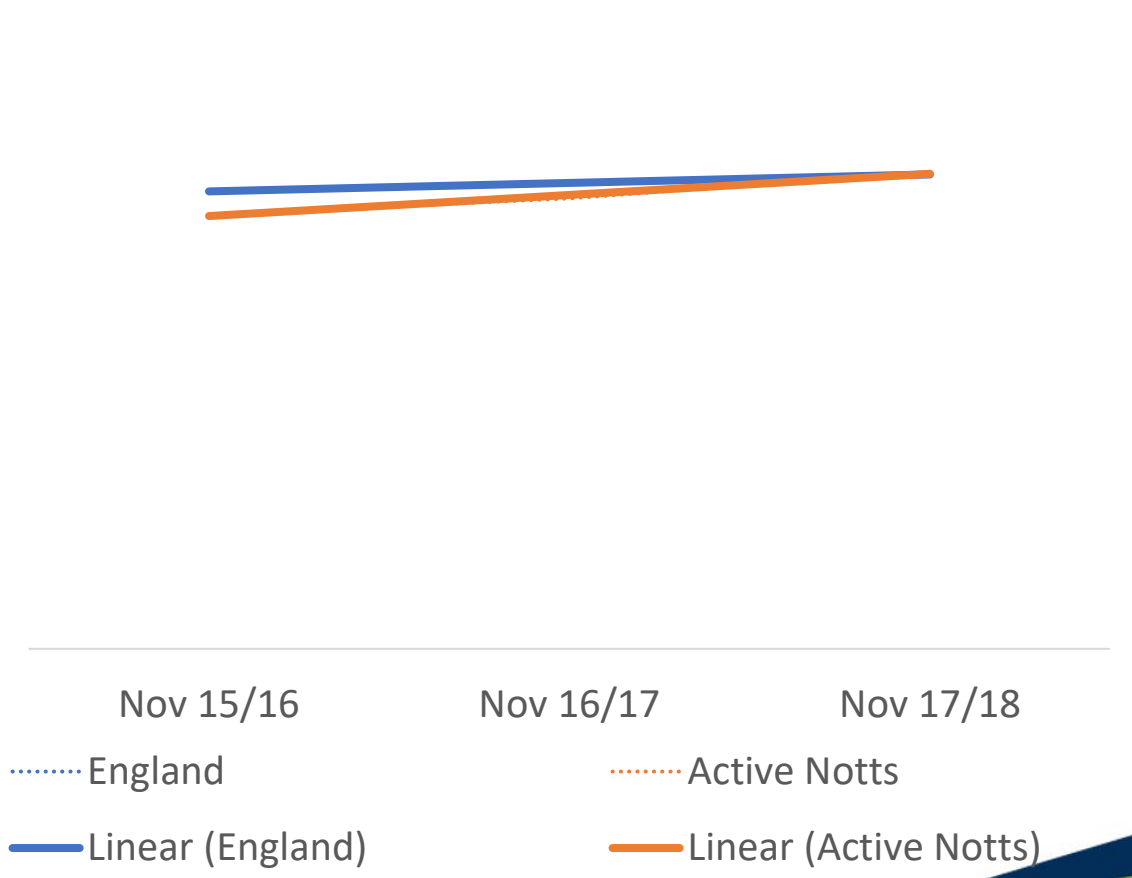
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Physical activity behaviour trend

Inactive – Age 55-74



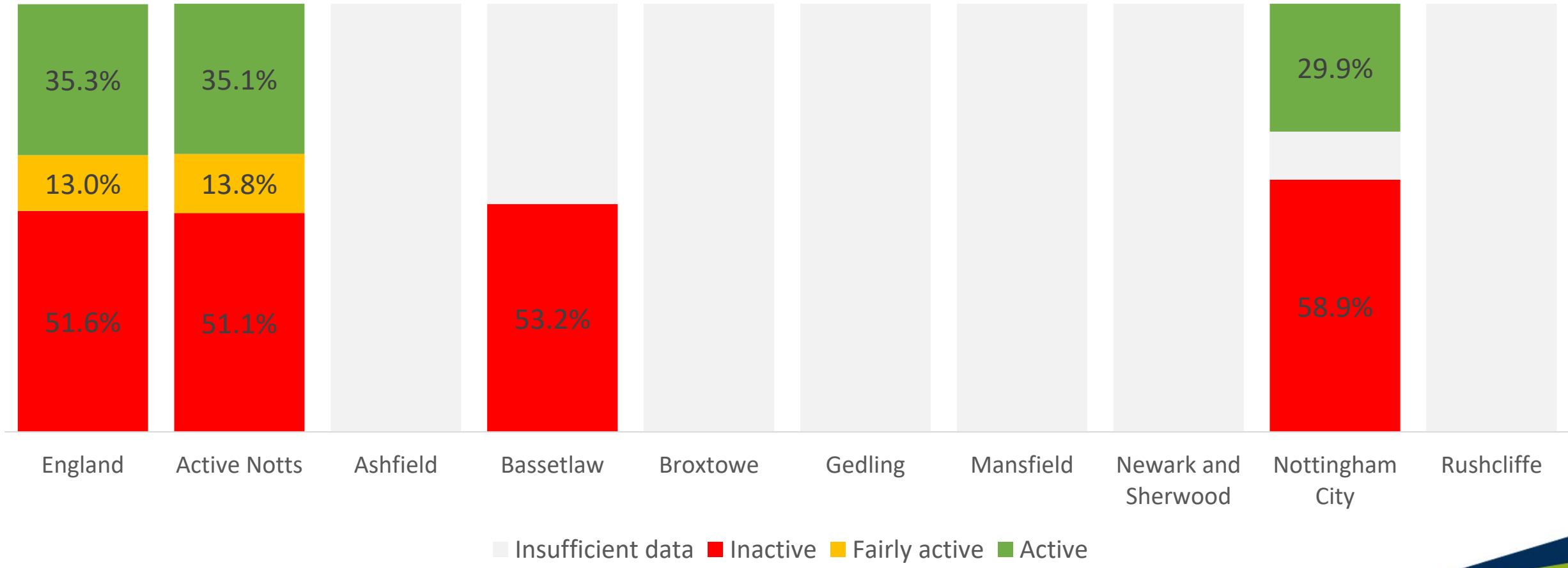
Active – Age 55-74



Source: Sport England, Active Lives Adults, Nov 15 to Nov 18, age 16+, excluding gardening

Physical activity behaviour compared to nearest neighbours

Age 75+ years



Source: Sport England, Active Lives Adults, Nov 17 to Nov 18, age 16+, excluding gardening

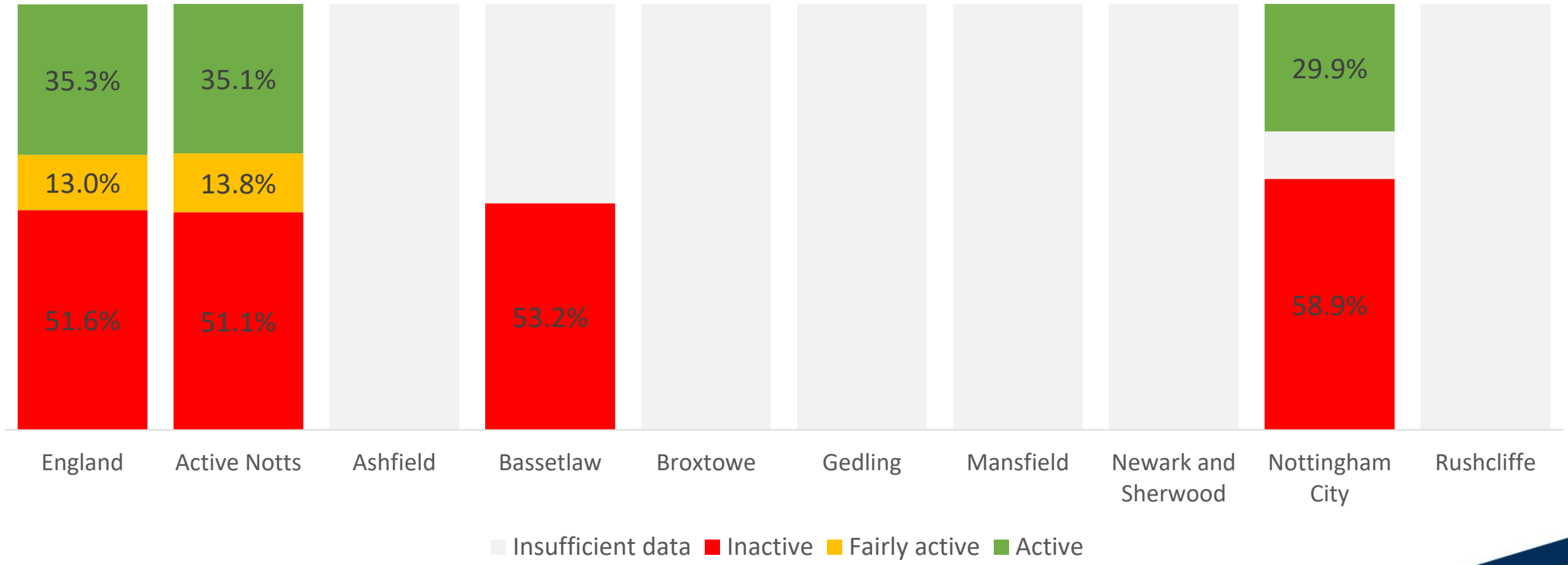
active notts

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AGE

Physical activity behaviour by localities

Age 75+



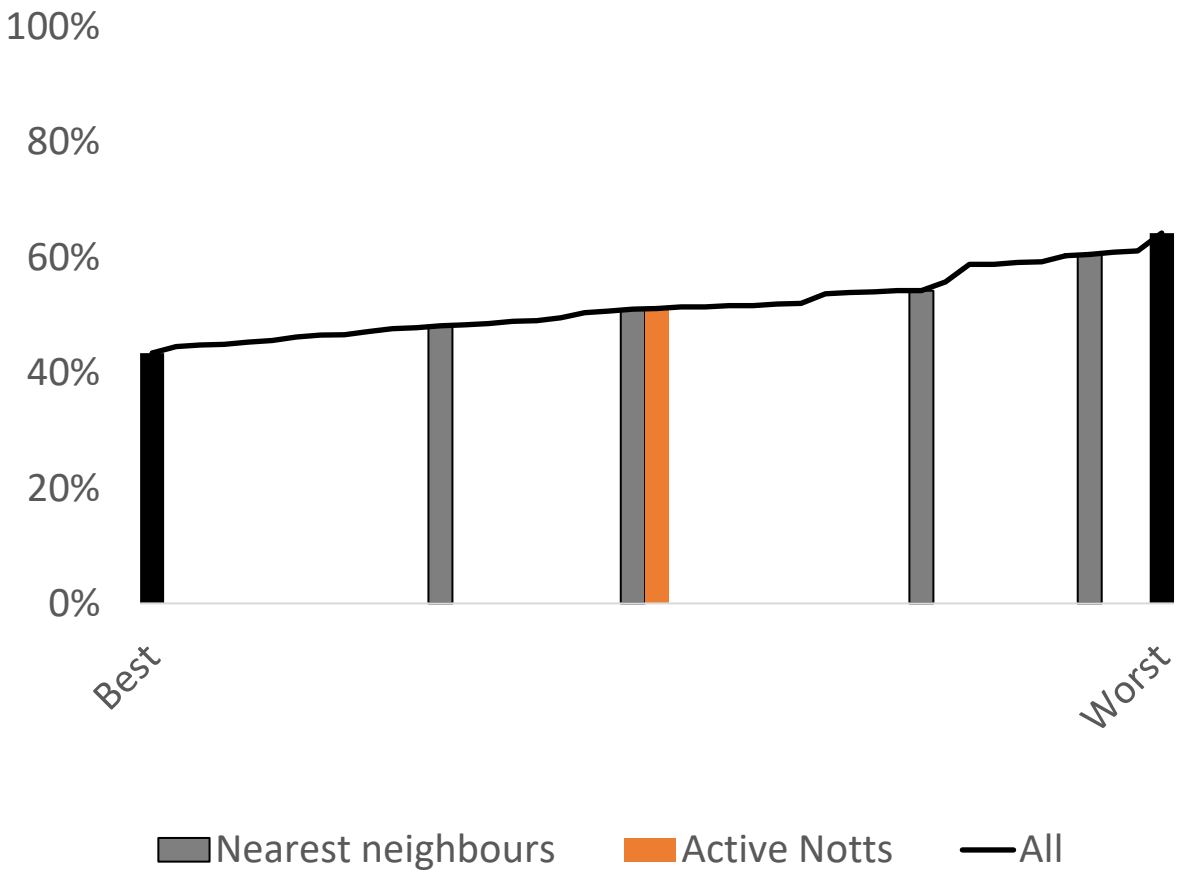
Source: Sport England, Active Lives Adults, Nov 17 to Nov 18, age 16+, excluding gardening

active notts

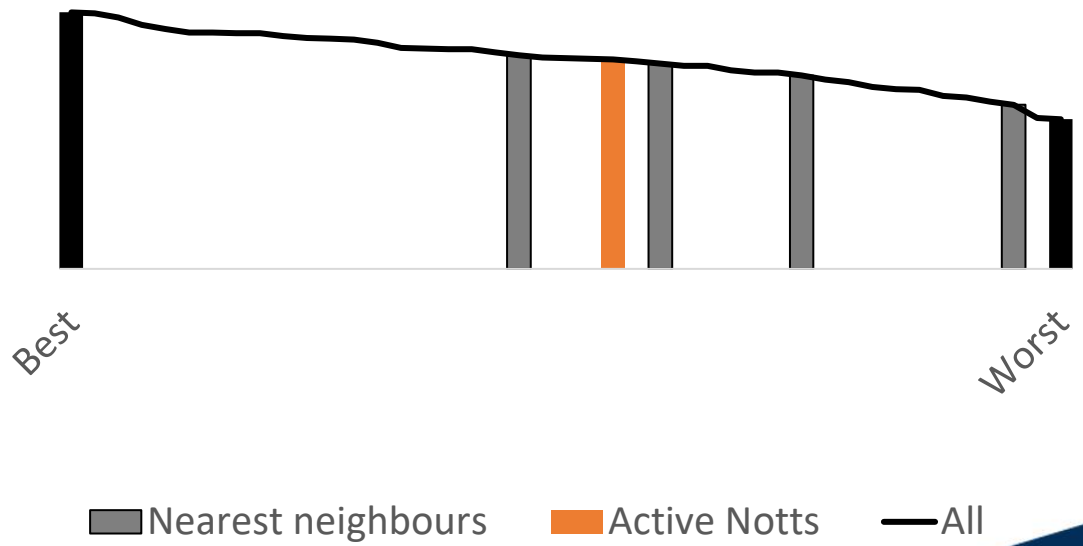
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Physical activity behaviour compared to nearest neighbours

Inactive – Age 75+



Active – Age 75+



Source: Sport England, Active Lives Adults, Nov 17 to Nov 18, age 16+, excluding gardening

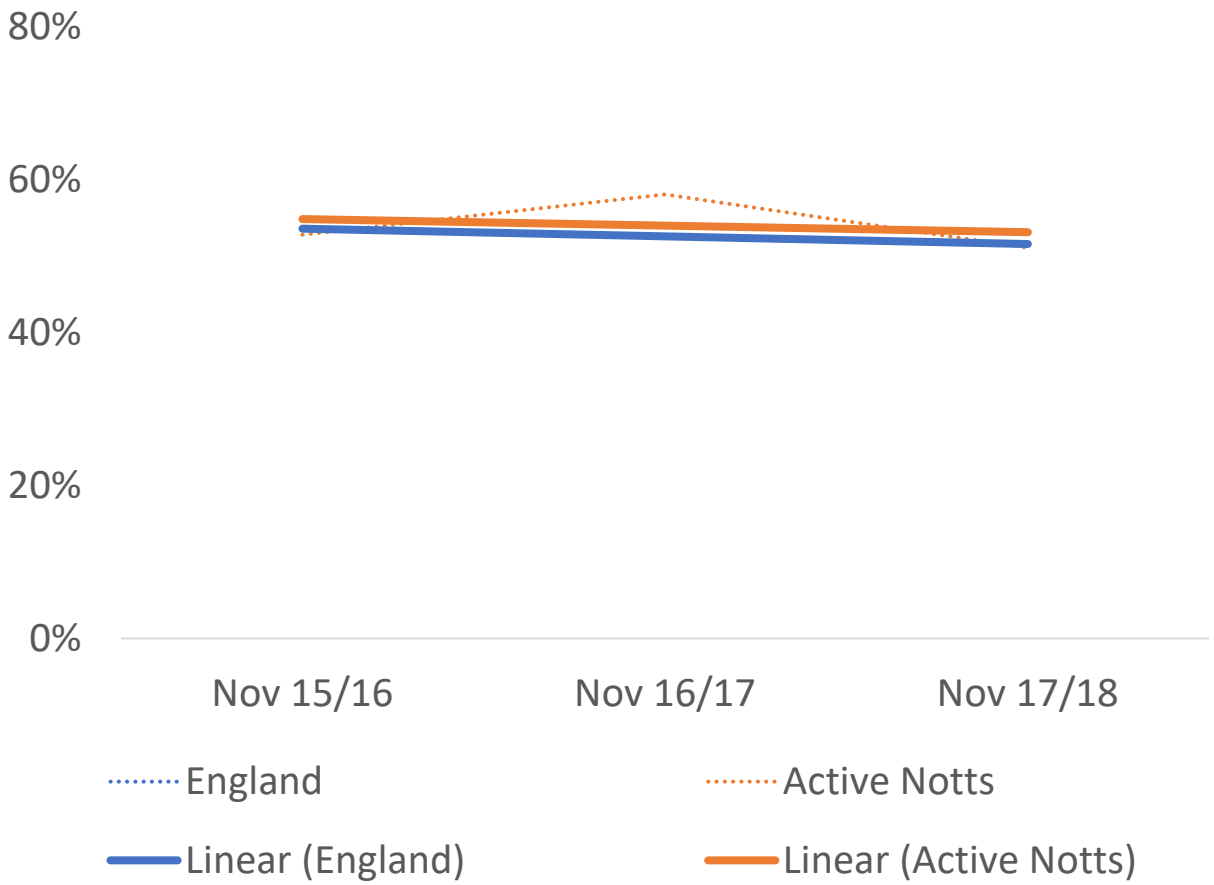
active notts

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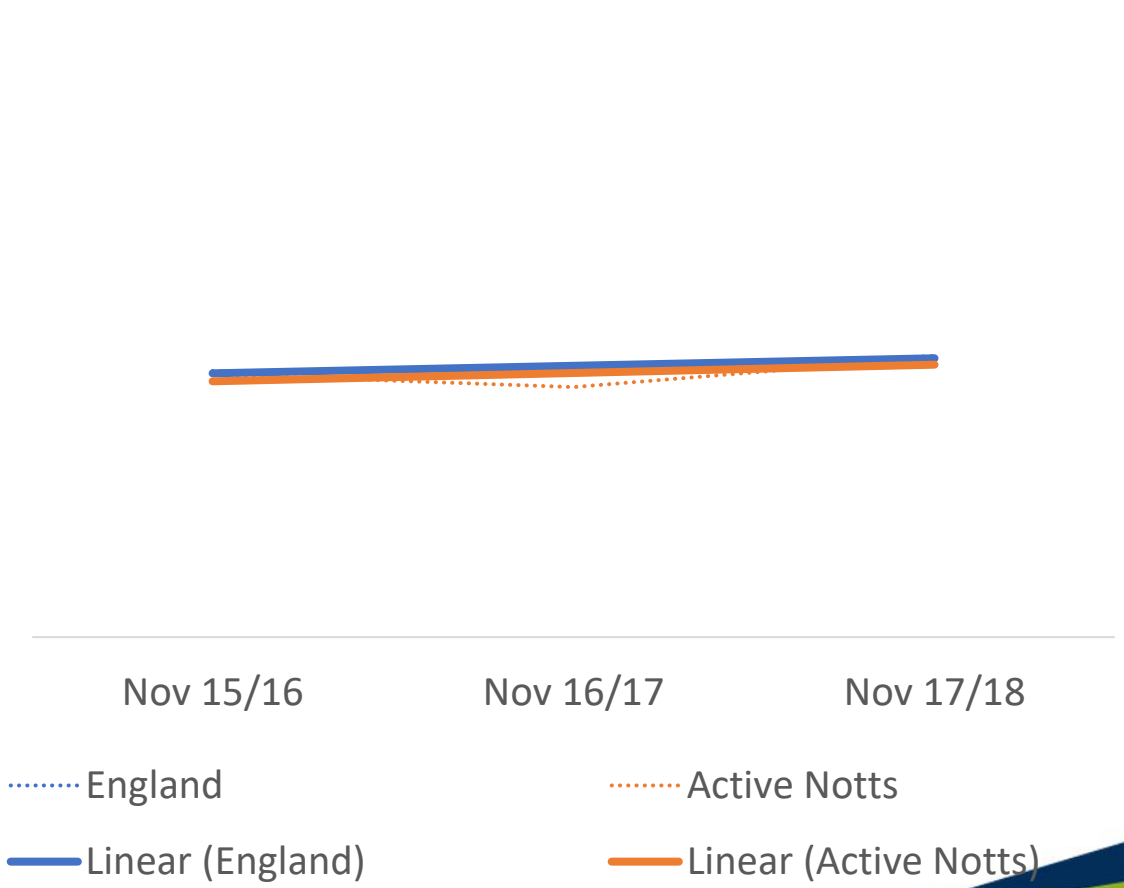
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Physical activity behaviour trend

Inactive – Age 75+

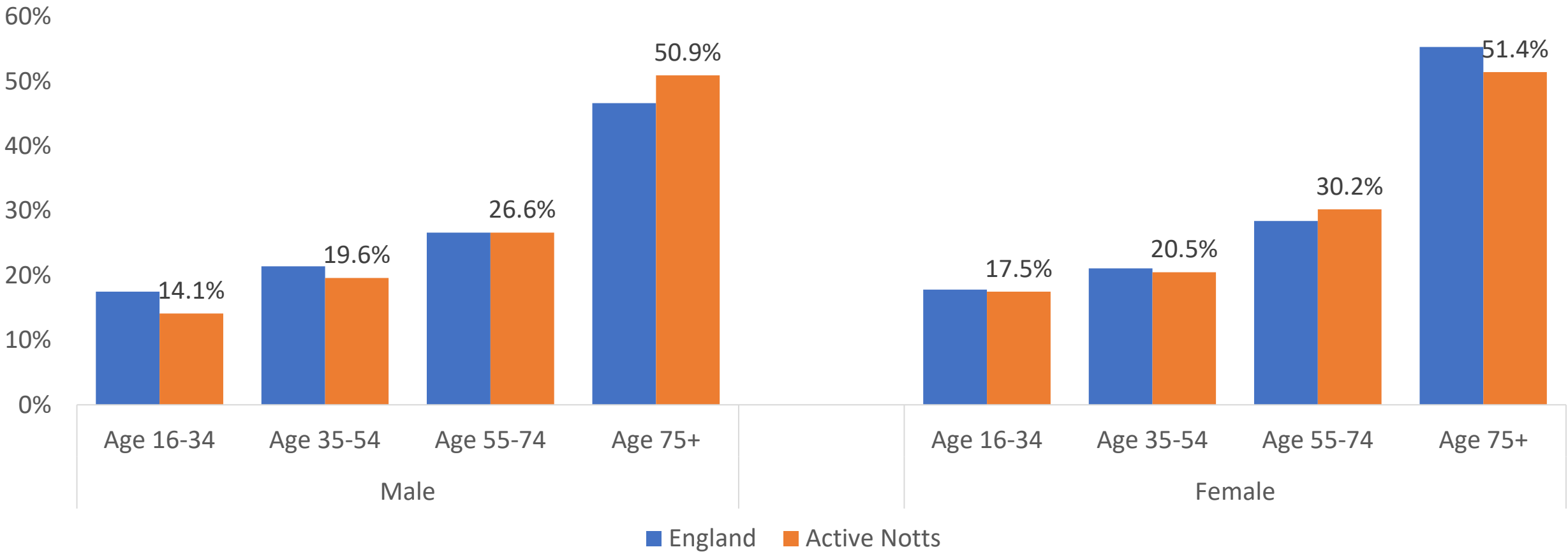


Active – Age 75+



Source: Sport England, Active Lives Adults, Nov 15 to Nov 18, age 16+, excluding gardening

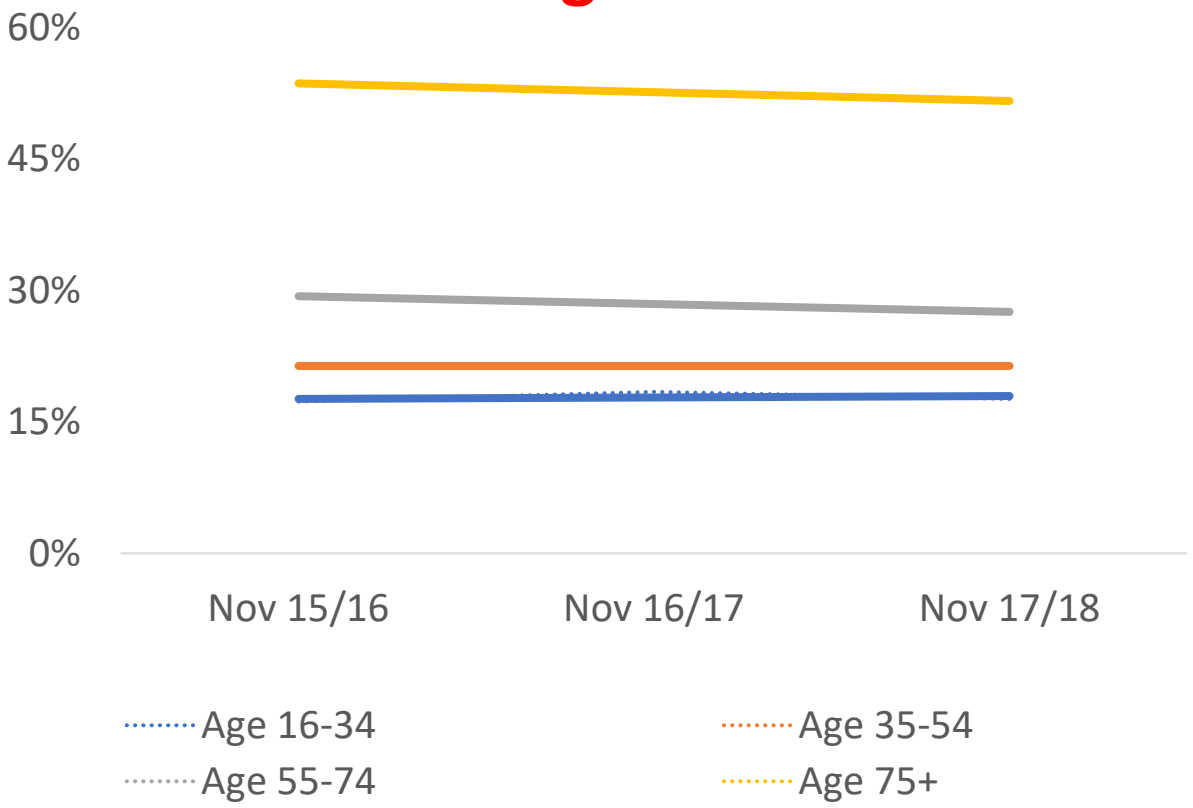
Inactive behaviour – Age by gender



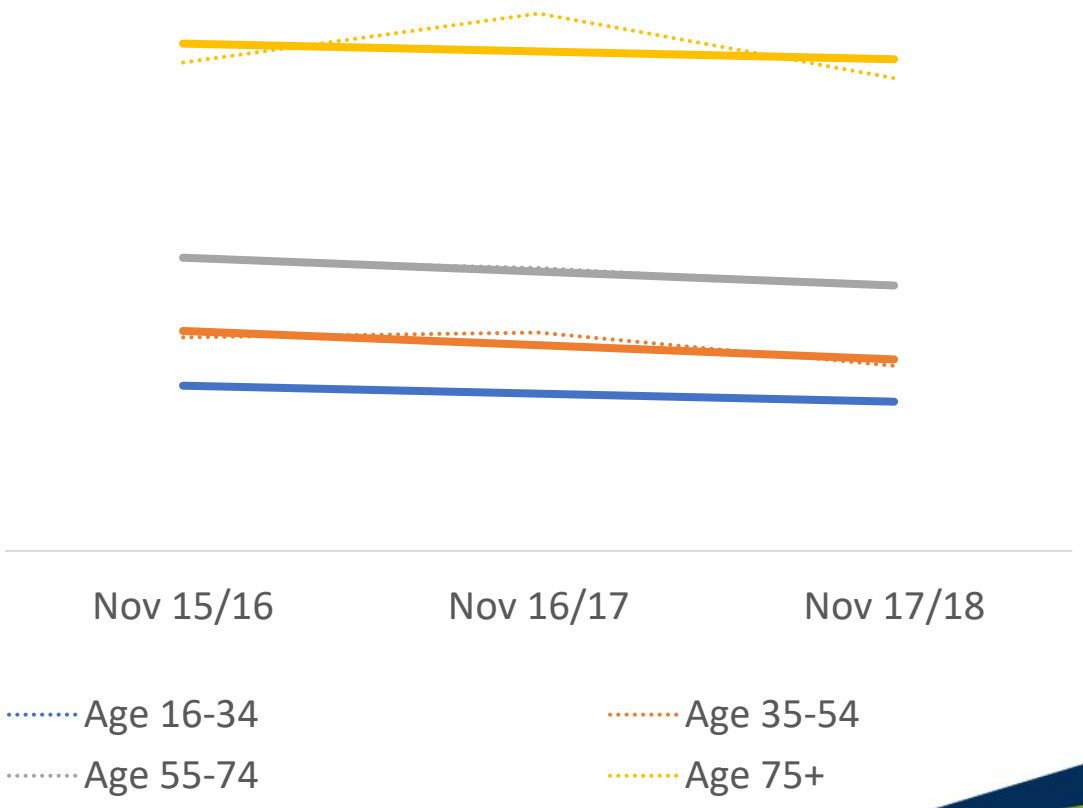
Age inequality gap

Inactive

England



Active Notts



Source: Sport England, Active Lives Adults, Nov 15 to Nov 18, age 16+, excluding gardening

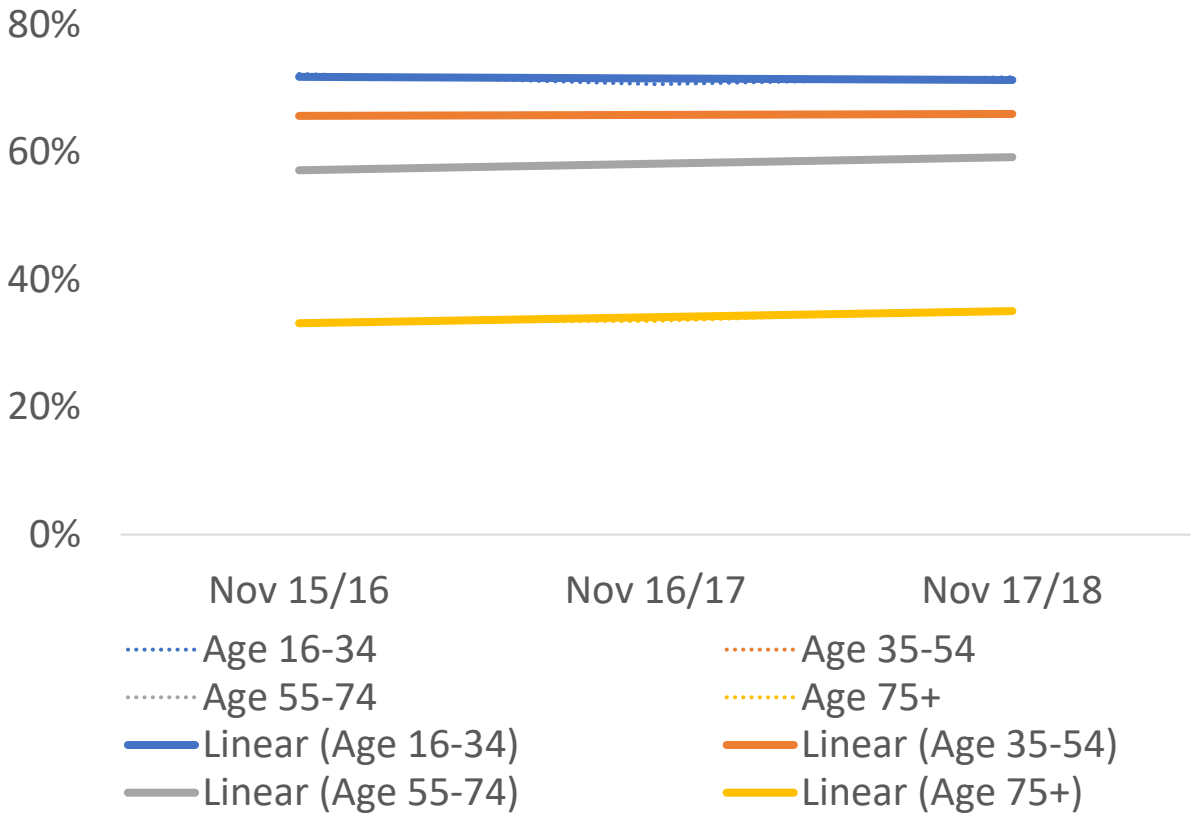
active notts

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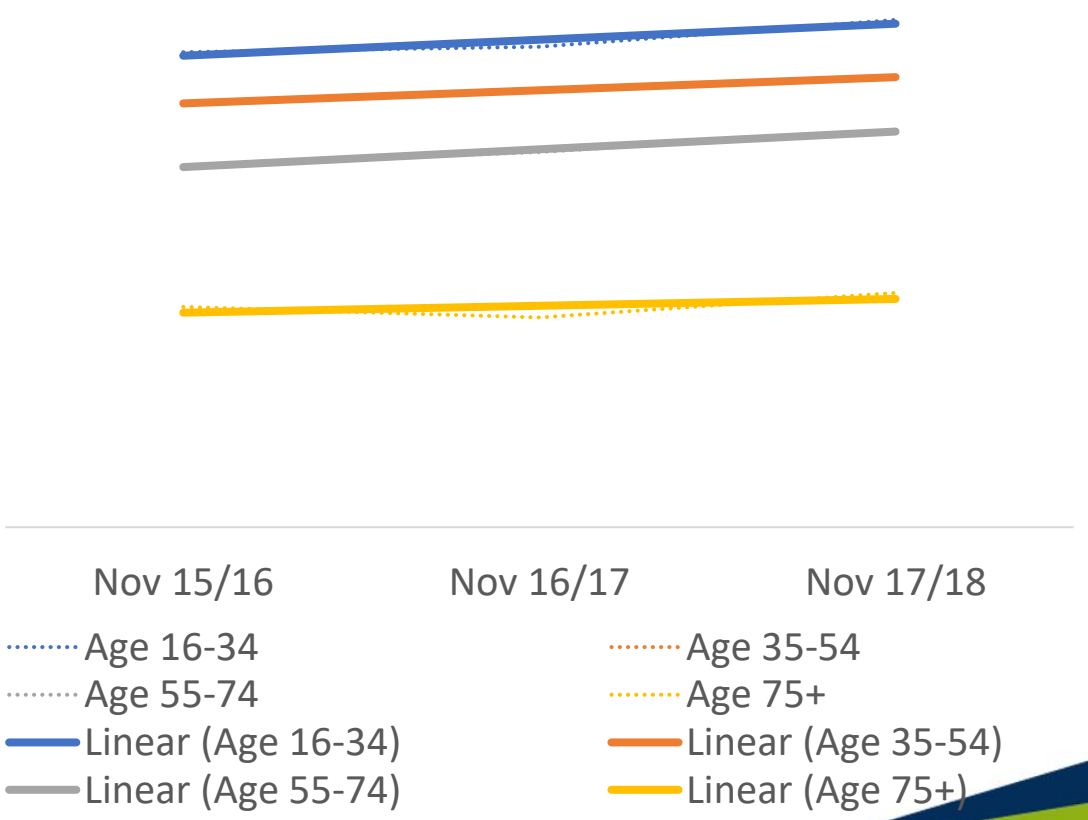
Age inequality gap

Active

England



Active Notts

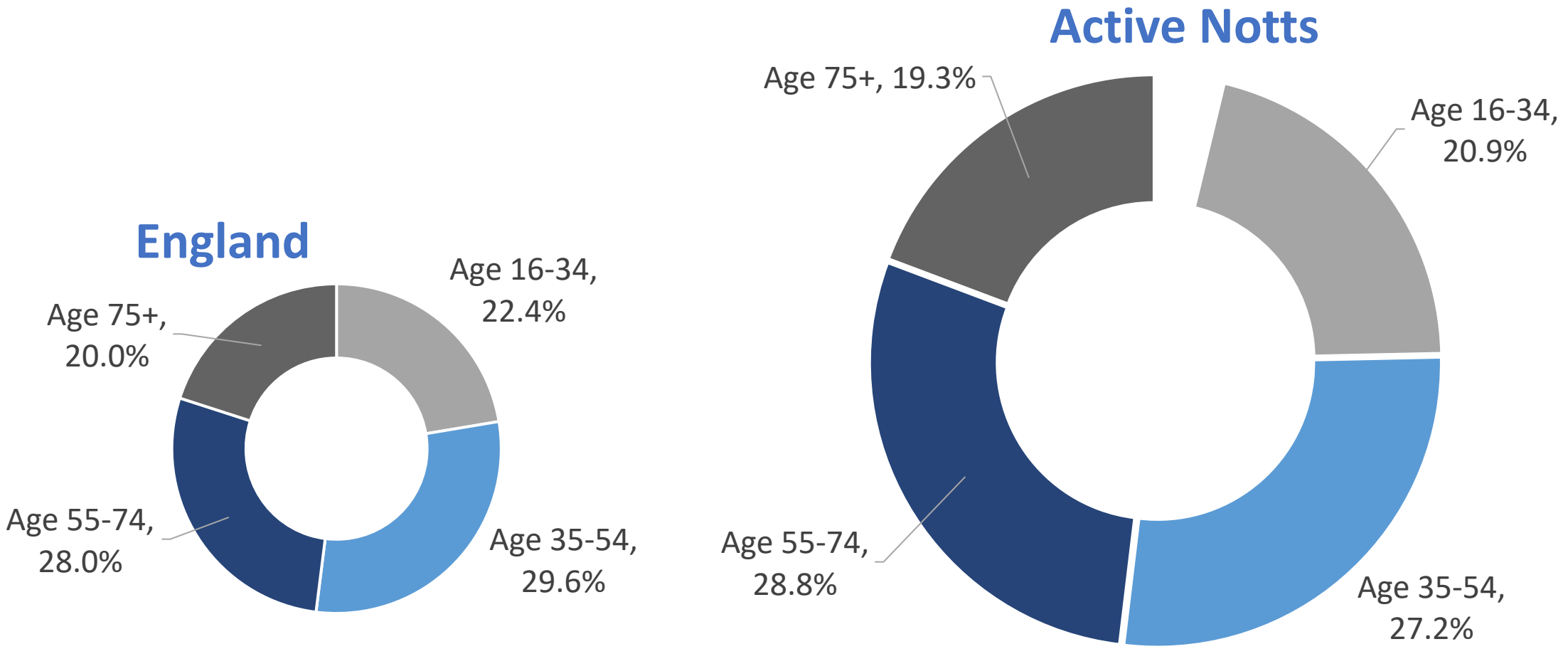


Source: Sport England, Active Lives Adults, Nov 15 to Nov 18, age 16+, excluding gardening

active notts

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Inactive population by demographic group

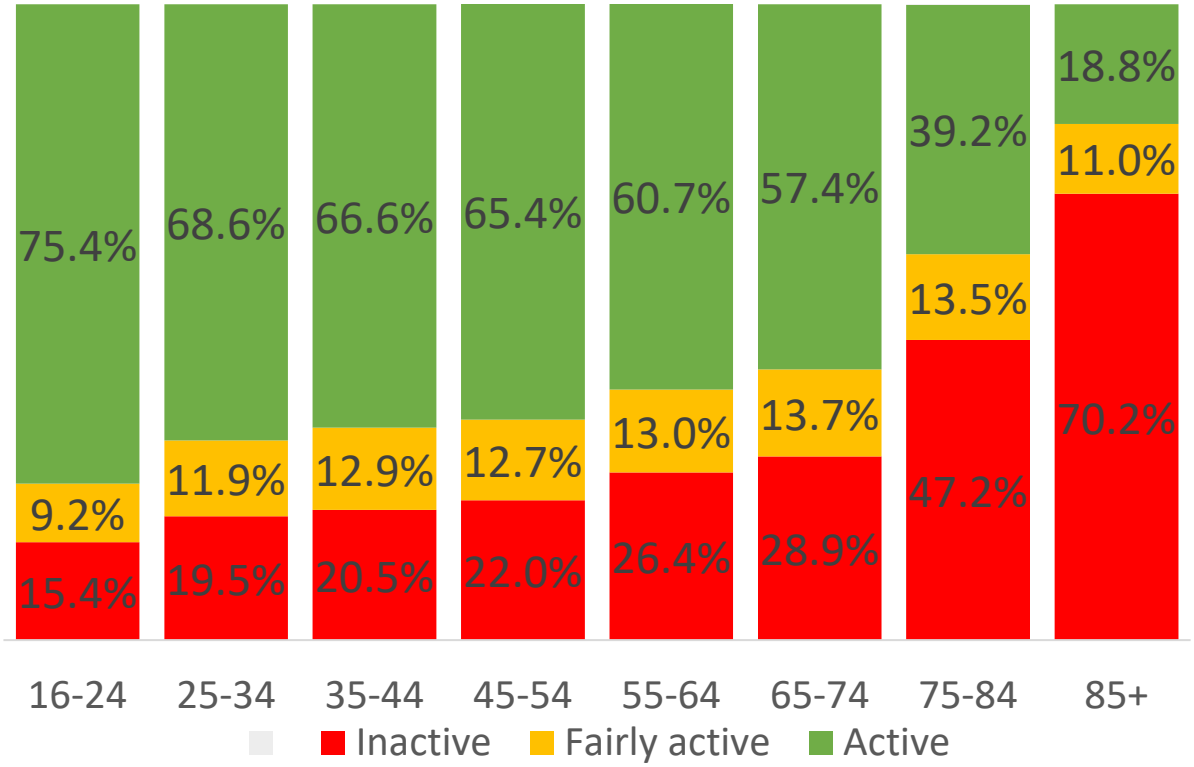


Source: Source: Sport England, Active Lives Adults, Nov 17 to Nov 18, age 16+, excluding gardening, ONS, Persons by single year of age and sex for local authorities in the UK, mid-2018, Census 2011

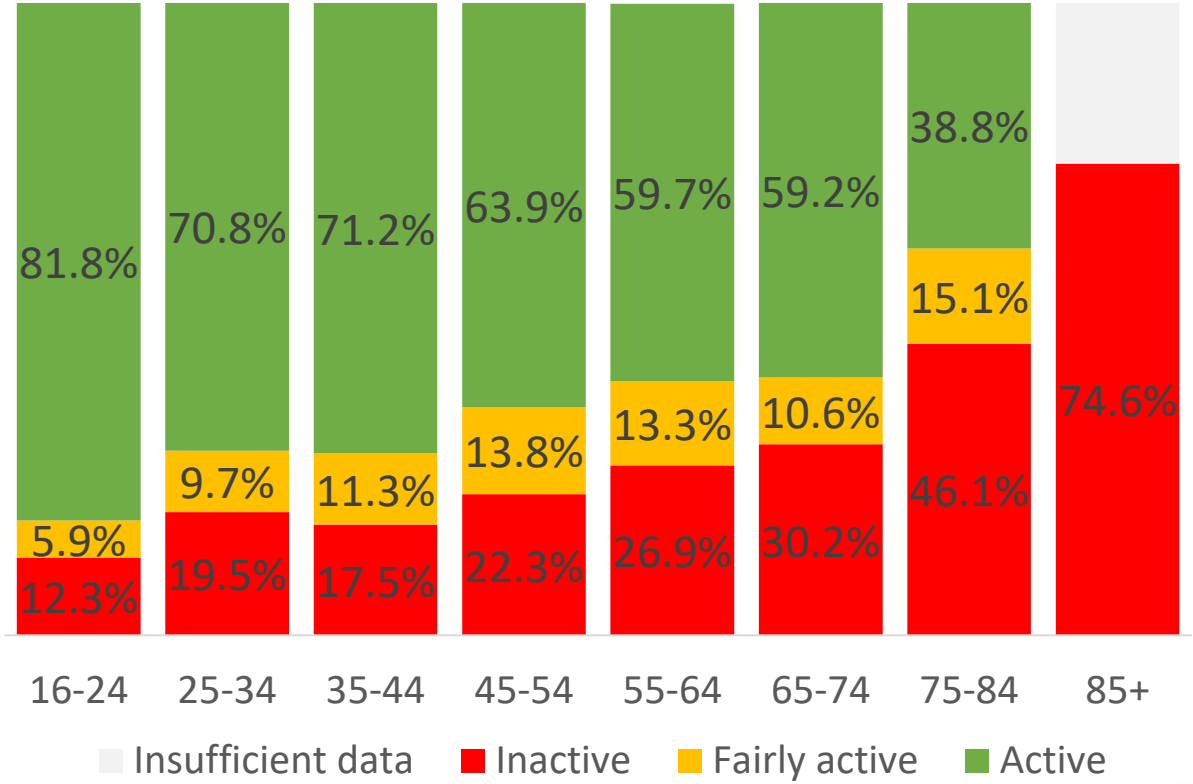
AGE

Physical activity behaviour by 10 year age band

England



Active Notts



Source: Sport England, Active Lives, Nov 16 to Nov 17, age 16+, excluding gardening

active notts

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AGE

Physical activity behaviour age summary

		Latest data (Nov 17/18)	Trend	Compared to England	Nearest neighbour rank
Age 16-34	Inactive	16.1%	improving	lower (better)	2nd of 5
	Active	76.0%	improving	higher (better)	1st of 5
Age 35-54	Inactive	20.0%	improving	lower (better)	2nd of 5
	Active	67.3%	improving	higher (better)	3rd of 5
Age 55-74	Inactive	28.5%	improving	higher (worse)	4th of 5
	Active	59.5%	improving	higher (better)	2nd of 5
Age 75+	Inactive	51.1%	improving	lower (better)	3rd of 5
	Active	35.1%	improving	lower (worse)	2nd of 5

Social grade

NS-SeC is the National Statistics Socio-economic Classification. It is derived by combining information on occupation and employment status

1. Higher managerial and professional occupations
2. Lower managerial and professional occupations

3. Intermediate occupations
4. Small employers and own account workers
5. Lower supervisory and technical occupations

6. Semi-routine occupations
7. Routine occupations
8. Never worked and long-term unemployed

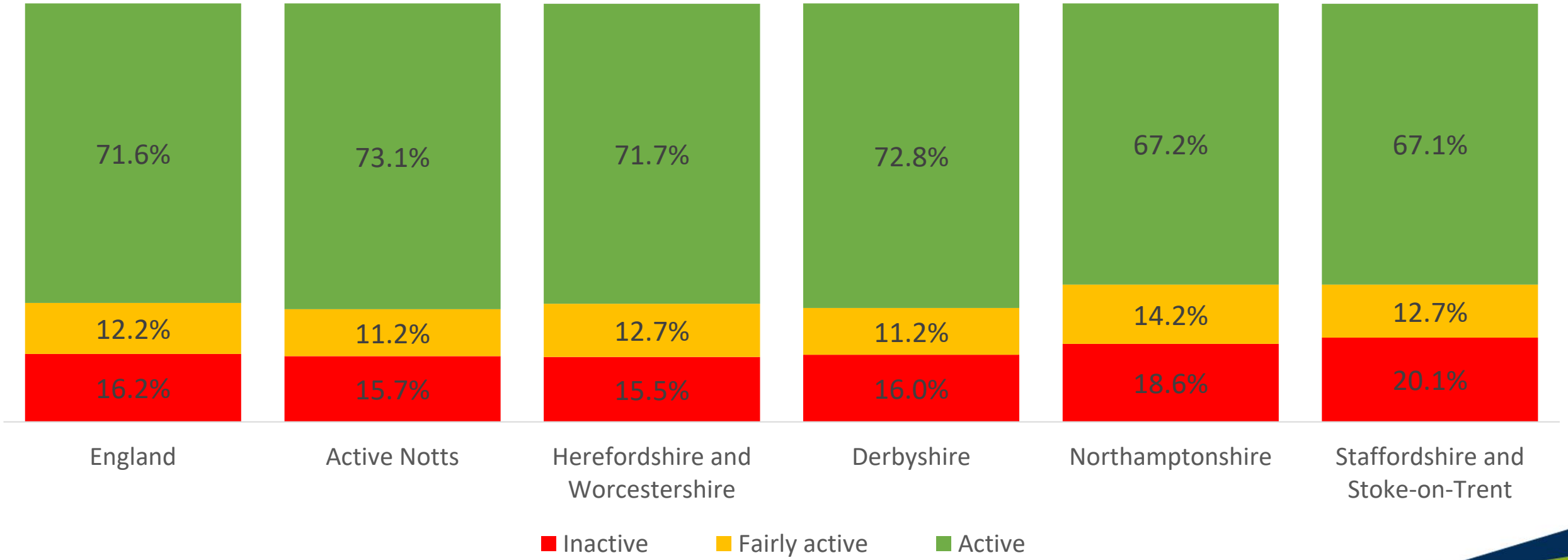
9. Full time students and occupations not stated or inadequately described

Employment status is created by combining data on whether an individual is an employer, self-employed or an employee, size of organisation (where collected) and supervisory status

SOCIAL GRADE

Physical activity behaviour compared to nearest neighbours

NS SeC 1-2



Source: Sport England, Active Lives Adults, Nov 17 to Nov 18, age 16+, excluding gardening

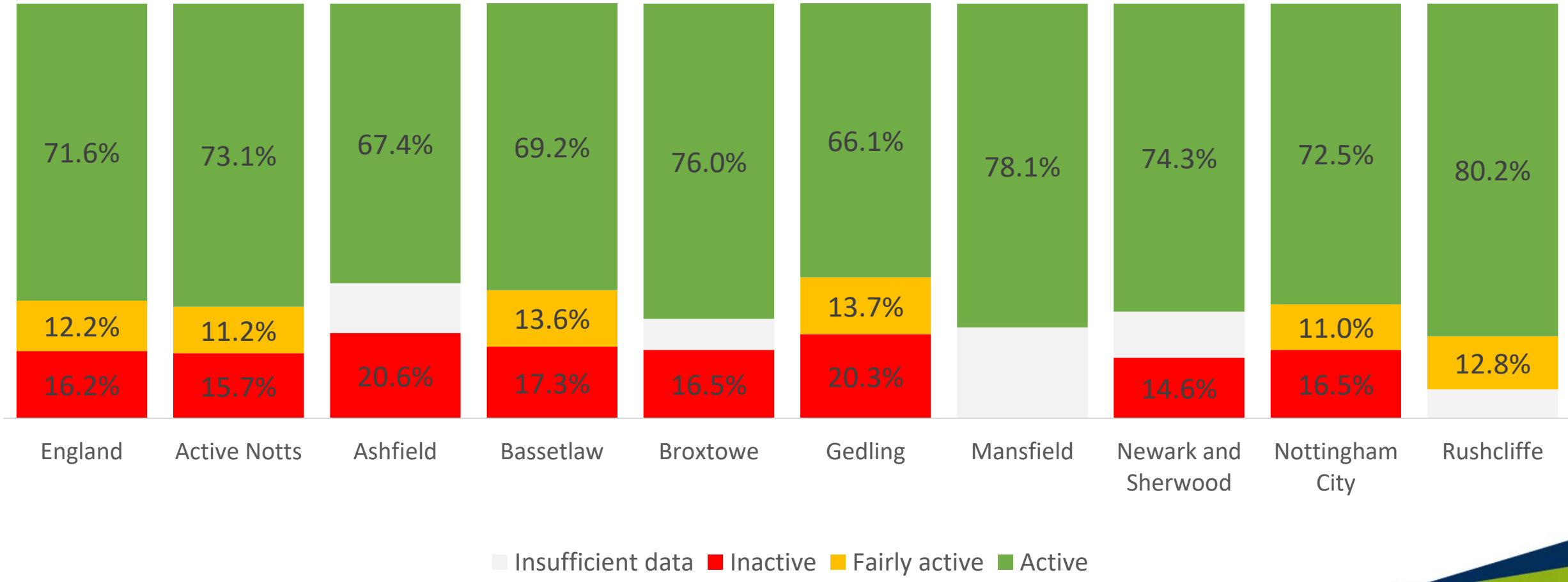
active notts

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SOCIAL GRADE

Physical activity behaviour by localities

NS SeC 1-2



Source: Sport England, Active Lives Adults, Nov 17 to Nov 18, age 16+, excluding gardening

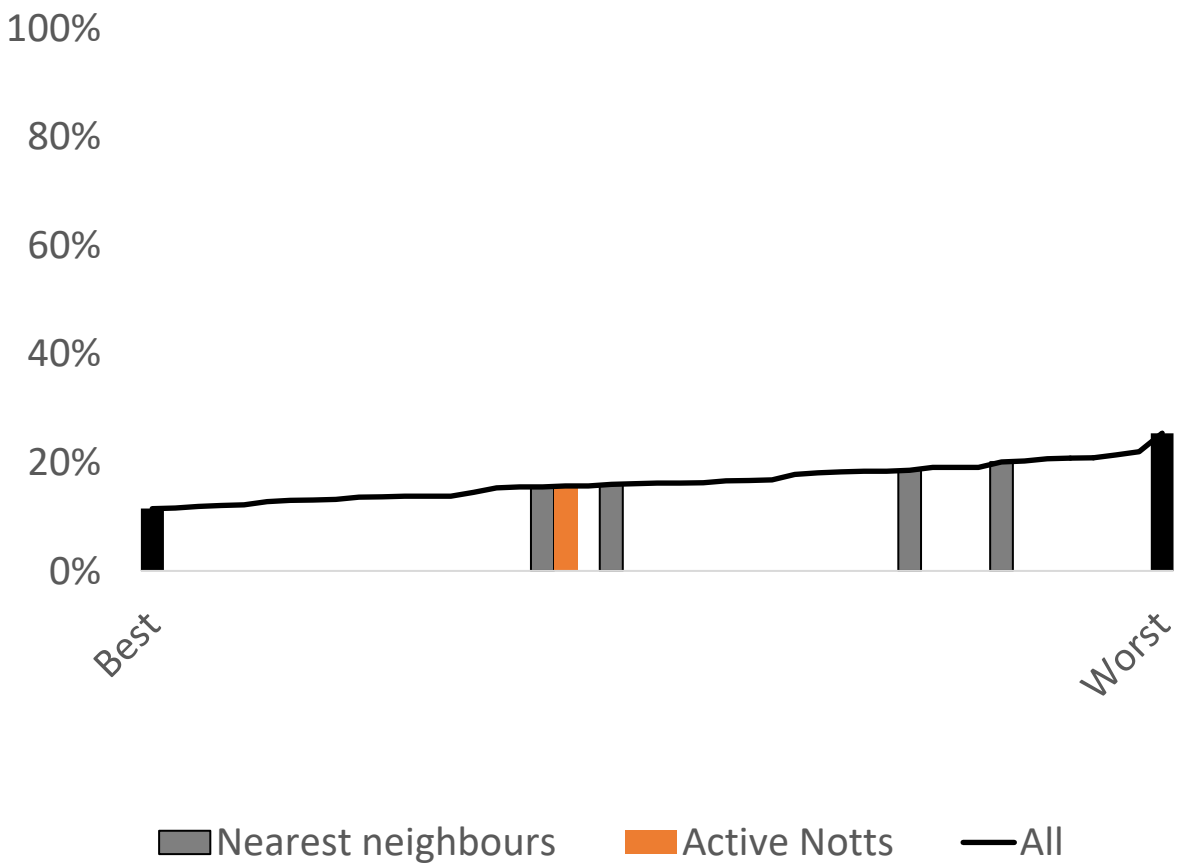
active notts

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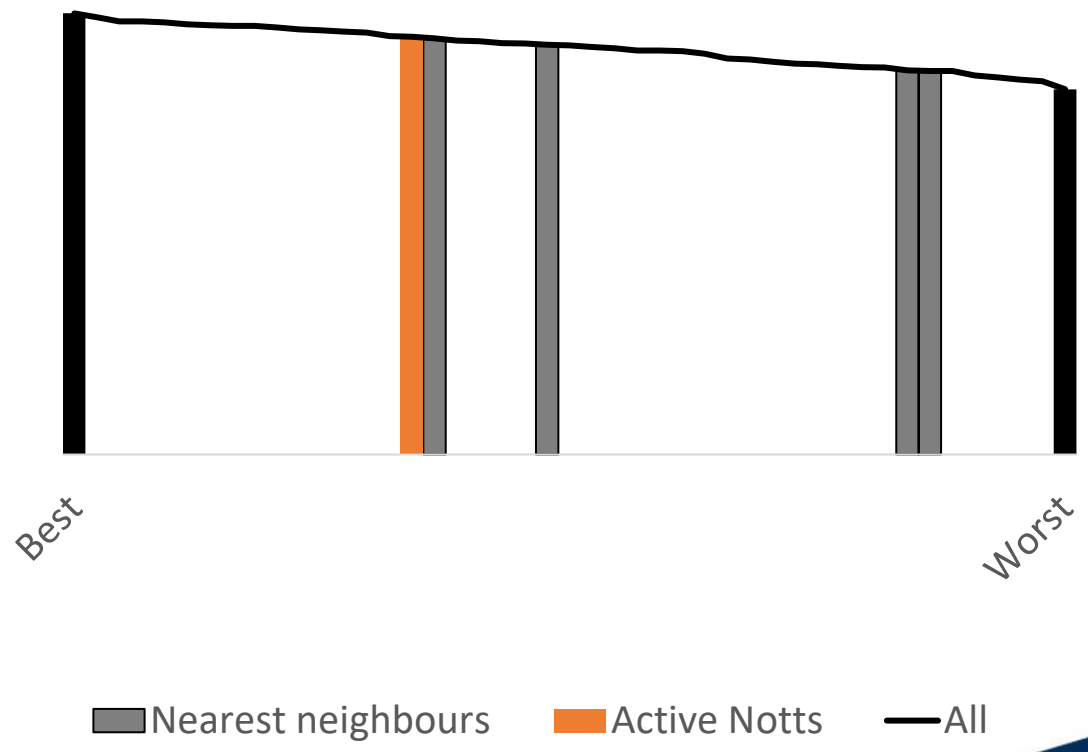
SOCIAL GRADE

Physical activity behaviour compared to nearest neighbours

Inactive – NS SeC 1-2



Active – NS SeC 1-2



Source: Sport England, Active Lives Adults, Nov 17 to Nov 18, age 16+, excluding gardening

active notts

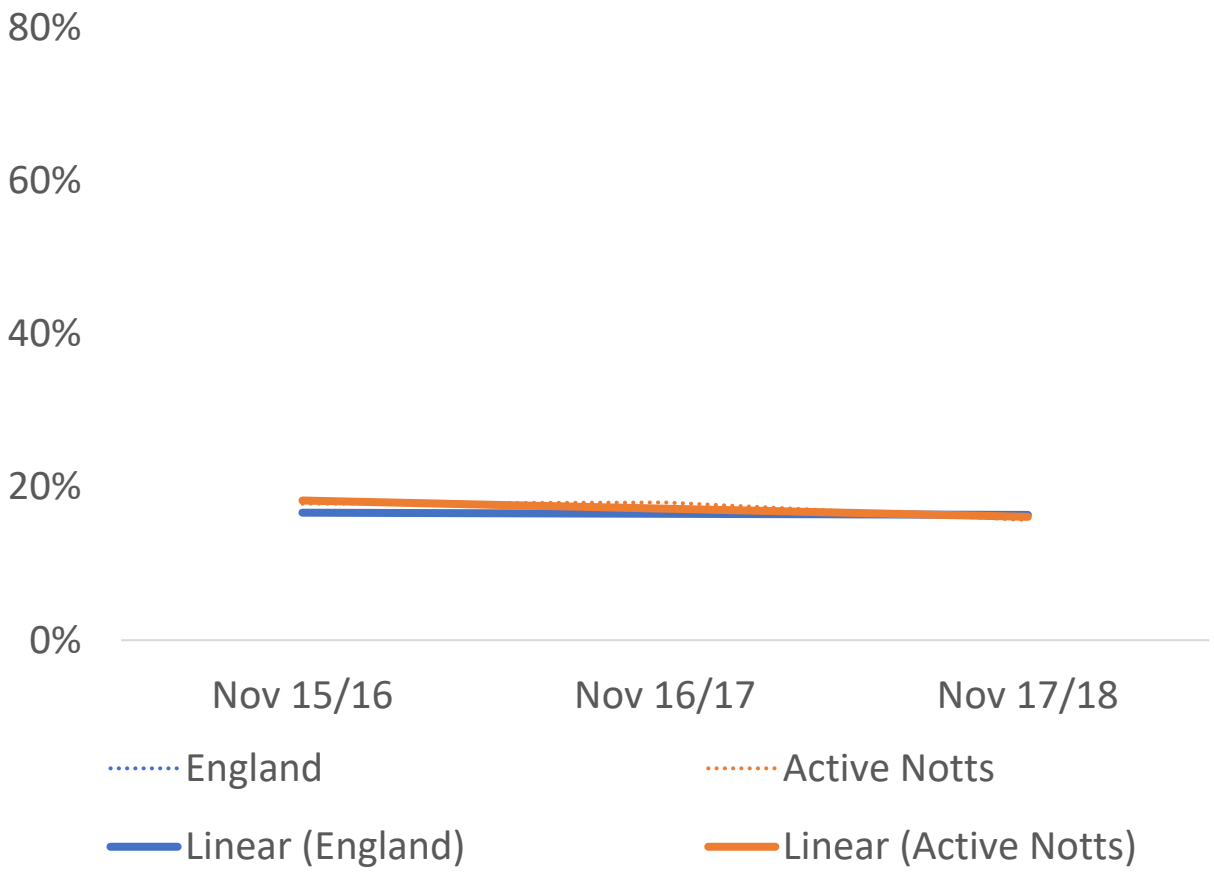
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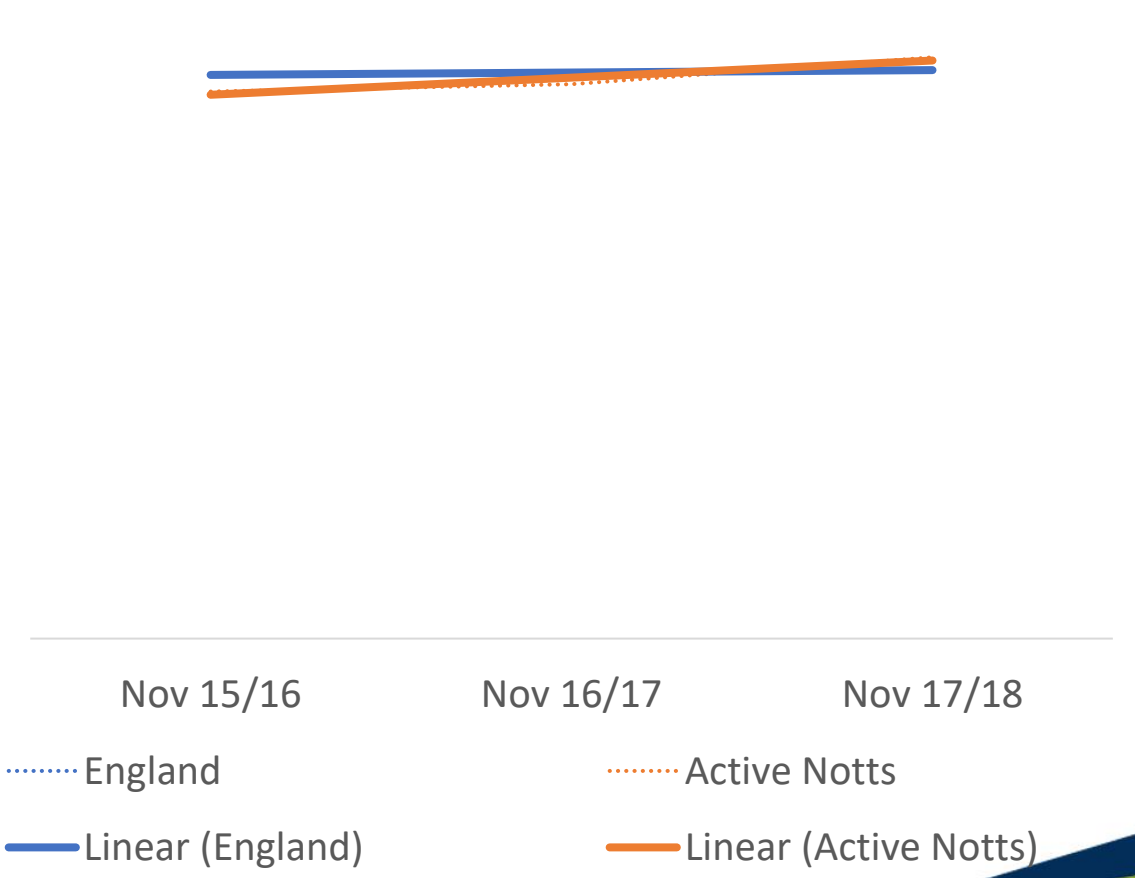
SOCIAL GRADE

Physical activity behaviour trend

Inactive – NS SeC 1-2



Active – NS SeC 1-2



Source: Sport England, Active Lives Adults, Nov 15 to Nov 18, age 16+, excluding gardening

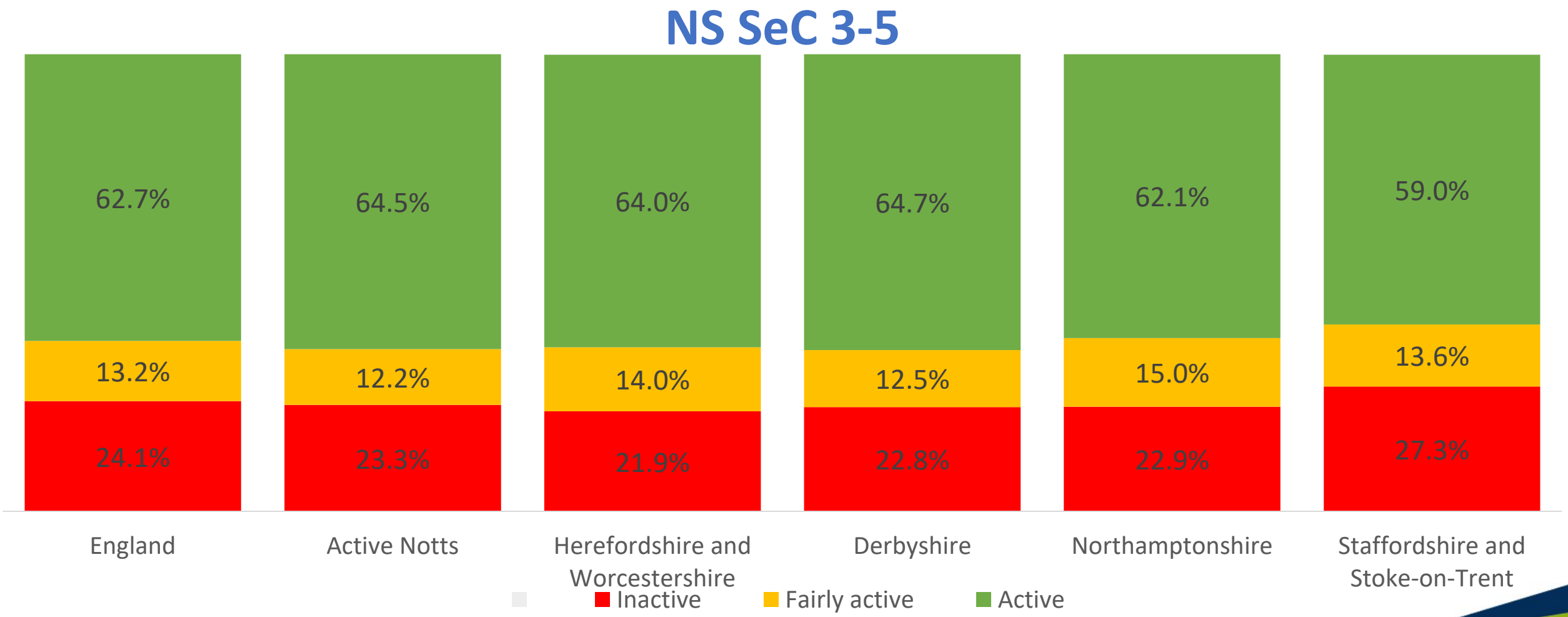
active notts

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SOCIAL GRADE

Physical activity behaviour compared to nearest neighbours



Source: Sport England, Active Lives Adults, Nov 17 to Nov 18, age 16+, excluding gardening

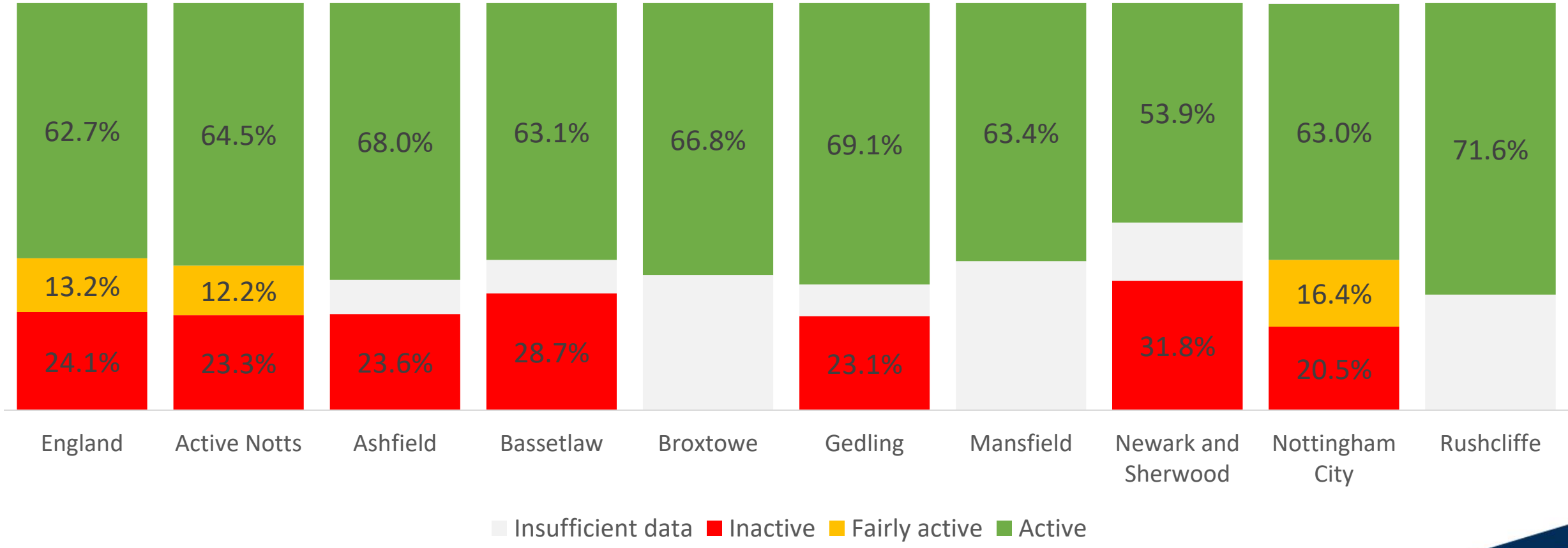
active notts

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SOCIAL GRADE

Physical activity behaviour by localities

NS SeC 3-5



Source: Sport England, Active Lives Adults, Nov 17 to Nov 18, age 16+, excluding gardening

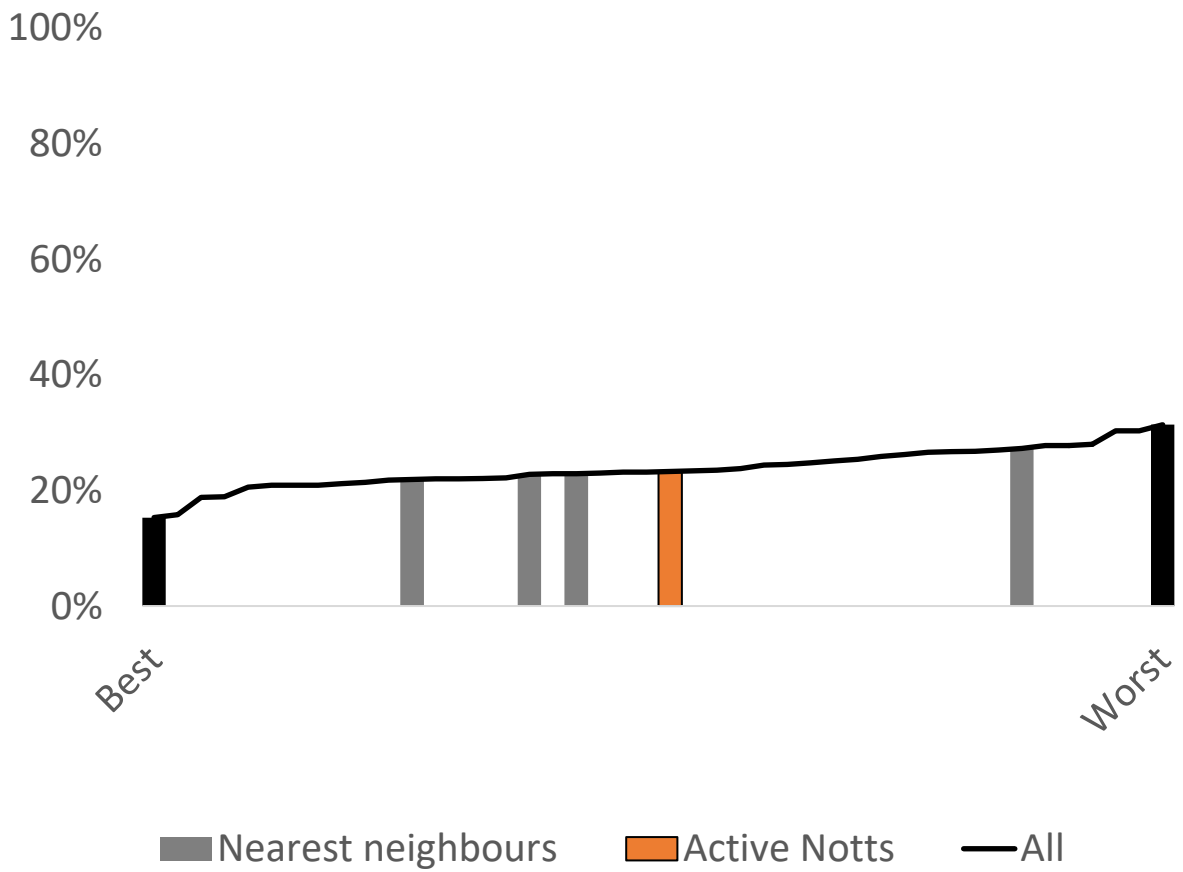
active notts

081 New Hall Block, Nottingham Trent University, Clifton Lane, Nottingham, Nottinghamshire, NG11 8NS T: 0115 848 3469

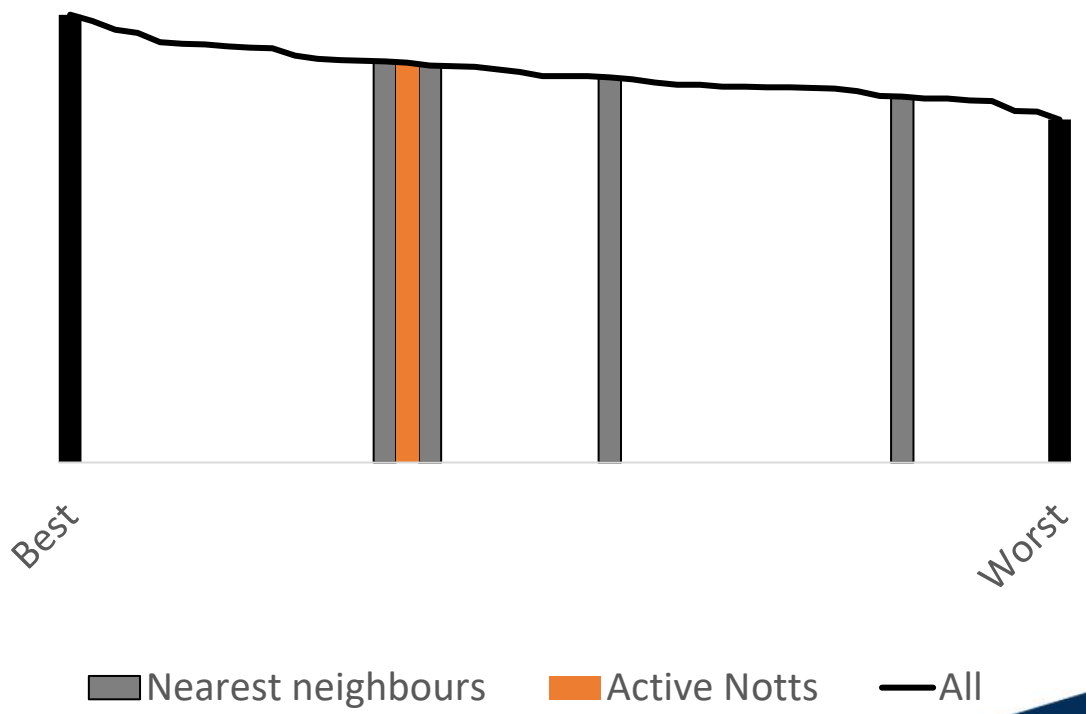
SOCIAL GRADE

Physical activity behaviour compared to peers

Inactive – NS SeC 3-5



Active – NS SeC 3-5



Source: Sport England, Active Lives Adults, Nov 17 to Nov 18, age 16+, excluding gardening

active notts

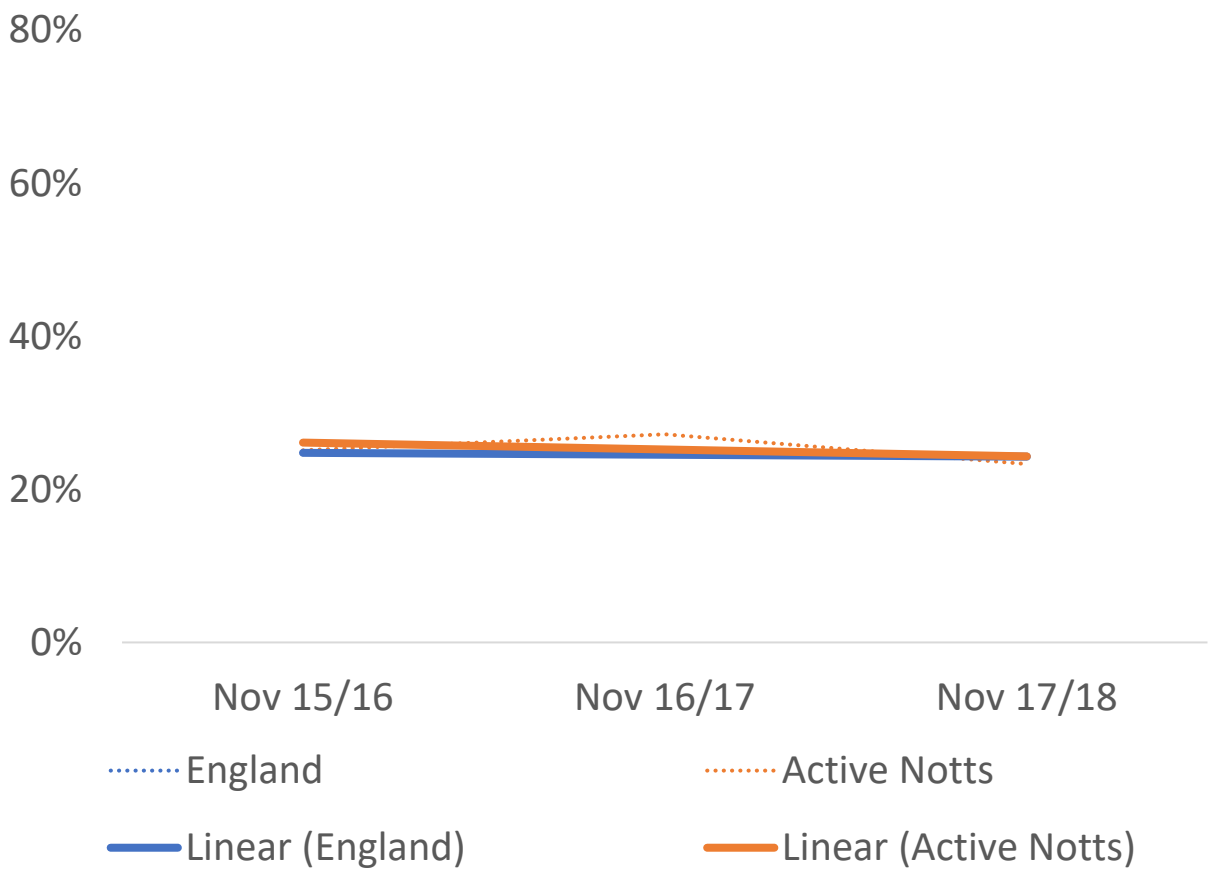
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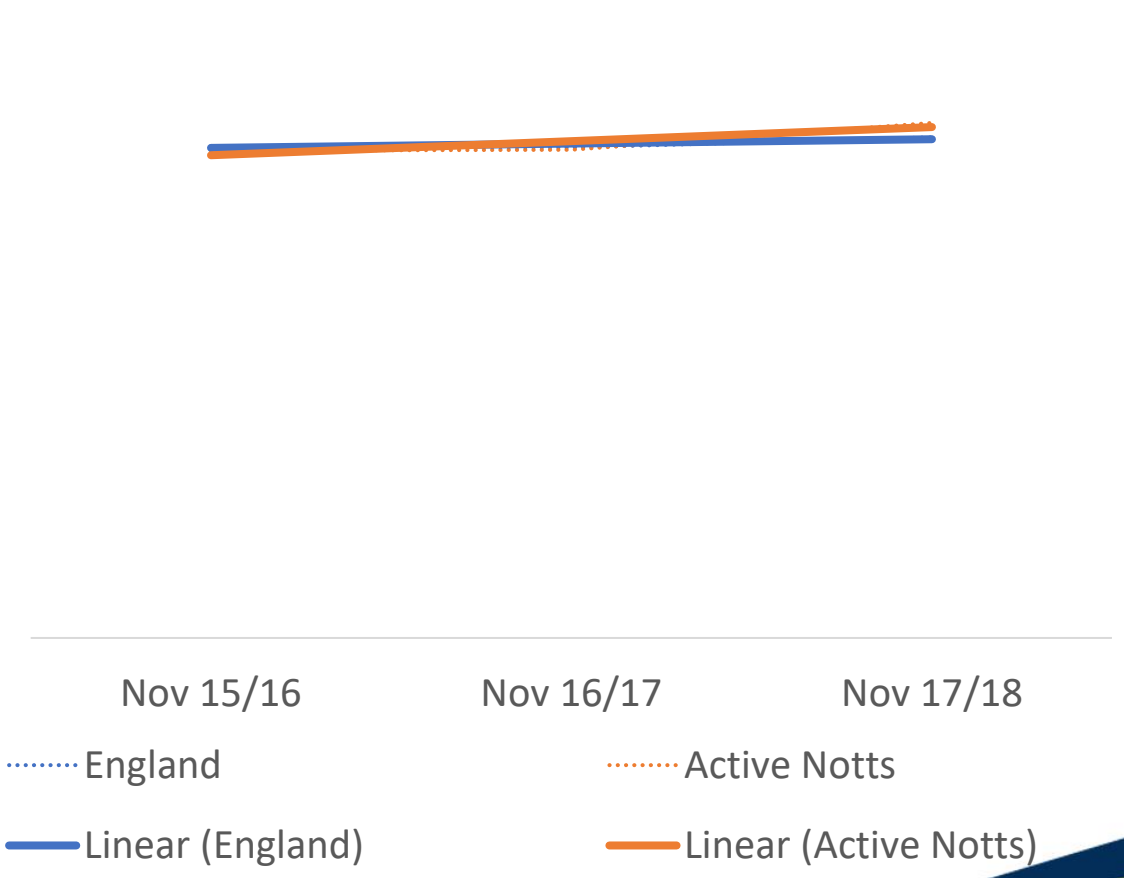
SOCIAL GRADE

Physical activity behaviour trend

Inactive – NS SeC 3-5



Active – NS SeC 3-5



Source: Sport England, Active Lives Adults, Nov 15 to Nov 18, age 16+, excluding gardening

active notts

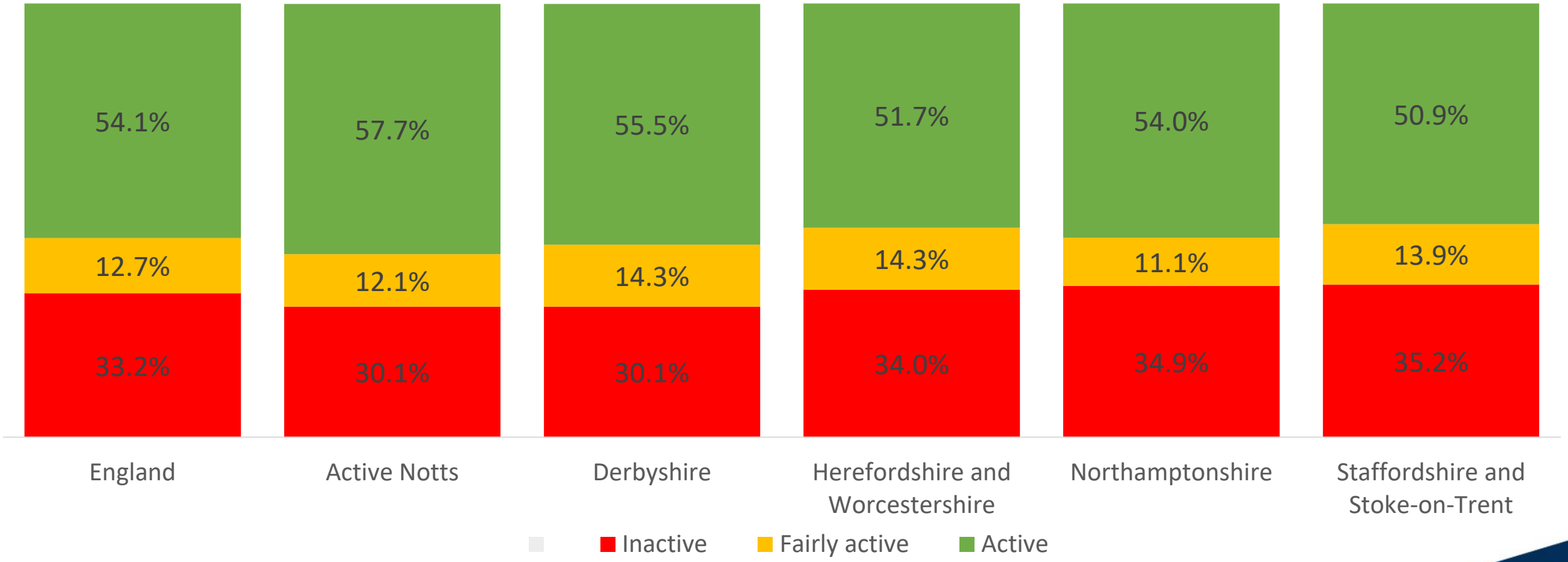
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SOCIAL GRADE

Physical activity behaviour compared to nearest neighbours

NS SeC 6-8



Source: Sport England, Active Lives Adults, Nov 17 to Nov 18, age 16+, excluding gardening

active notts

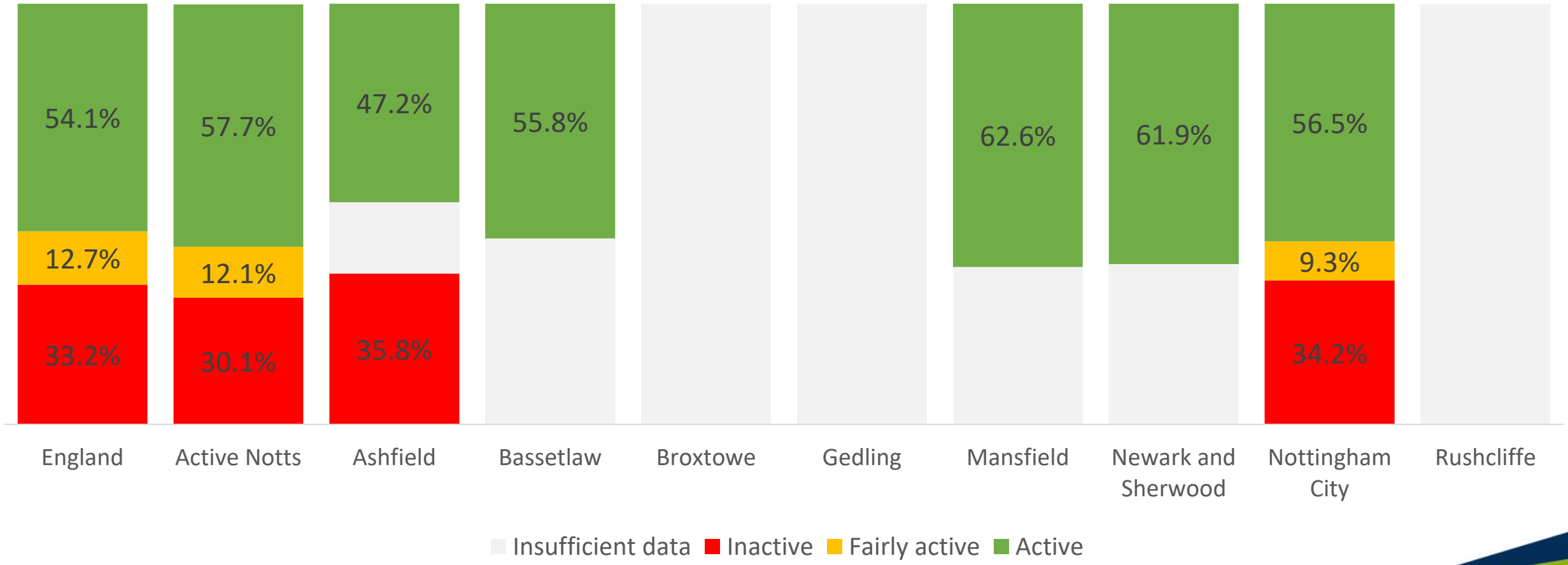
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SOCIAL GRADE

Physical activity behaviour by localities

NS SeC 6-8



Source: Sport England, Active Lives Adults, Nov 17 to Nov 18, age 16+, excluding gardening

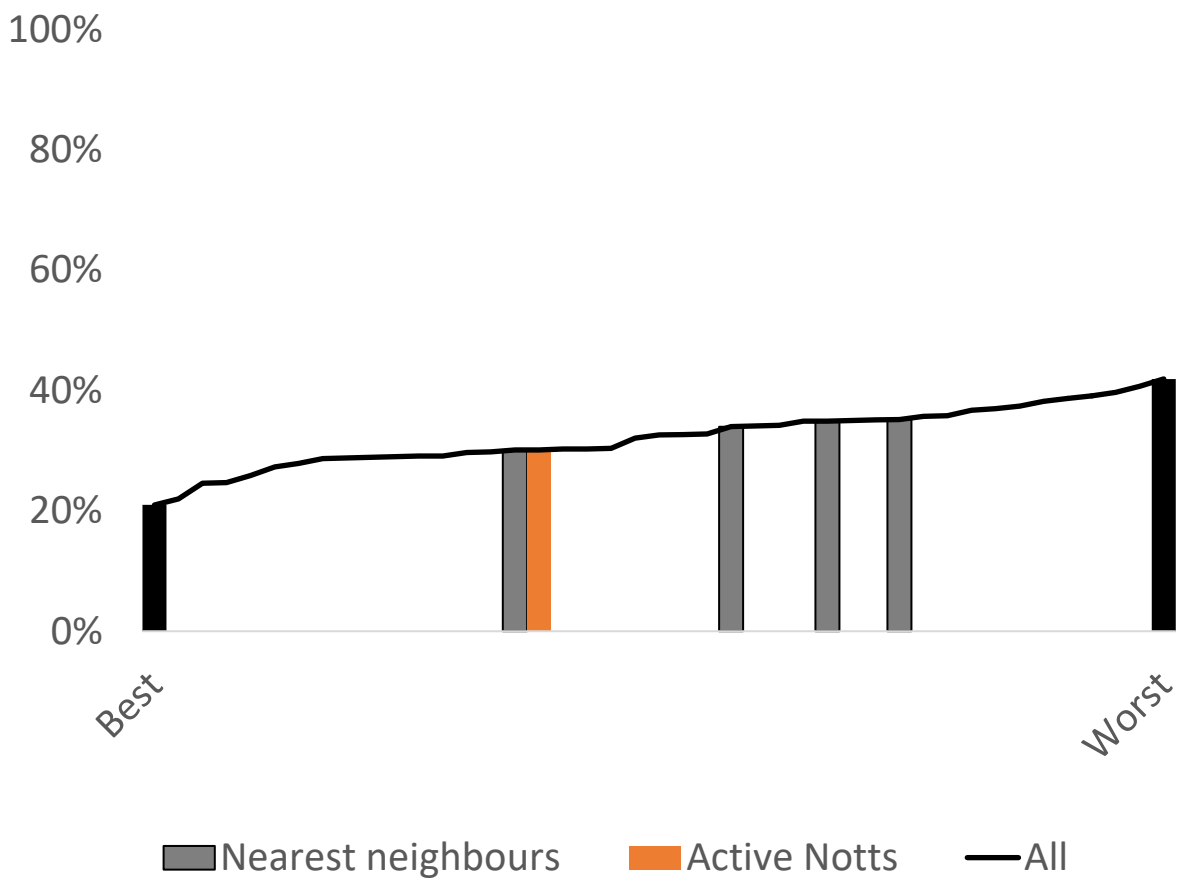
active notts

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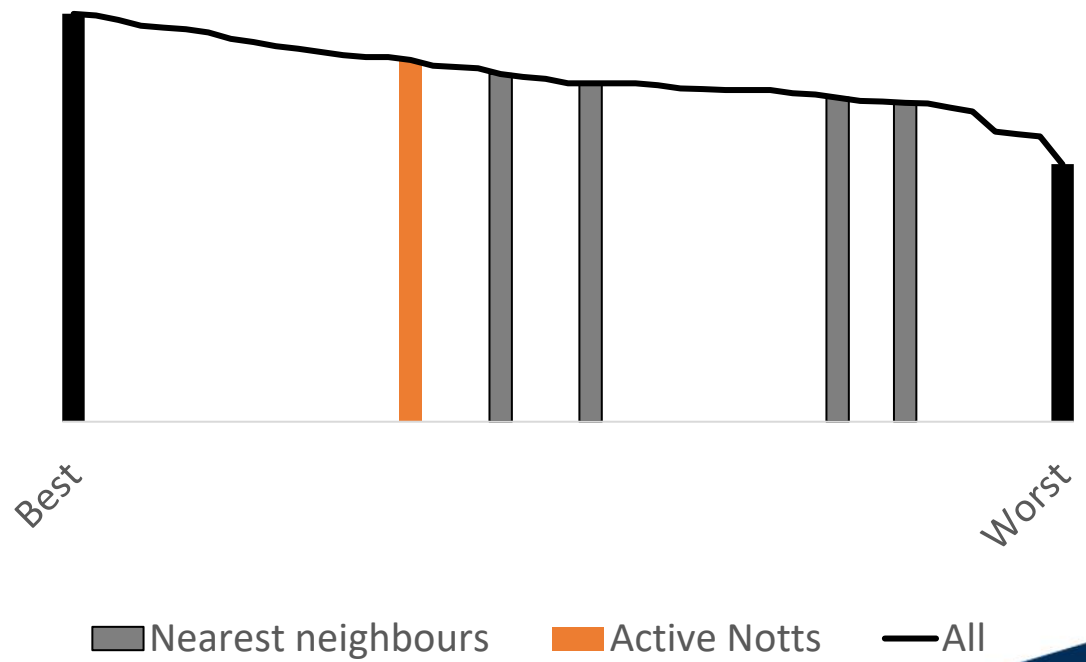
SOCIAL GRADE

Physical activity behaviour compared to nearest neighbours

Inactive – NS SeC 6-8



Active – NS SeC 6-8



Source: Sport England, Active Lives Adults, Nov 17 to Nov 18, age 16+, excluding gardening

active notts

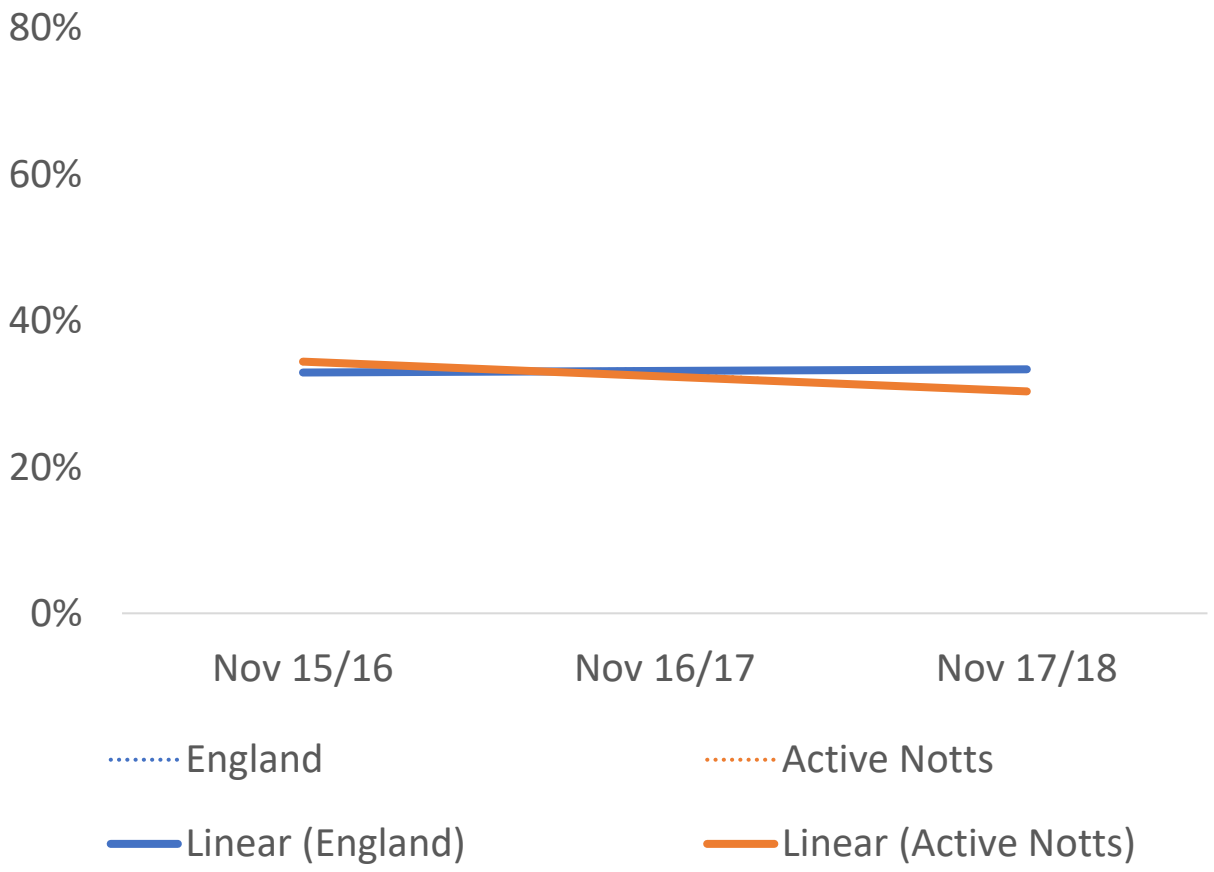
081 New Hall Block, Nottingham Trent University, Clifton Lane, Nottingham, Nottinghamshire, NG11 8NS T: 0115 848 3469

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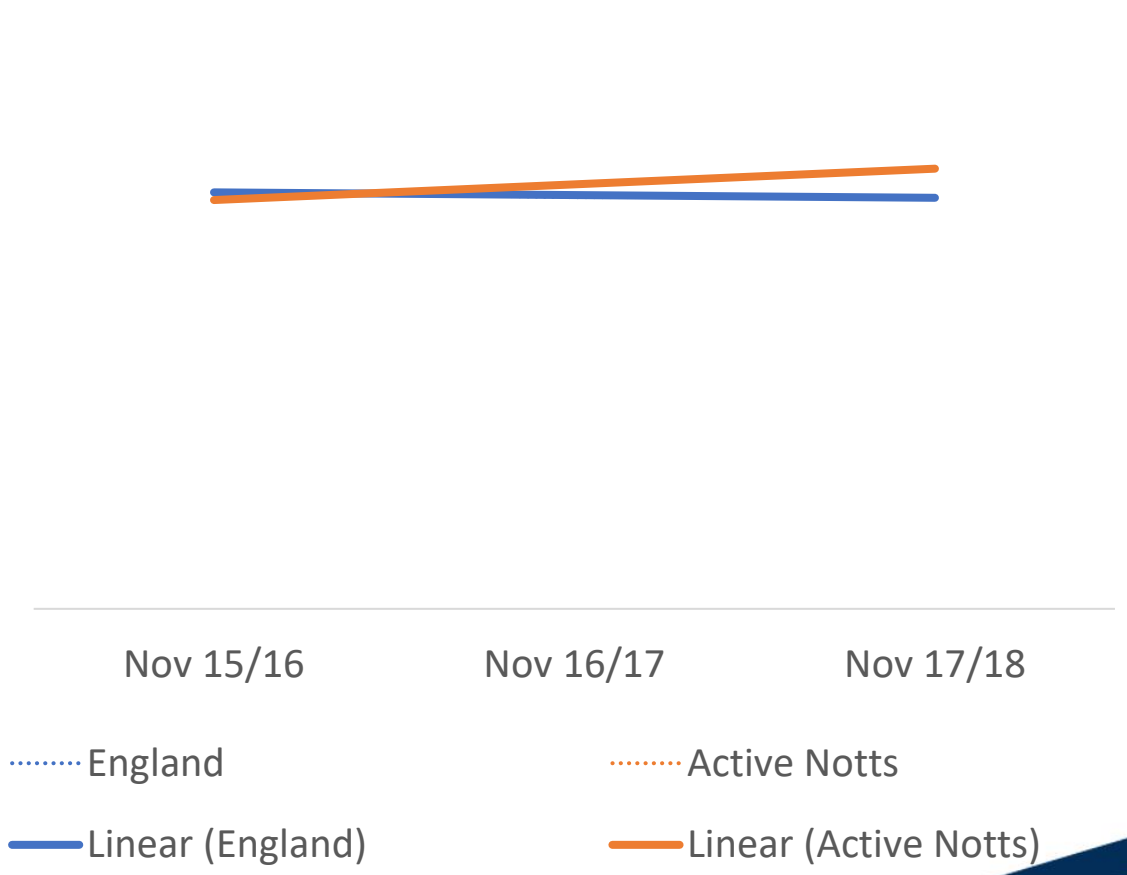
SOCIAL GRADE

Physical activity behaviour trend

Inactive – NS SeC 6-8



Active – NS SeC 6-8



Source: Sport England, Active Lives Adults, Nov 15 to Nov 18, age 16+, excluding gardening

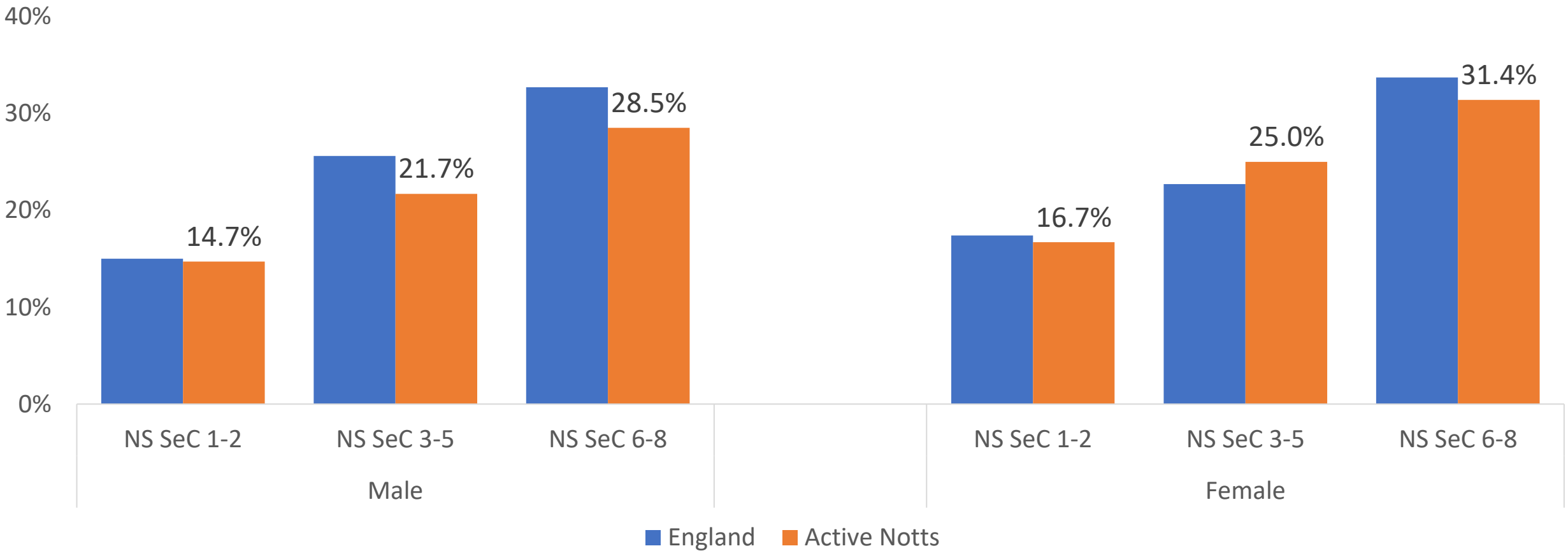
active notts

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SOCIAL GRADE

Inactive behaviour – NS SeC by gender



Source: Sport England, Active Lives Adults, Nov 17 to Nov 18, age 16+, excluding gardening

active notts

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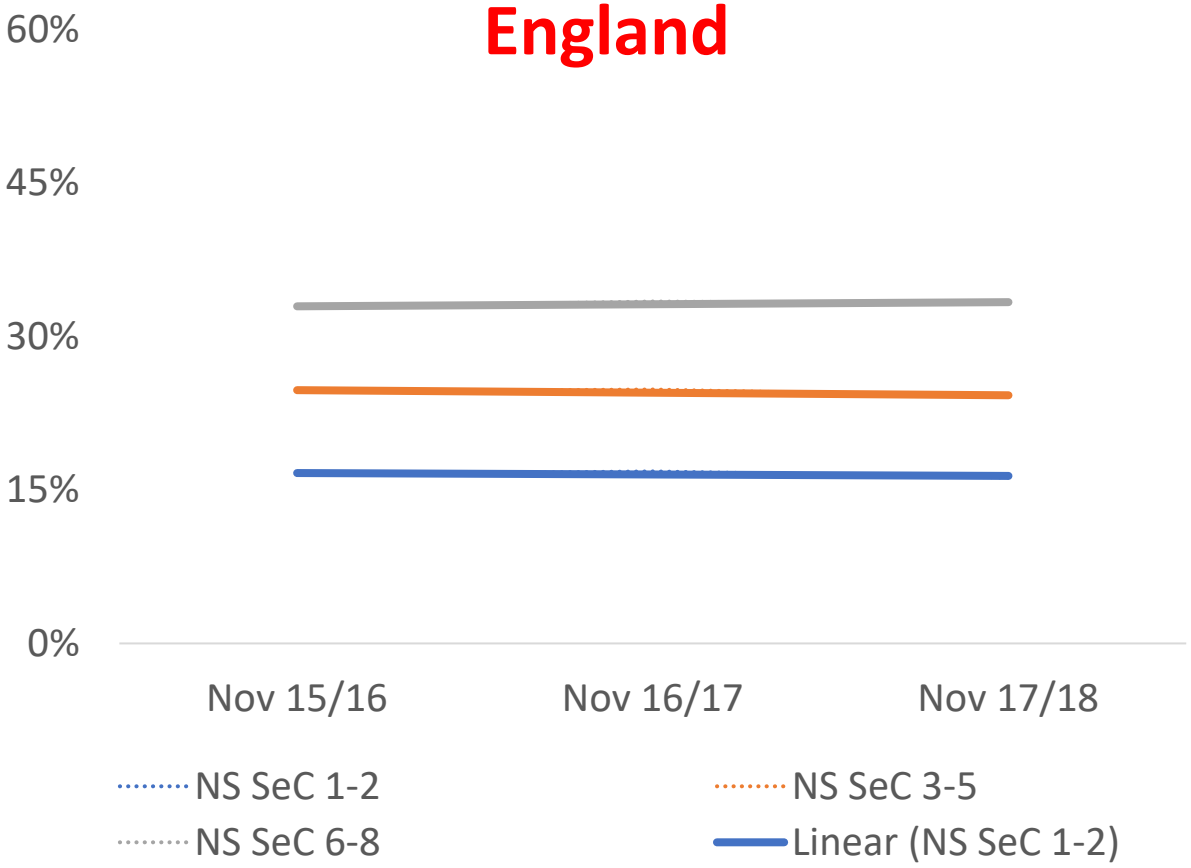
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SOCIAL GRADE

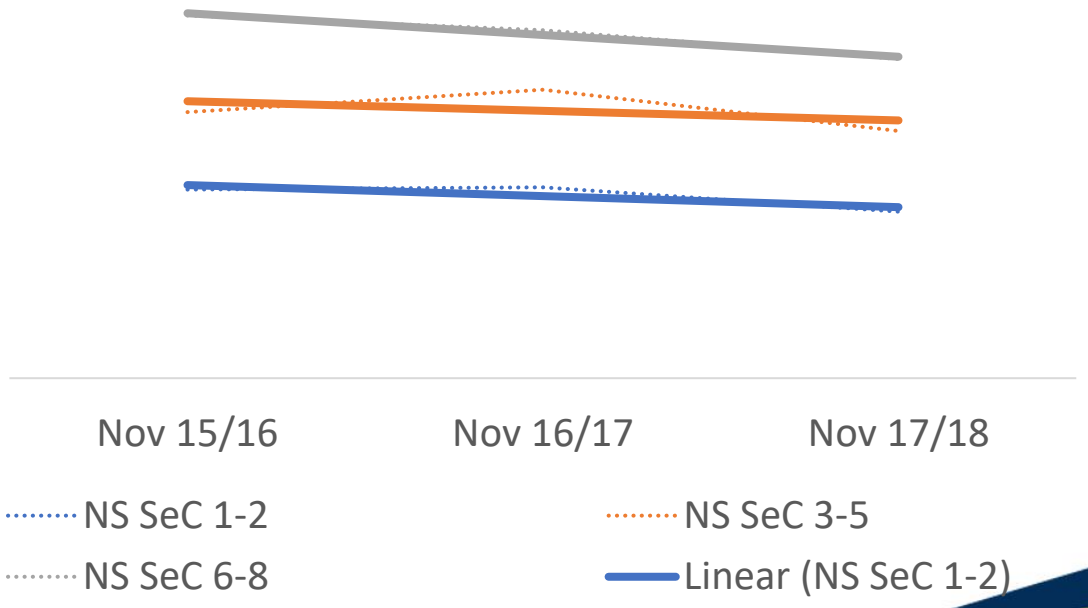
NS SeC inequality gap

Inactive

England



Active Notts



Source: Sport England, Active Lives Adults, Nov 15 to Nov 18, age 16+, excluding gardening

active notts

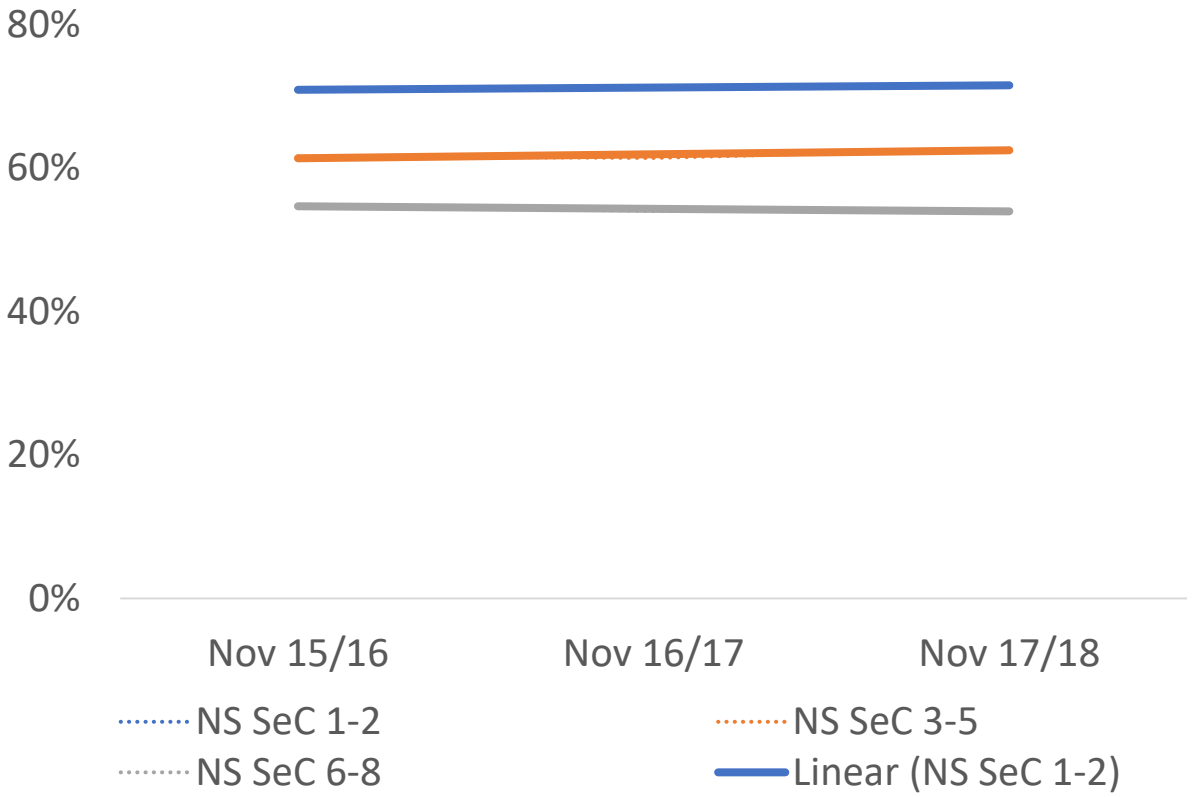
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SOCIAL GRADE

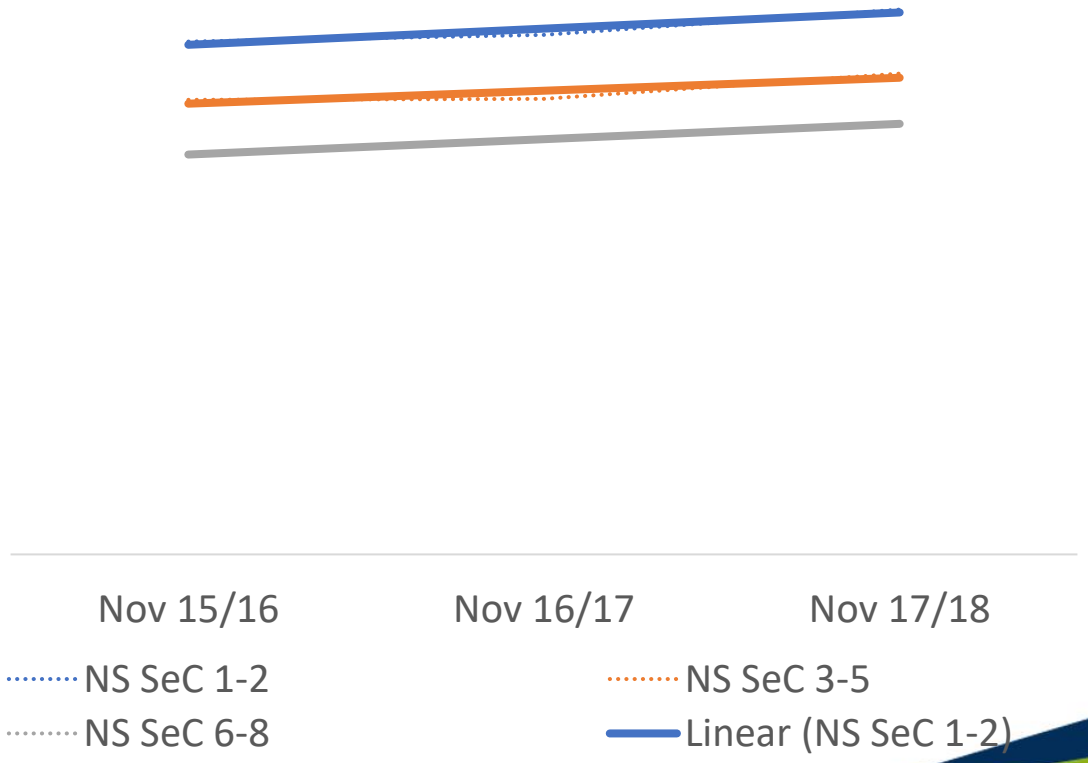
NS SeC inequality gap

Active

England



Active Notts



Source: Sport England, Active Lives Adults, Nov 15 to Nov 18, age 16+, excluding gardening

active notts

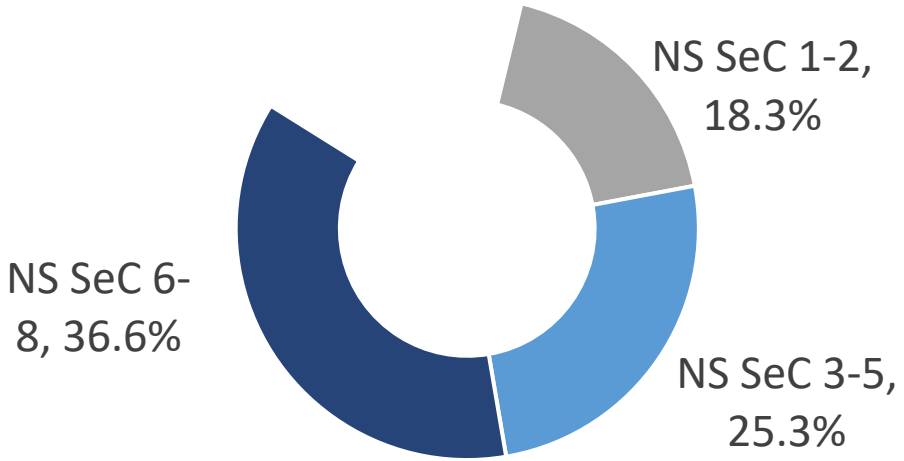
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SOCIAL GRADE

Inactive population by demographic group

England



Active Notts

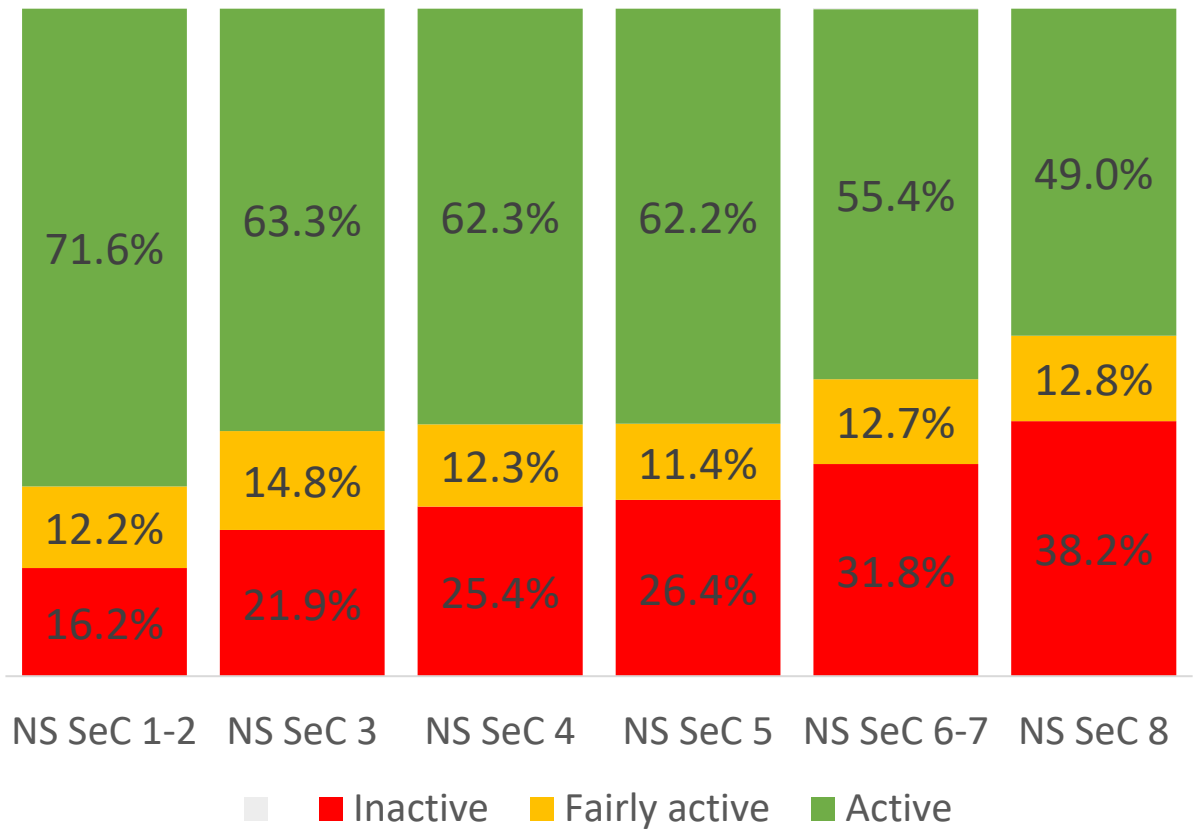


Source: Source: Sport England, Active Lives Adults, Nov 17 to Nov 18, age 16+, excluding gardening, ONS, Persons by single year of age and sex for local authorities in the UK, mid-2018, Census 2011

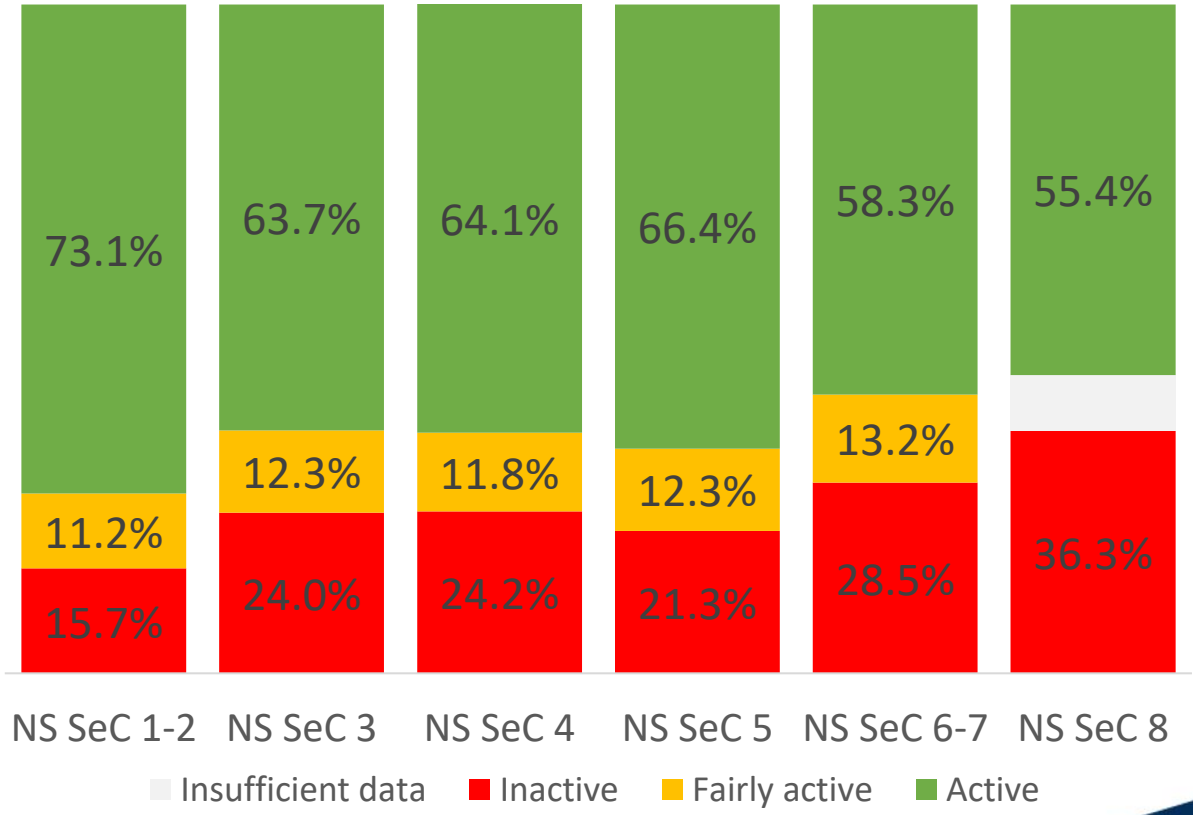
SOCIAL GRADE

Physical activity behaviour by NS SeC

England



Active Notts



Source: Sport England, Active Lives Adults, Nov 17 to Nov 18, age 16+, excluding gardening

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SOCIAL GRADE

Physical activity behaviour social grade summary

		Latest data (Nov 17/18)	Trend	Compared to England	Nearest neighbour rank
NS SeC 1-2	Inactive	15.7%	improving	lower (better)	2nd of 5
	Active	73.1%	improving	higher (better)	1st of 5
NS SeC 3-5	Inactive	23.3%	improving	lower (better)	4th of 5
	Active	64.5%	improving	higher (better)	2nd of 5
NS SeC 6-8	Inactive	30.1%	improving	lower (better)	2nd of 5
	Active	57.7%	improving	higher (better)	1st of 5

Sport and activities

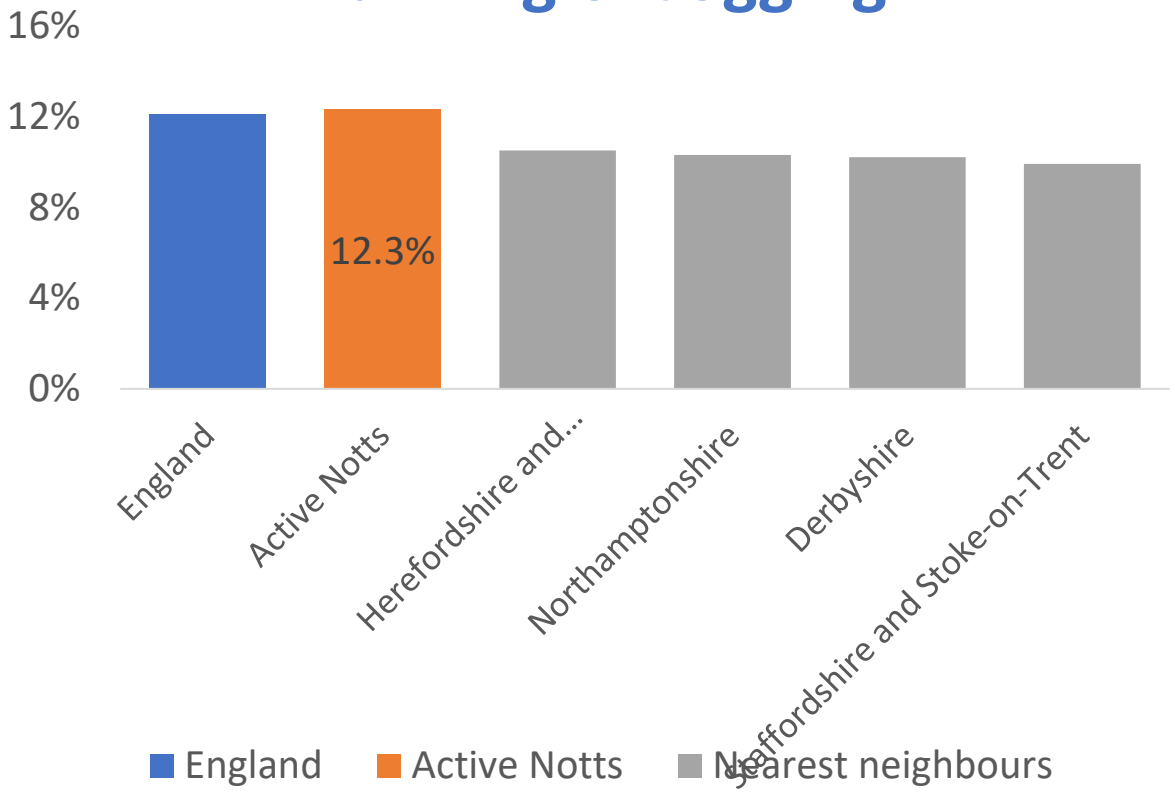
TWICE A MONTH

- % of people doing the equivalent of 30 mins of sport and physical activity at least twice in 28 days.
- Duration of activity: Bouts of at least 10mins of at least moderate intensity adding to total of 60 mins
- **Higher is better**
- 3 years of data

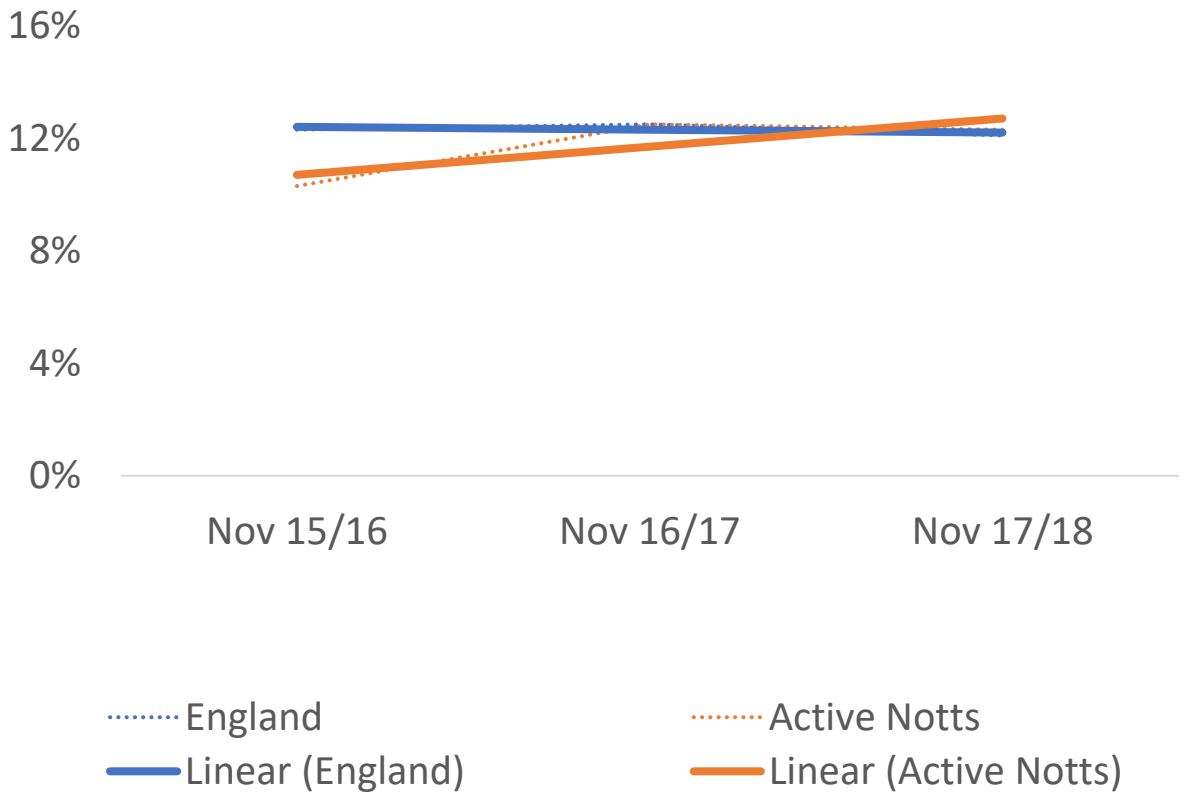
The measure for 'twice in the last 28 days' (Active Lives measure) shows how many adults have taken part at least twice in the last 28 days – at moderate or higher intensity – in any of the broad grouping of activities that make up sport and physical activity. Taken together, the sessions must have lasted for the equivalent of at least two lots of 30 minutes.

Participation in running

Running or Jogging



Historical trend



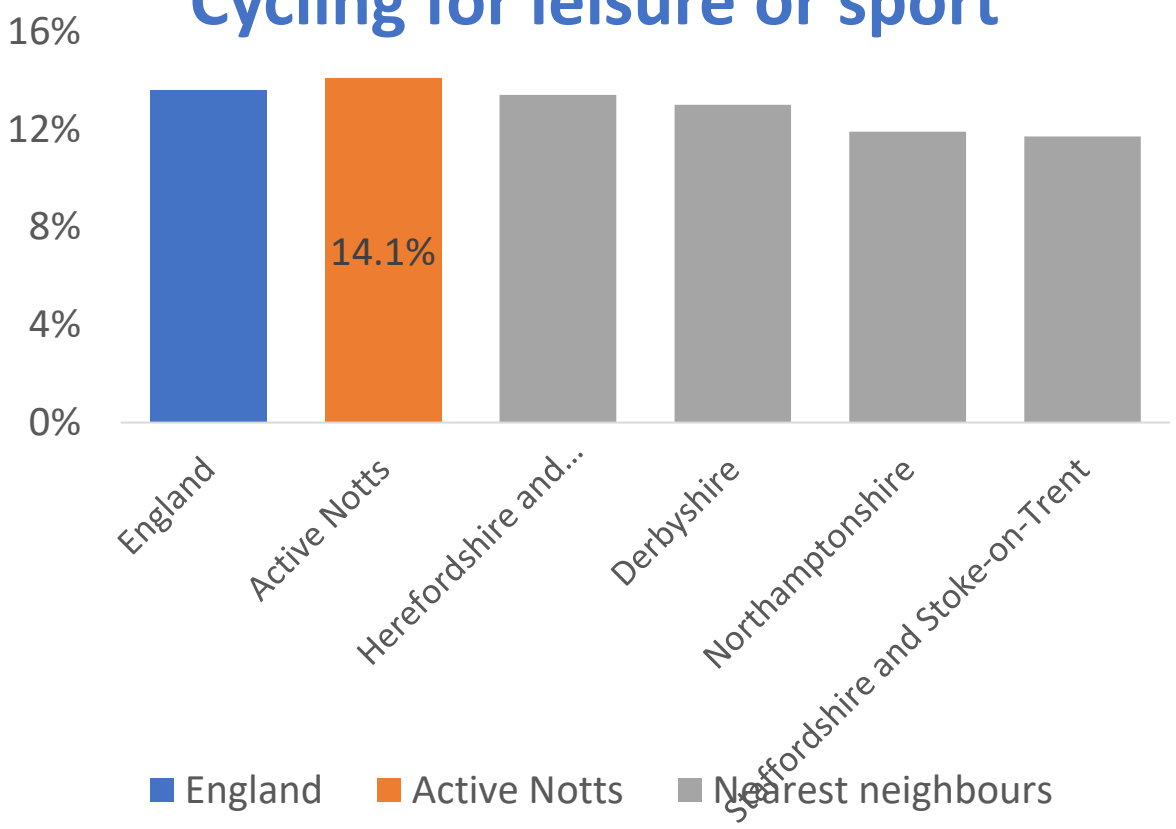
Source: Sport England, Active Lives Adults, Nov 15 to Nov 18, age 16+, excluding gardening

active notts

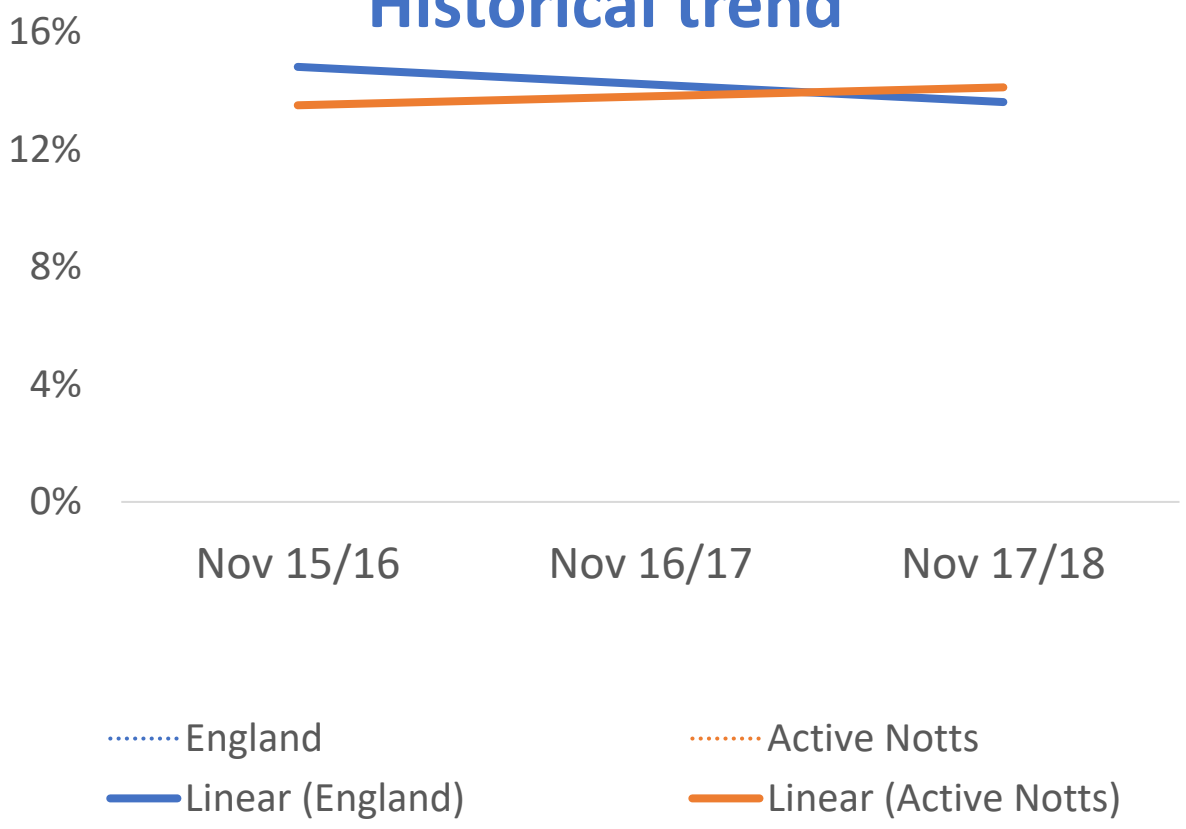
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Participation in cycling

Cycling for leisure or sport



Historical trend



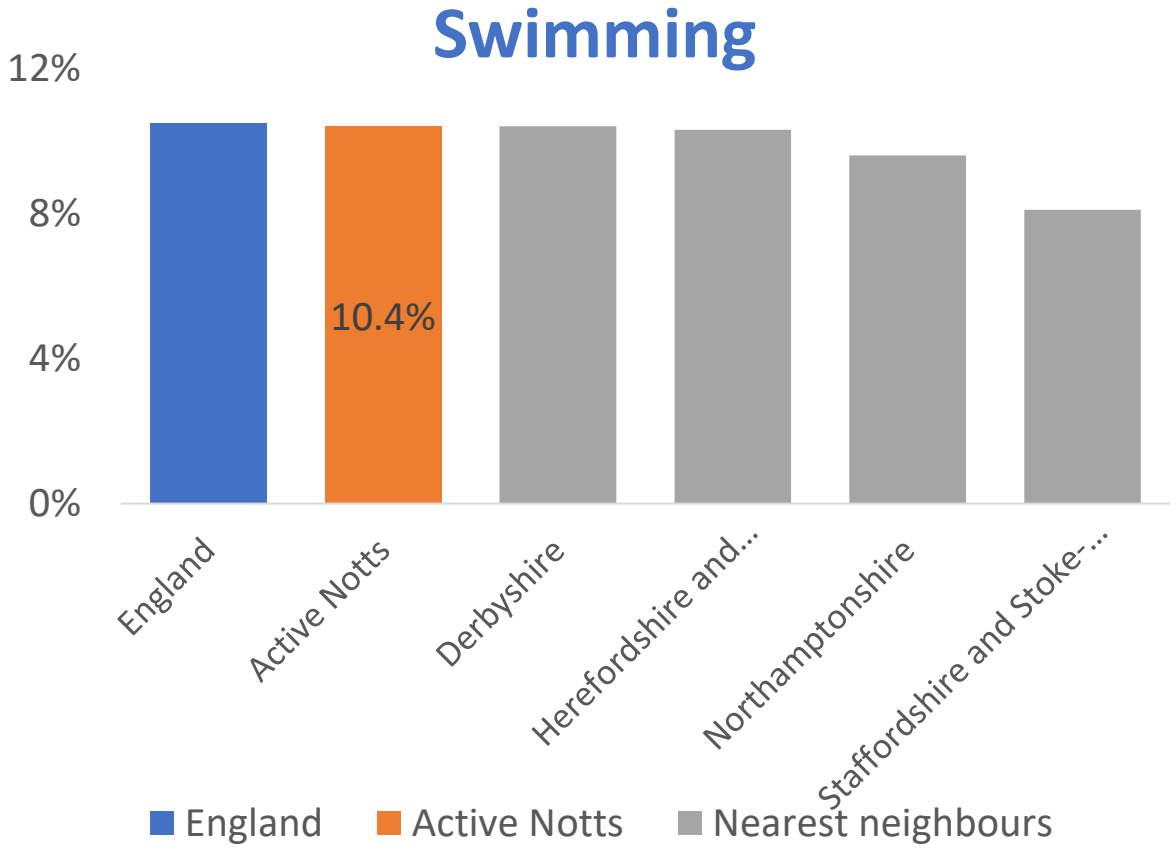
Source: Sport England, Active Lives Adults, Nov 15 to Nov 18, age 16+, excluding gardening

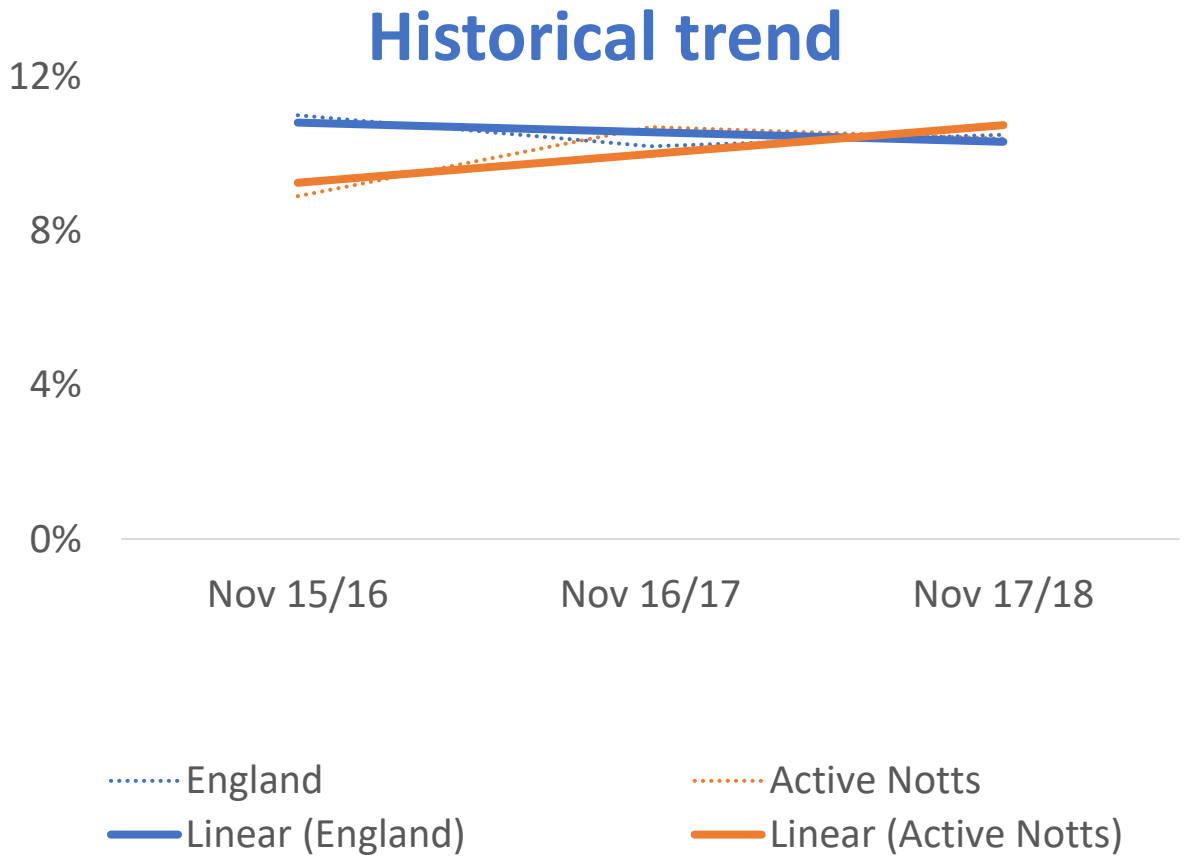
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Participation in swimming





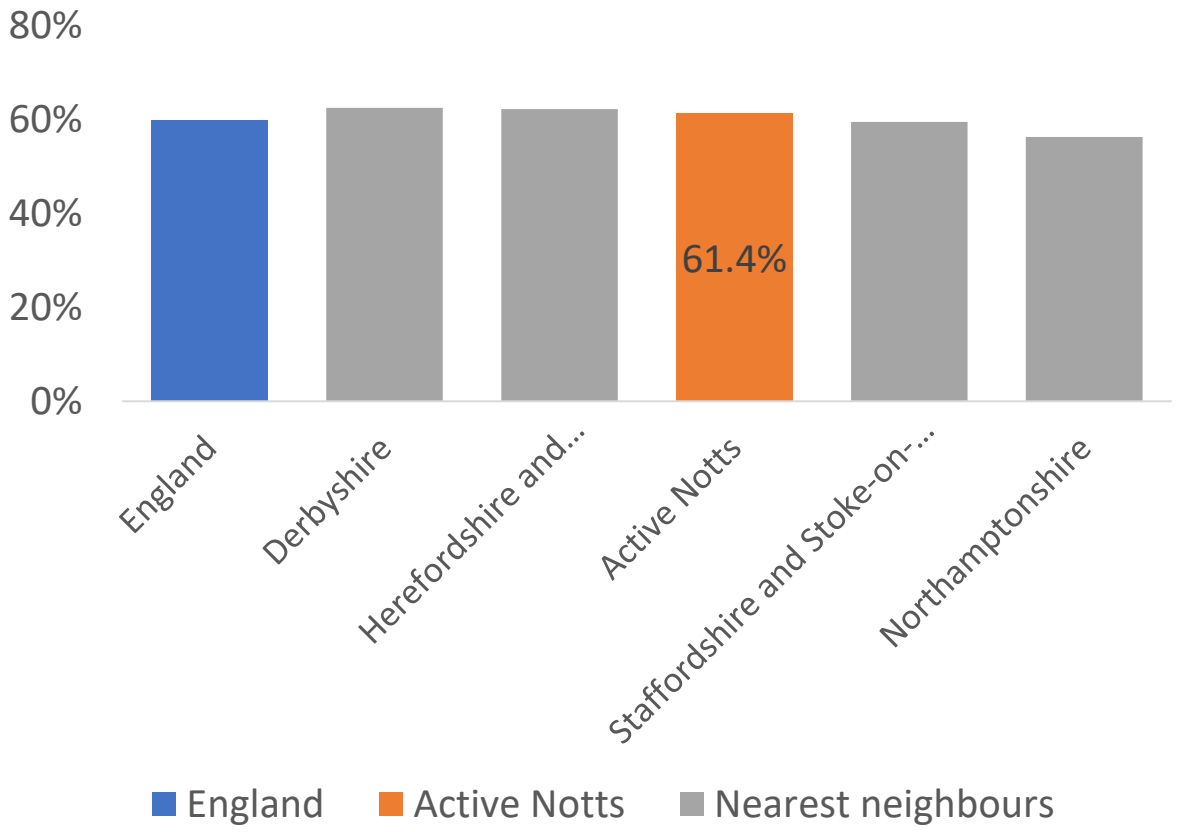
Source: Sport England, Active Lives Adults, Nov 15 to Nov 18, age 16+, excluding gardening

active notts

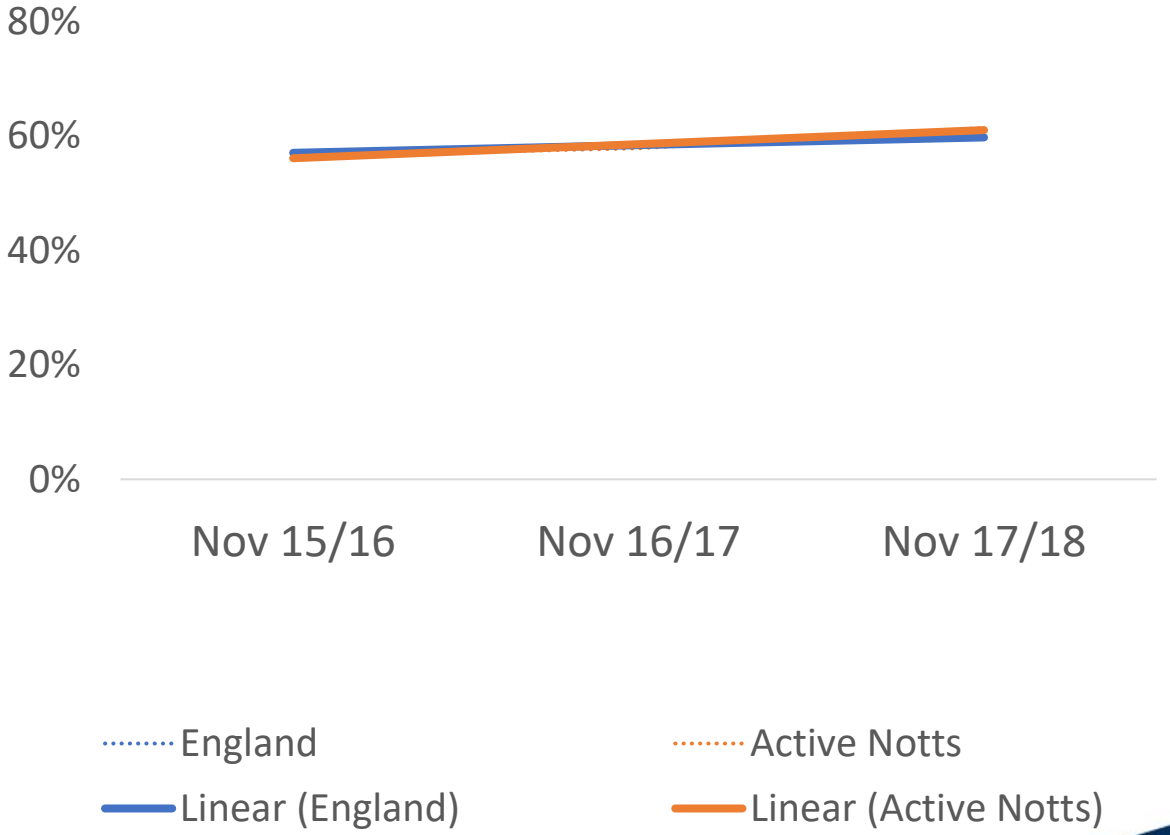
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Participation in walking

Walking



Historical trend



Source: Sport England, Active Lives Adults, Nov 15 to Nov 18, age 16+, excluding gardening

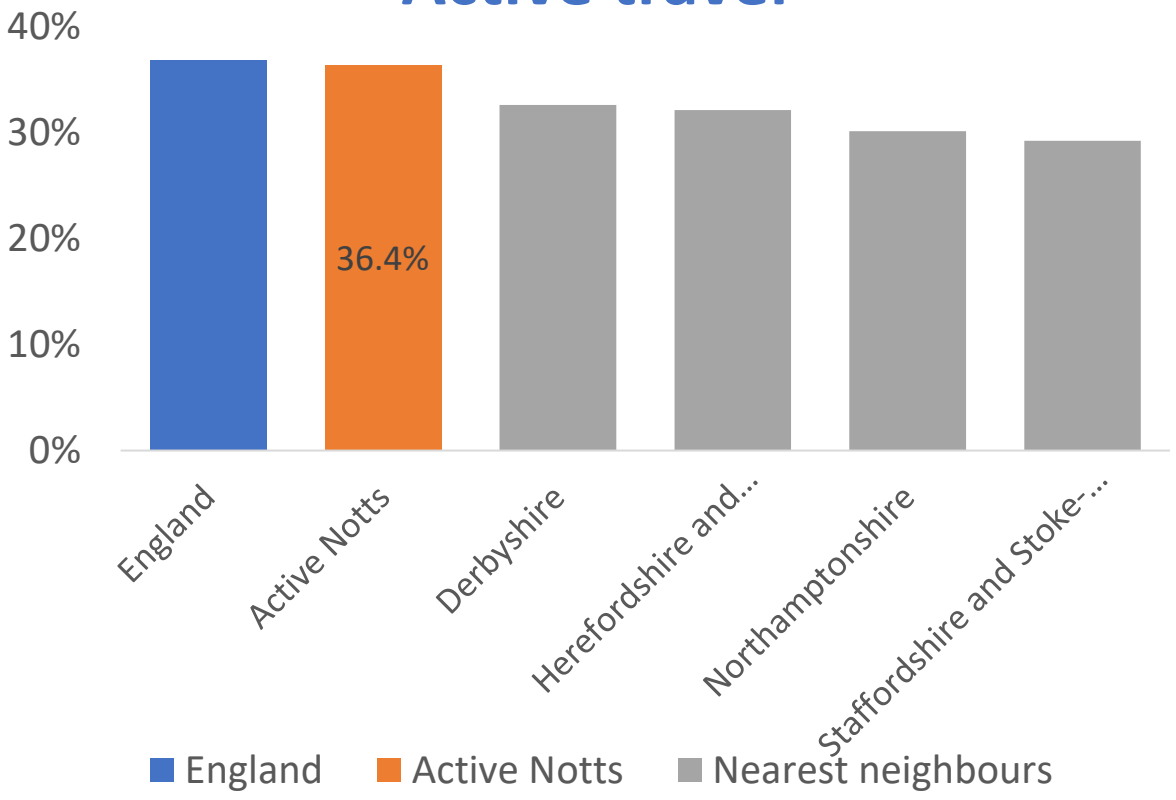
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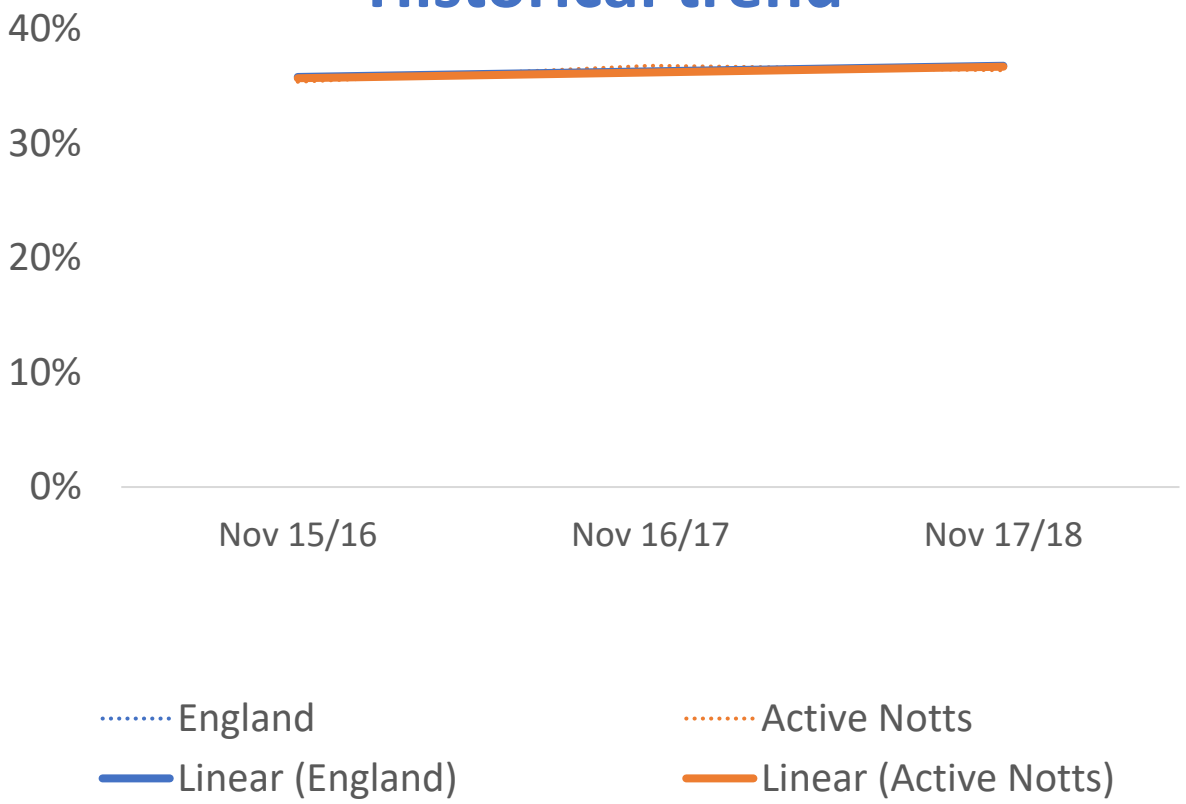
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Participation in active travel

Active travel



Historical trend



Source: Sport England, Active Lives Adults, Nov 15 to Nov 18, age 16+, excluding gardening

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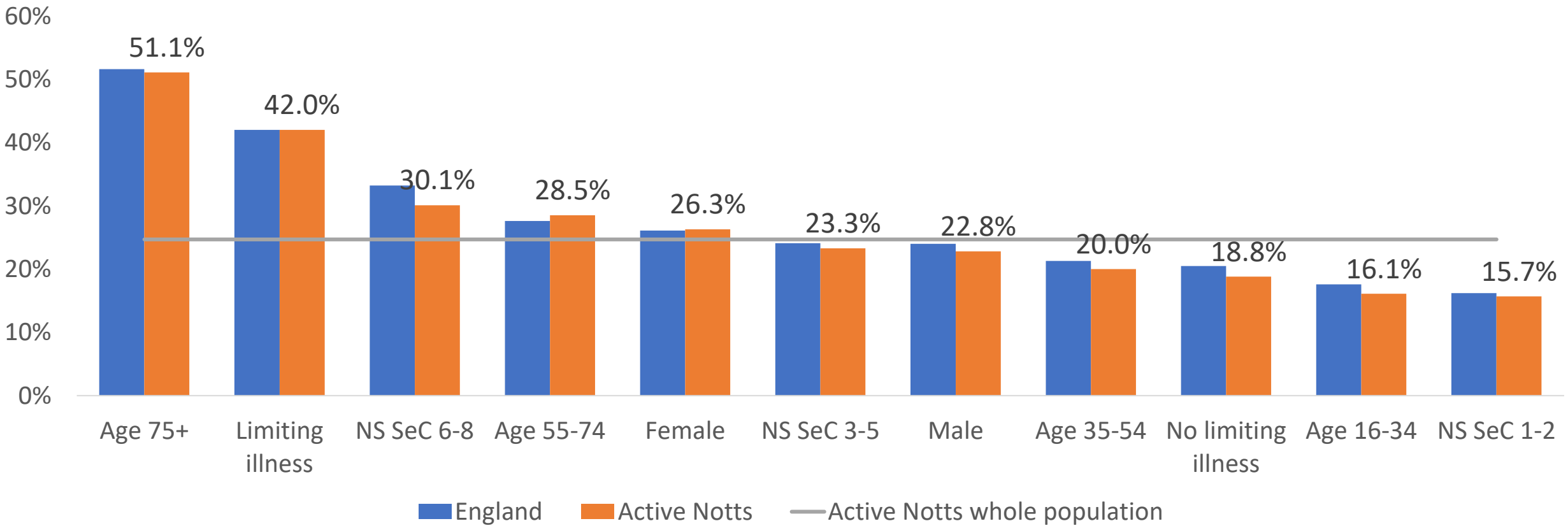
Sports participation summary

Twice in the last 28 days	Nov 17/18	Trend	Compared to England	Nearest neighbour rank
Running or Jogging	12.3%	improving	higher (better)	1st of 4
Cycling	14.1%	improving	higher (better)	1st of 5
Swimming	10.4%	improving	higher (better)	1st of 3
Walking	61.4%	improving	higher (better)	3rd of 5
Active Travel	36.4%	improving	lower (worse)	1st of 5

Summary

Percentage of inactivity by demographic groups

Proportion of people classed as inactive



Source: Sport England, Active Lives Adults, Nov 17 to Nov 18, age 16+, excluding gardening

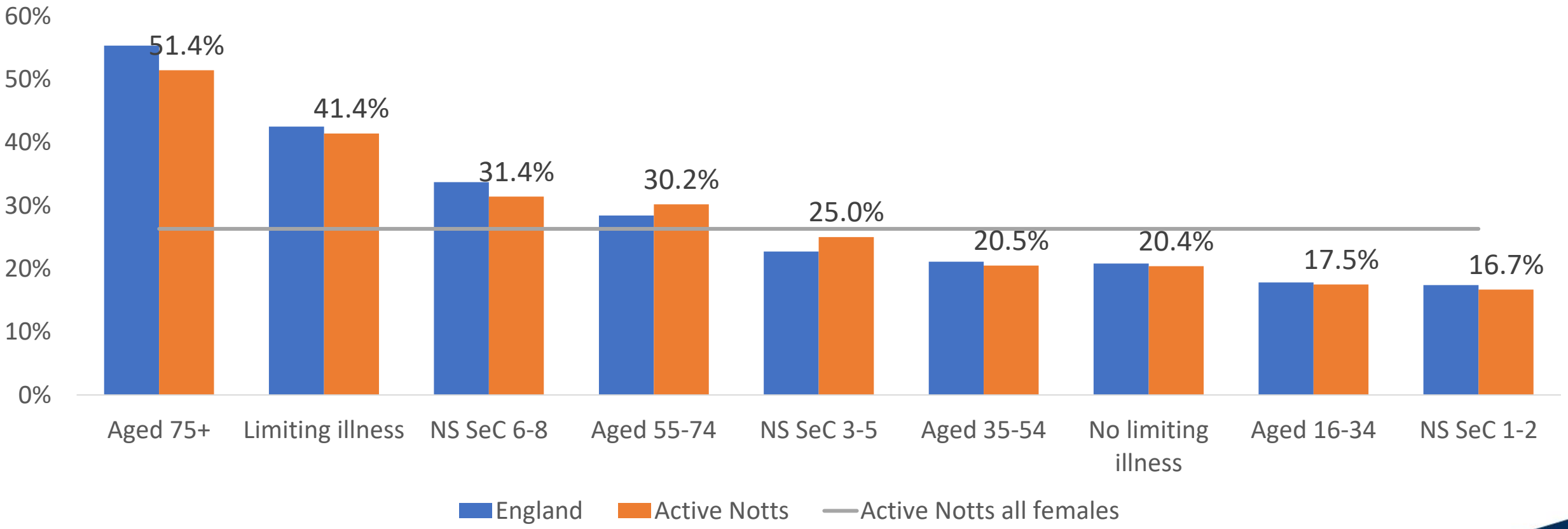
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Percentage of inactive by gender and demographic group

Proportion of females classed as inactive

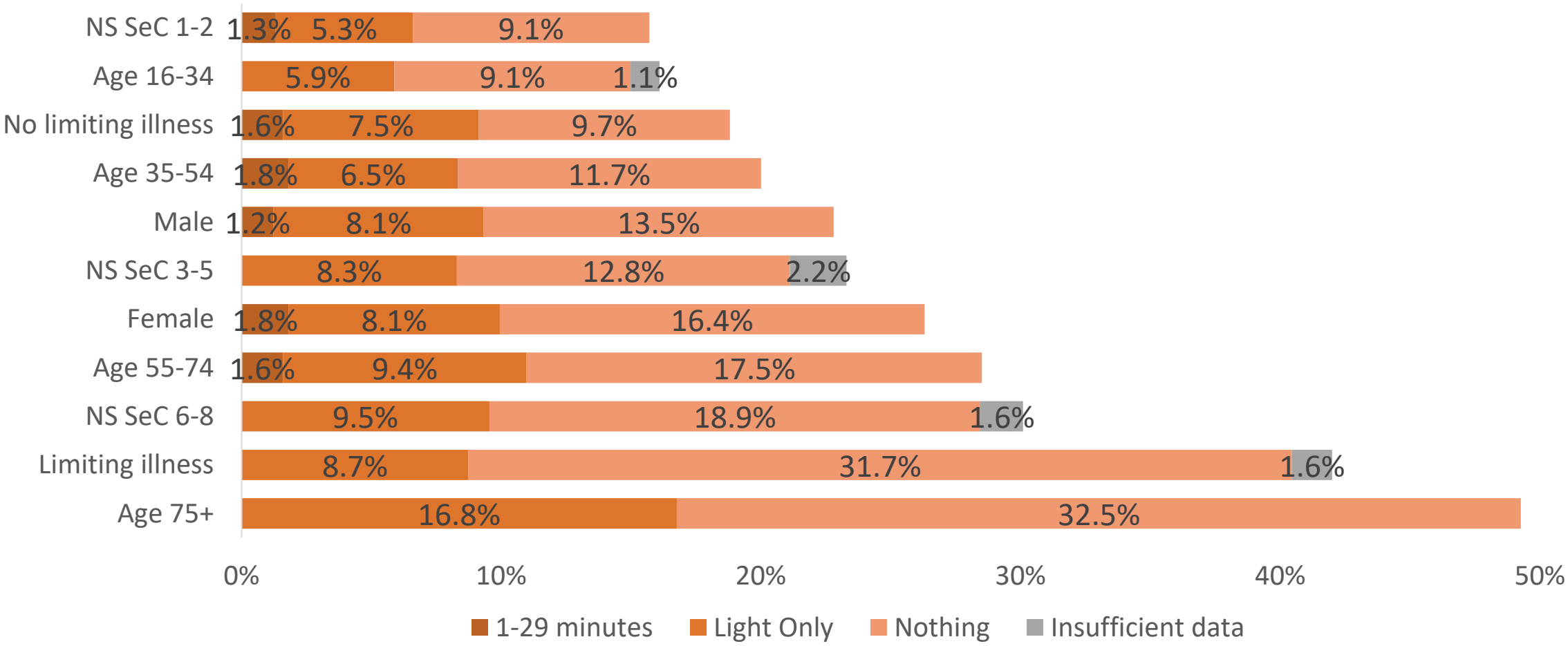


Source: Sport England, Active Lives Adults, Nov 17 to Nov 18, age 16+, excluding gardening

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Breakdown of inactivity by demographic group - Proportion



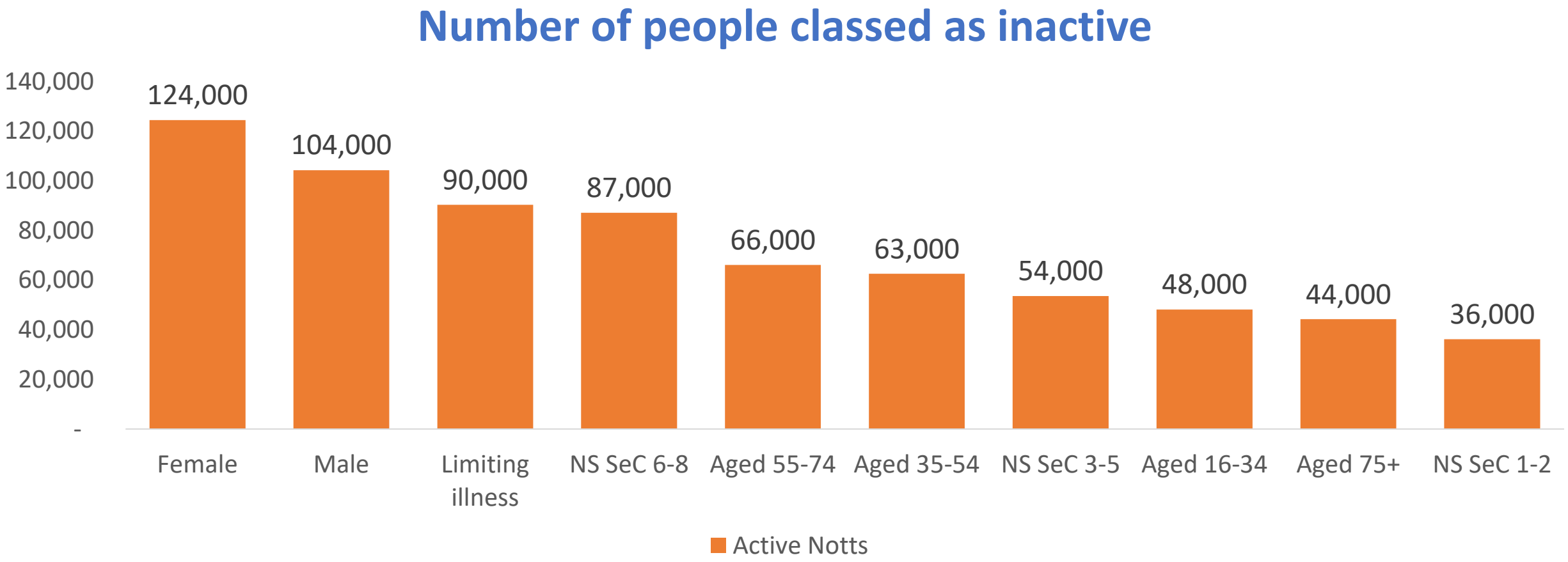
Source: Sport England, Active Lives Adults, Nov 15 to Nov 18, age 16+, excluding gardening

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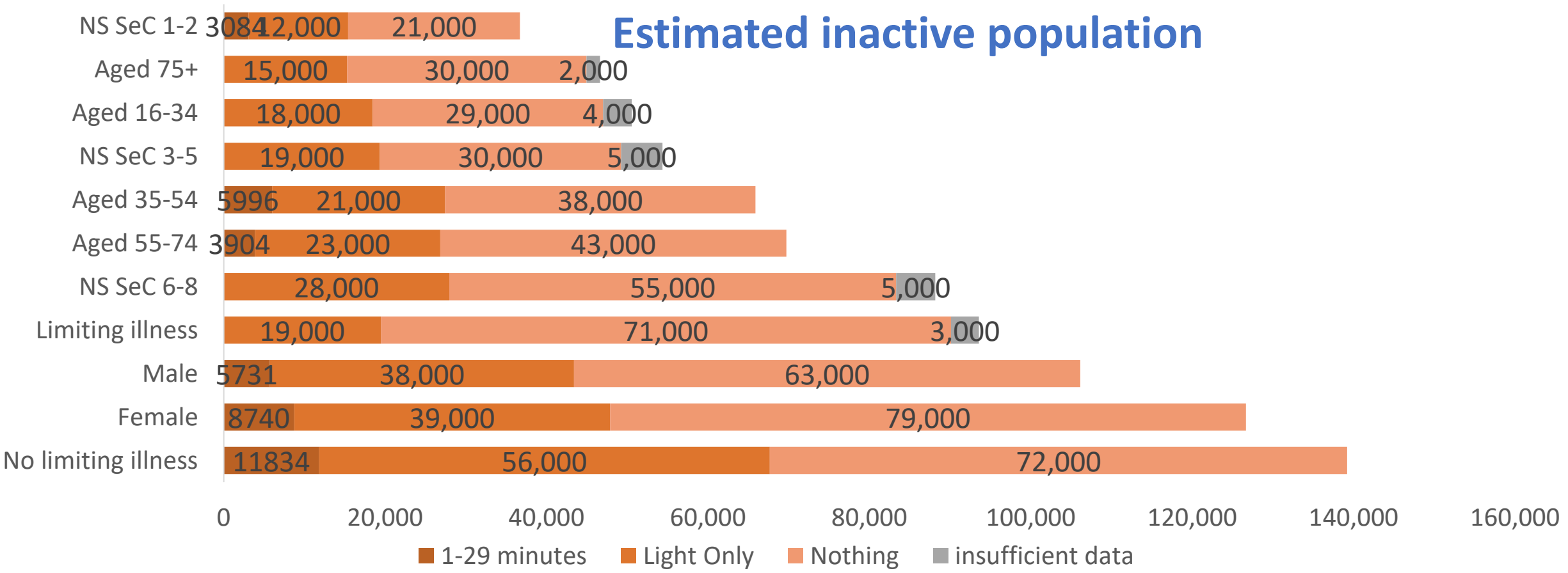
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Number of inactive people by demographic groups



Source: Sport England, Active Lives Adults, Nov 17 to Nov 18, age 16+, excluding gardening, ONS 2018 Population Projections, Census 2011

Breakdown of inactivity by demographic group - Numbers



Source: Sport England, Active Lives Adults, Nov 17 to Nov 18, age 16+, excluding gardening, ONS 2018 Population Projections, Census 2011

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Overall summary – Current strategic priorities

Nov 16/17 summary (2017/18 changes in red)

Reducing levels of inactivity

- **Inactivity** levels compare positively to the England average and there has been a significant change since Nov 15/16

Those with a limiting illness

- Compares reasonably to England and well to most nearest neighbours for both inactive and active
- Slight worsening since Nov 15/16 for both inactive and active
- Now the 3rd largest group in terms of number of inactive people. Around 40% of all inactive people in Nottinghamshire have a limiting illness or condition

Locality based priorities

- Inactive and active proportions vary across localities for different population groups

Young People aged 5-18

- See separate CYP data pack

Keeping people active

- **Active** proportion is improving and is now better than England

Overall summary – other things to consider

Nov 16/17 (2017/18 changes in red)

NS SeC groups 6-8

- Although both inactive and active proportions compare well to England there is still a large inequality gap
- This group are a large proportion of the population with the 4th highest number of people inactive and 3rd highest inactive proportion

Females not employed and in lower socio-economic groups

- Females in the following groups are of concern:
  - Retired
  - Looking after family and home
  - Long term sick and disabled
  - Unemployed

Those aged 75+

- Highest proportion inactive although a relatively small proportion of the population
- Compares poorly to England and nearest neighbours

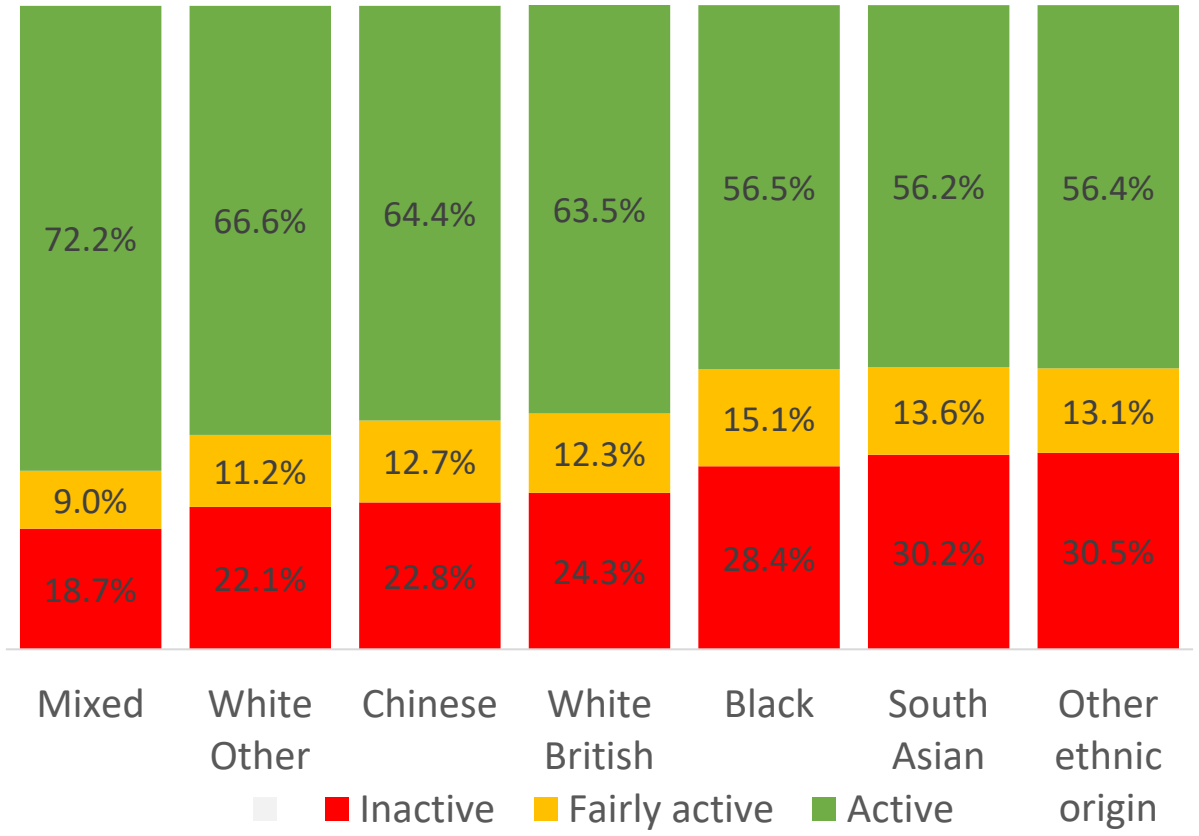
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Other things to consider

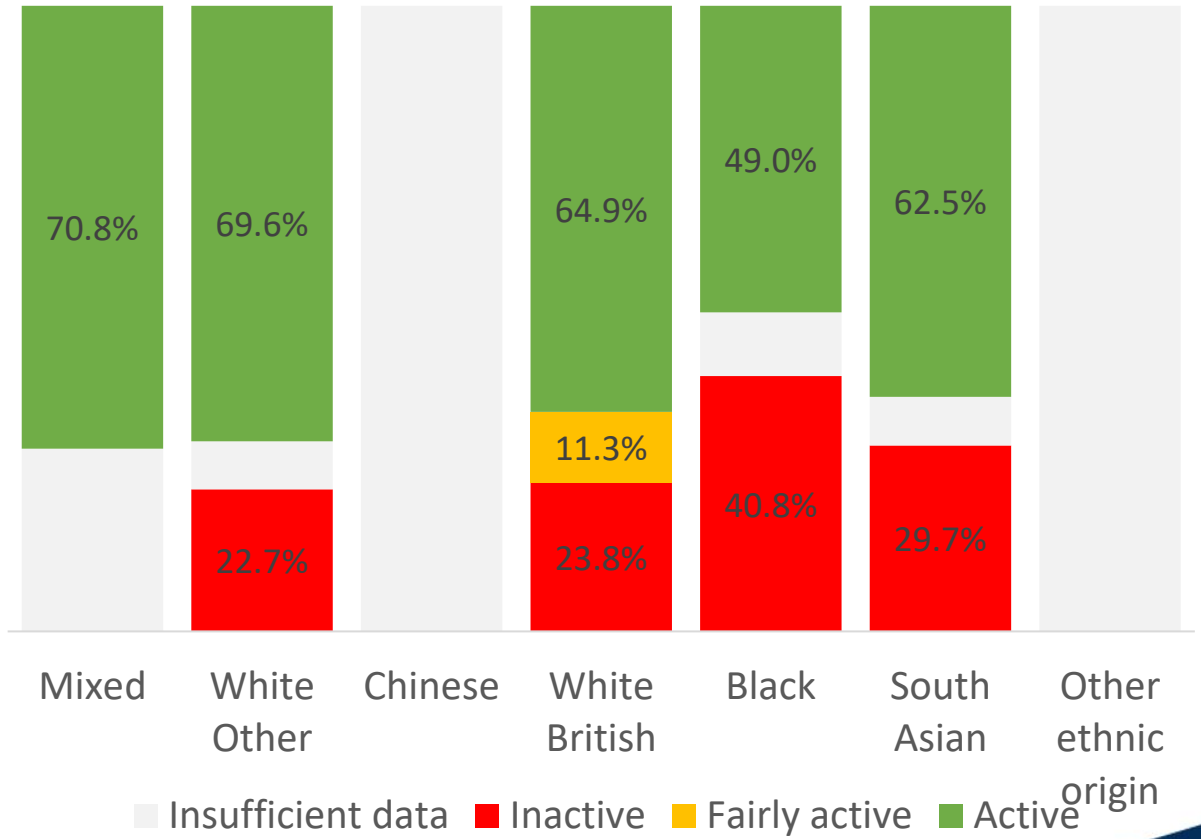
Slides in this section have not been used to create the story but may be useful for reference

Physical activity behaviour by ethnicity

England



Active Notts



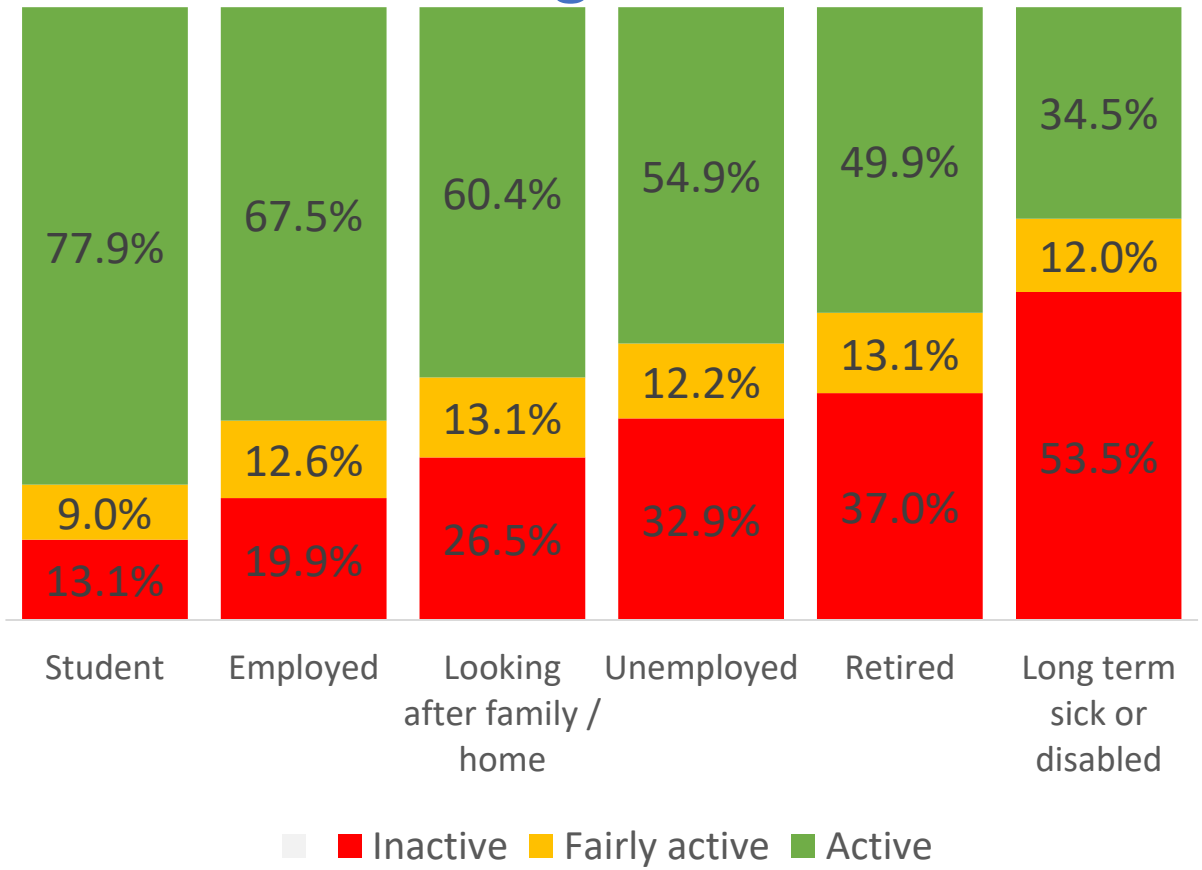
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active notts

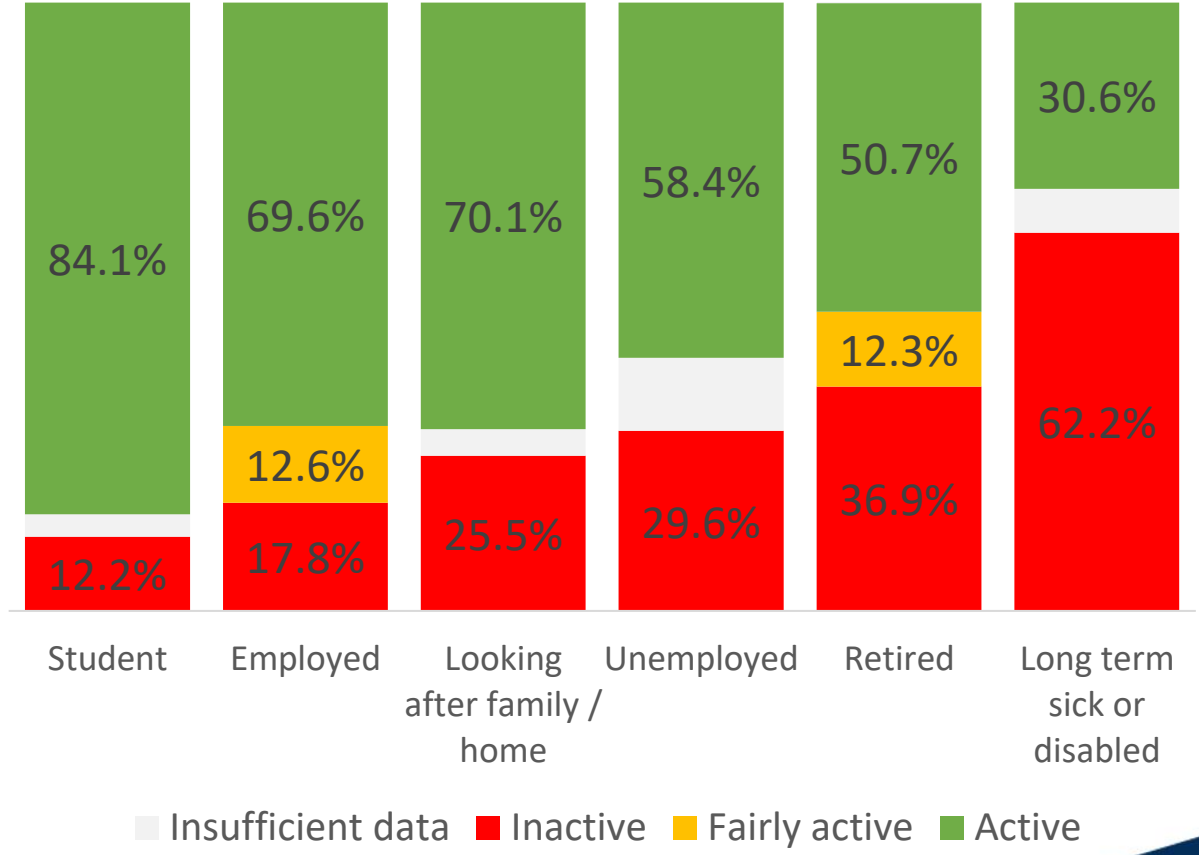
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Physical activity behaviour by work status

England



Active Notts



Source: Sport England, Active Lives Adults, Nov 17 to Nov 18, age 16+, excluding gardening

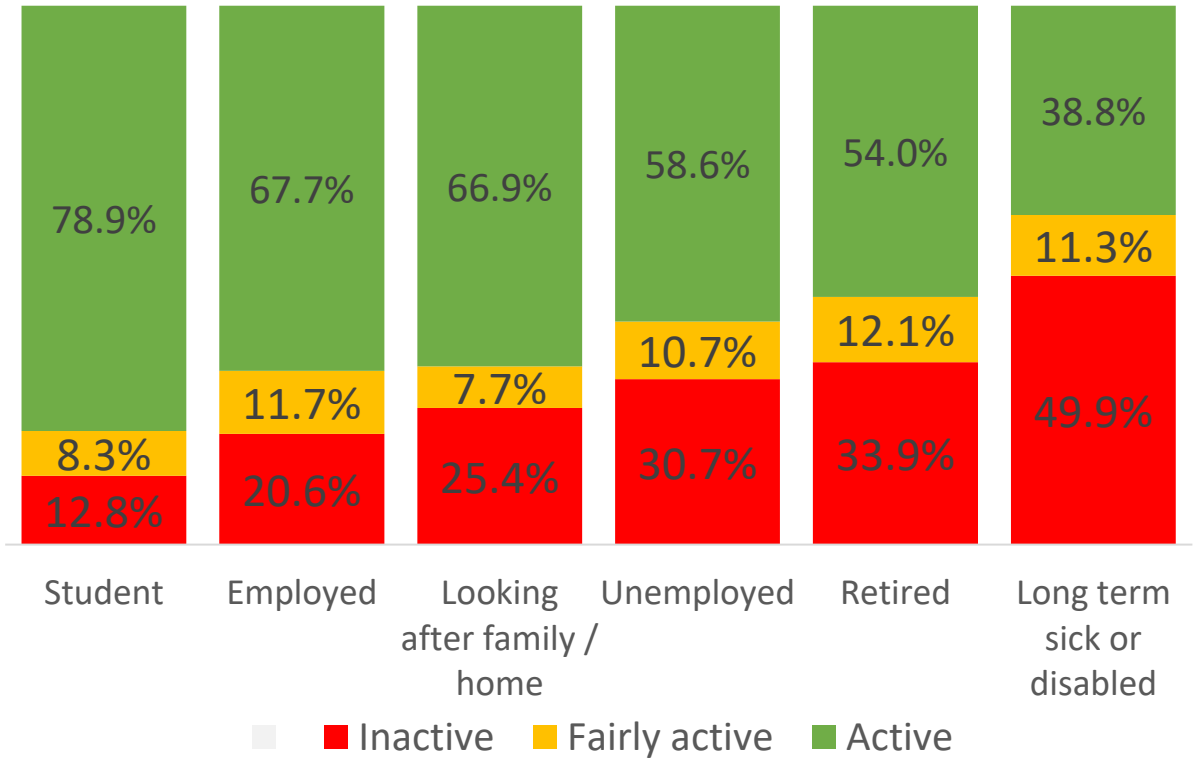
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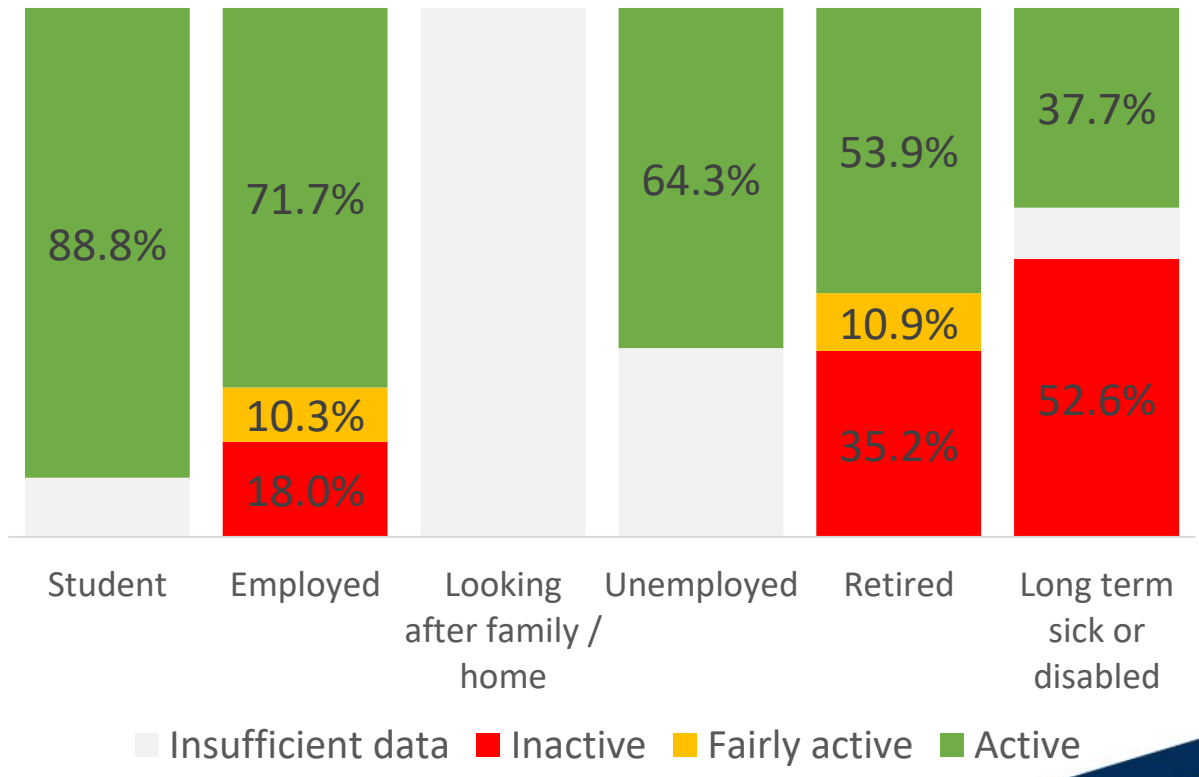
Physical activity behaviour by work status

Male

England



Active Notts



Source: Sport England, Active Lives Adults, Nov 17 to Nov 18, age 16+, excluding gardening

active notts

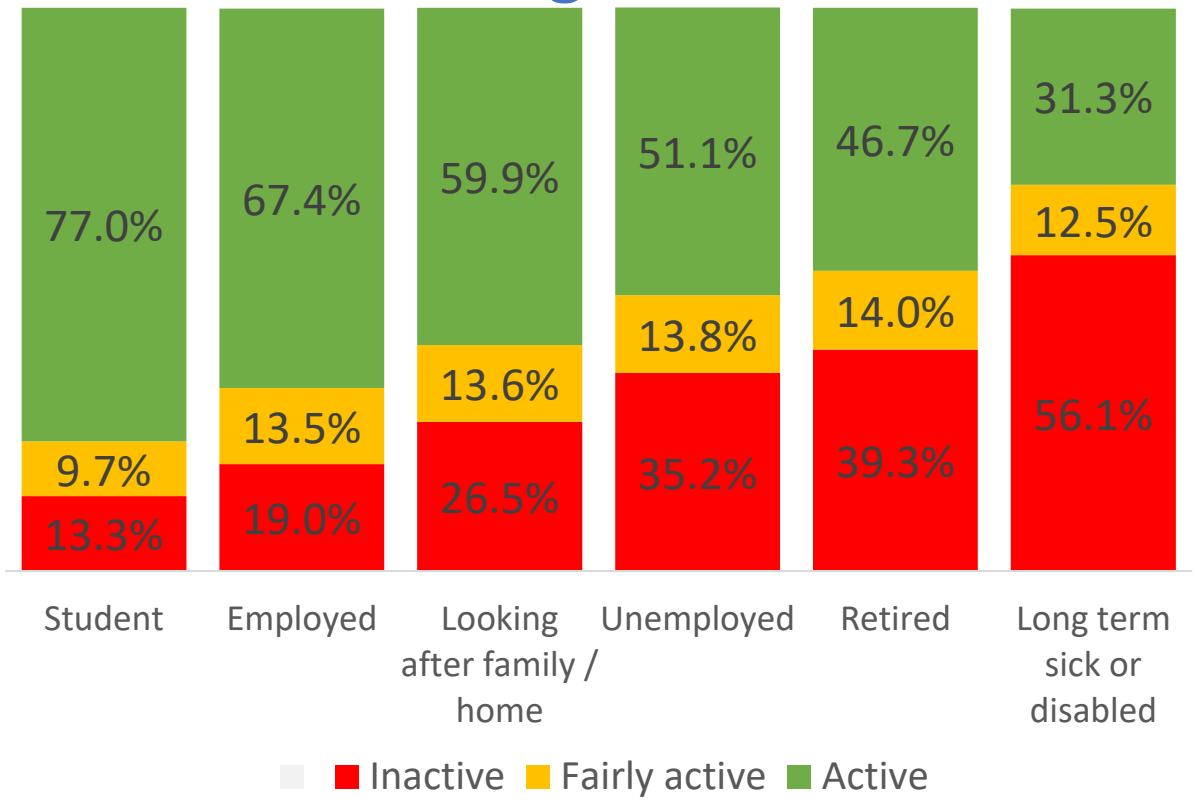
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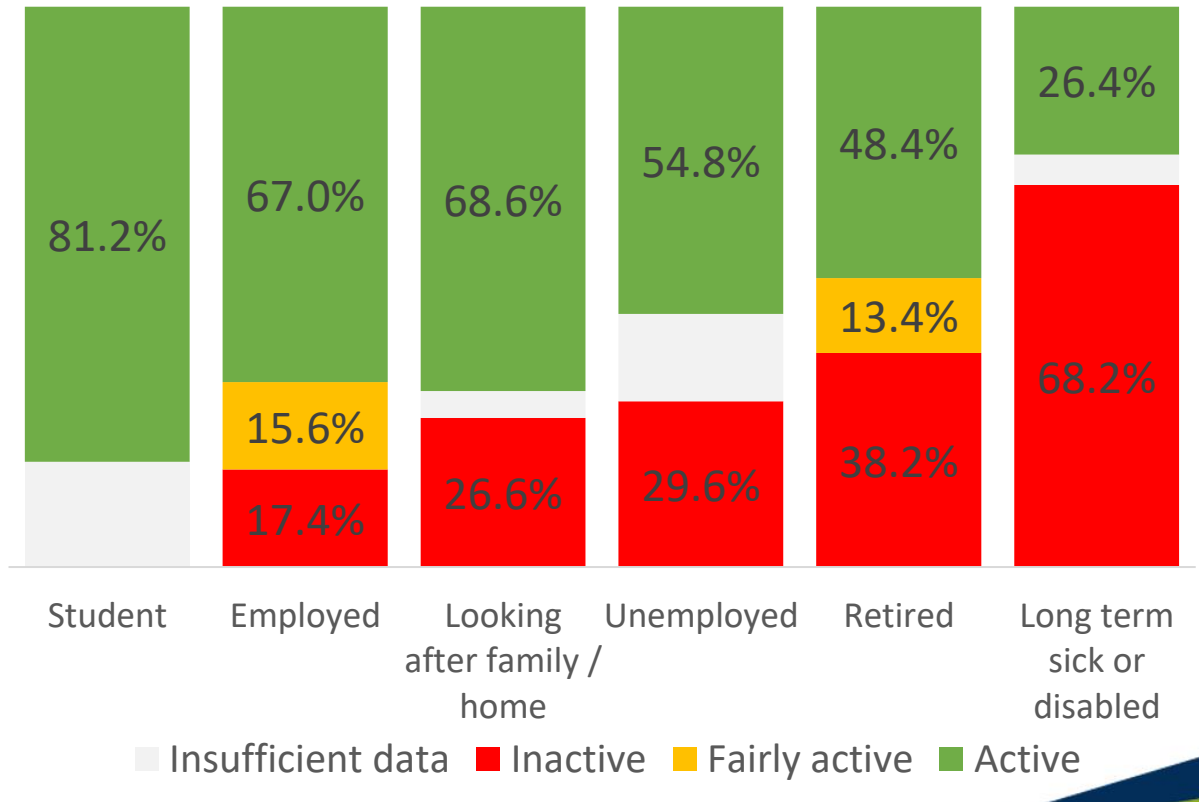
Physical activity behaviour by work status

Female

England



Active Notts



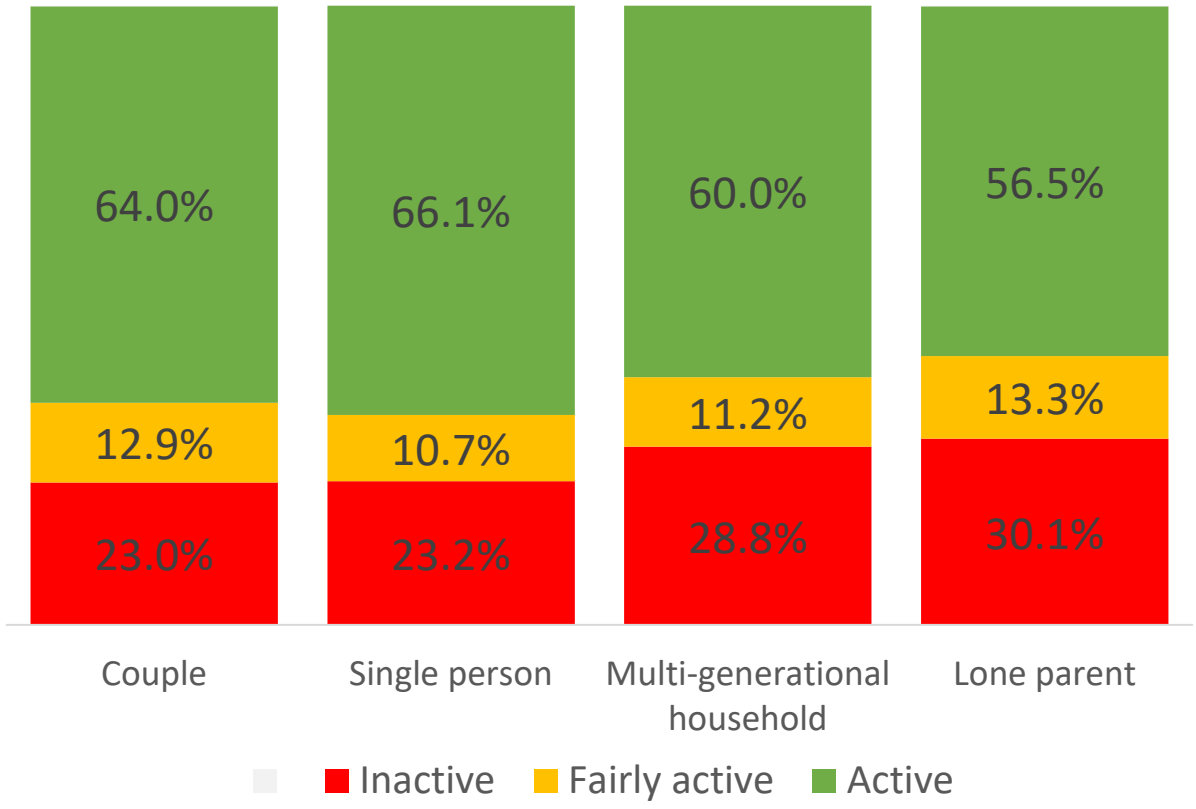
Source: Sport England, Active Lives Adults, Nov 17 to Nov 18, age 16+, excluding gardening

active notts

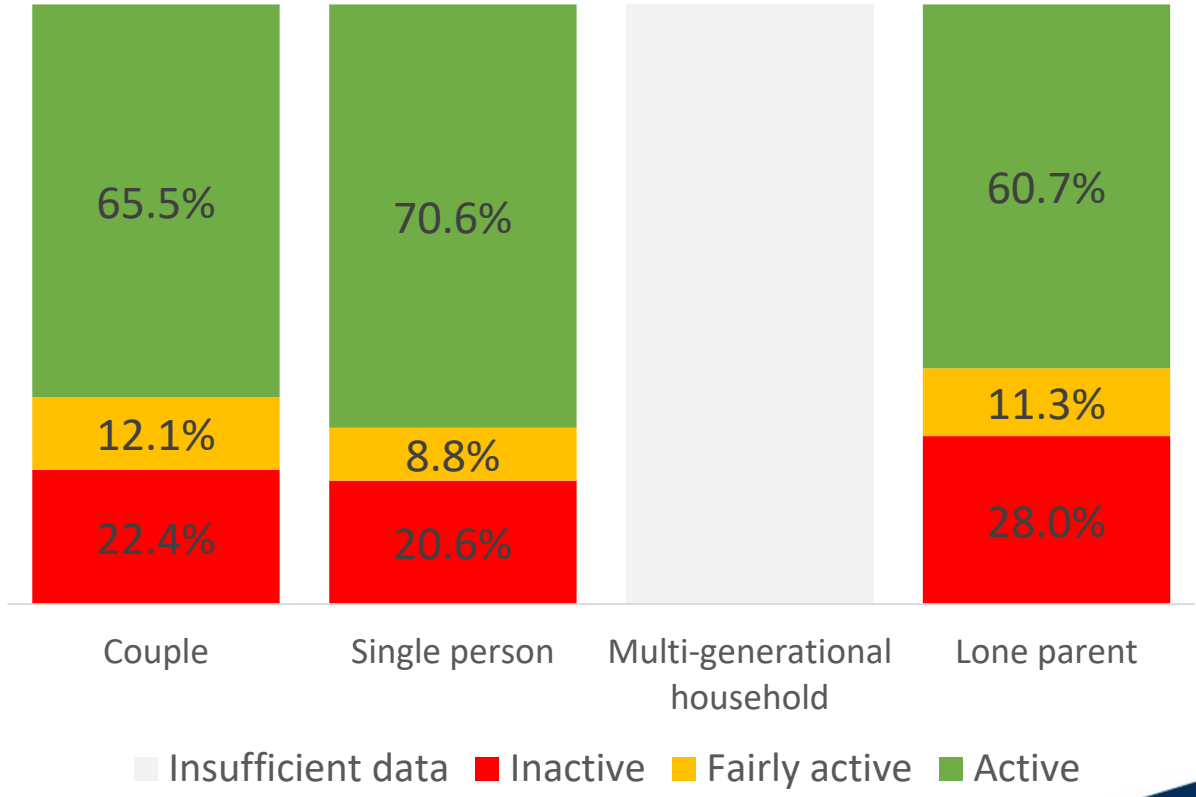
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Physical activity behaviour by living arrangement

England



Active Notts



Source: Sport England, Active Lives Adults, Nov 17 to Nov 18, age 16+, excluding gardening

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