

INTELLIGENCE BULLETIN

212. Sport England – Active Lives Survey 2015-16



PUBLIC HEALTH
WARWICKSHIRE

Thursday 26 January 2017

Source: <https://www.sportengland.org/news-and-features/news/2017/january/26/active-lives-offers-fresh-insight/> (published 26 January 2017)

Summary

The 2015-2016 Active Lives Survey, commissioned by Sport England, was undertaken between November 2015 and November 2016 and is a new way of measuring sport and activity across England. This survey has replaced the Active People Survey. Similarly to the Active People Survey, it measures the number of people aged 16 and over who take part in sport and physical activity by demographic group, where people live and activity type.

In addition to sporting and fitness activities, the new survey measures the levels of walking, cycling for travel and dance. Sessions are only included in the figures if they are done at least at 'moderate intensity'. There are 3 frequencies of activity which are reflected in this data: less than 30 minutes (inactive), 30 – 149 minutes (fairly active) and 150+ minutes (active) as a weekly average.

The data are presented at Local Authority (LA), County Sports Partnership (CSP) and Regional Level.

Key Facts

England

- 60.7% of adults (16+) in England do at least 150 minutes of Moderate Intensity Equivalent (MIE) physical activity per week.
- 25.6% of adults in England do less than 30 minutes of MIE physical activity per week.
- In general men are more physically active than women – 63.2% males compared to 58.5% of females do at least 150 minutes of MIE physical activity per week.
- Younger age groups are generally more physically active than older aged groups. 67.5% of those aged 16-54 do at least 150 minutes of MIE physical activity per week this compares to 55.6% of those aged 55 – 74 and 32.1% of those aged 75 and over.

West Midlands

- In the West Midlands 62.8% of adults do at least 150 minutes of MIE physical activity per week which is better than the England average.
- 24.0% of adults do less than 30 minutes of MIE physical activity per week which is similar to the England average.

Warwickshire

- In Warwickshire 67.0% of adults do at least 150 minutes of MIE physical activity per week which is better than the England average.
- 19.6% of adults do under 30 minutes of MIE physical activity per week which is also better than the England average.

Districts and Boroughs - Moderate Intensity Equivalent (MIE) Physical Activity 2015-16

Area	< 30 mins	30 – 149 mins	150+ mins
Warwickshire	19.6%	13.4%	67.0%
North Warwickshire Borough	20.8%	18.2%	61.0%
Nuneaton and Bedworth Borough	24.0%	15.8%	60.2%
Rugby Borough	22.2%	12.5%	65.3%
Stratford on Avon District	19.7%	11.5%	68.9%
Warwick District	13.3%	11.6%	75.1%