

The impact of COVID on physical activity

Talking Spaces – May 2022



active
derbyshire

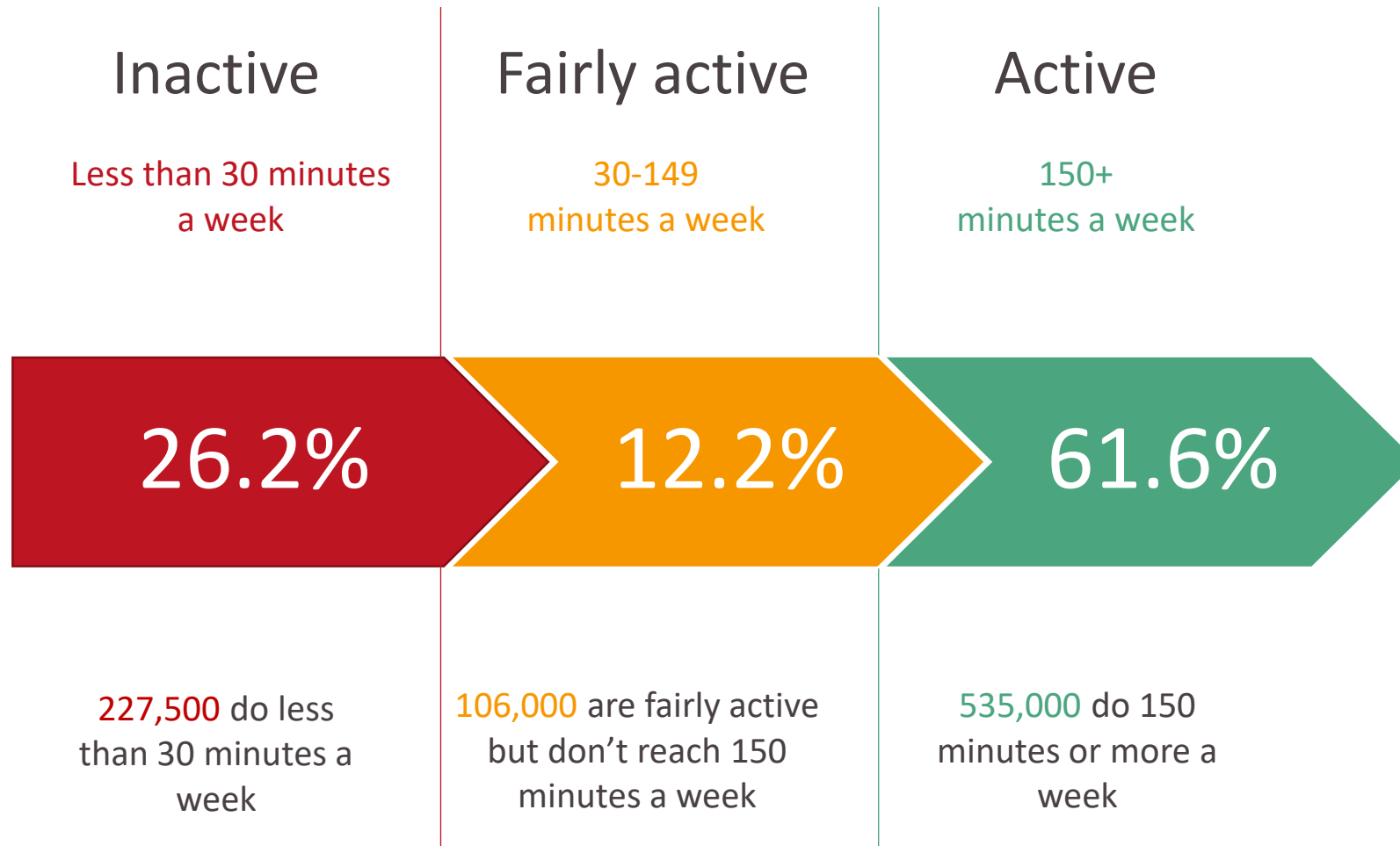


active
notts

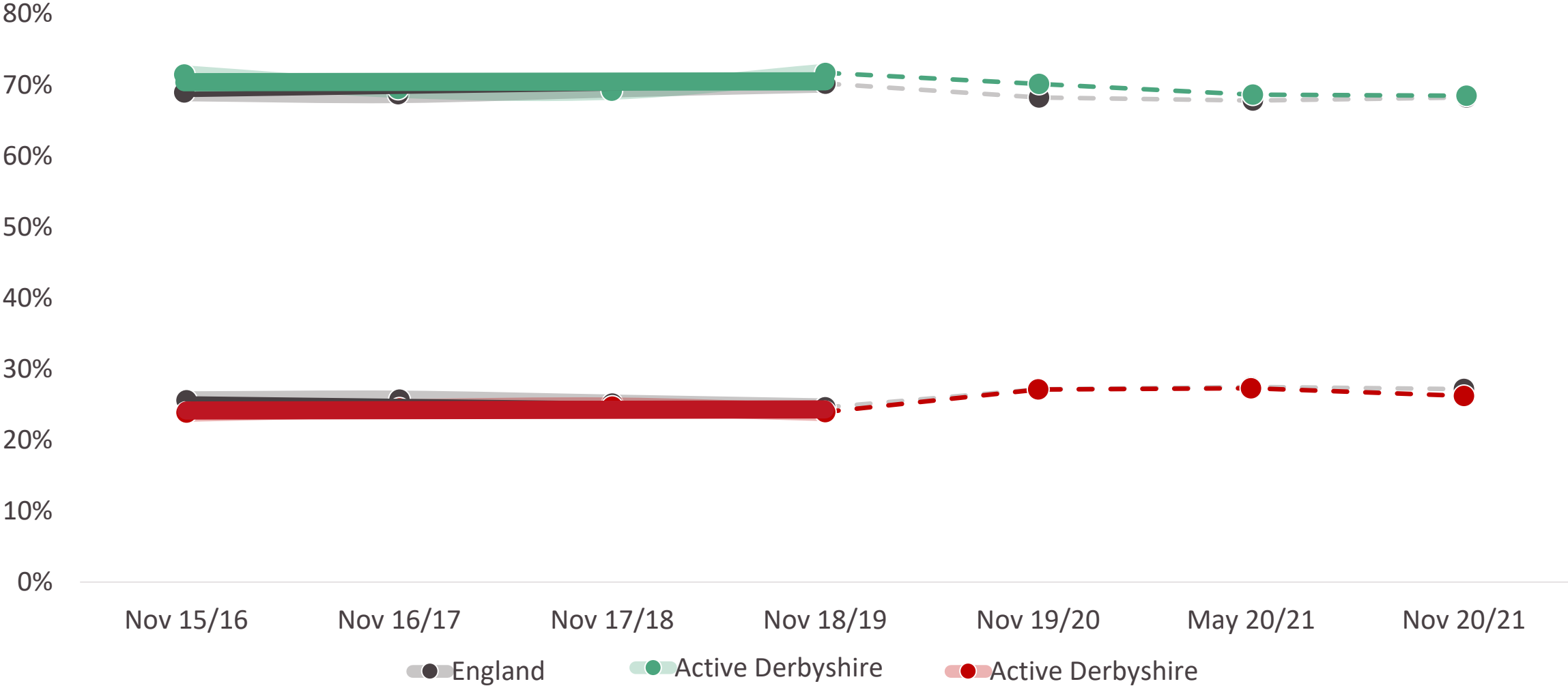


Derbyshire

Activity levels returning to pre-pandemic levels?



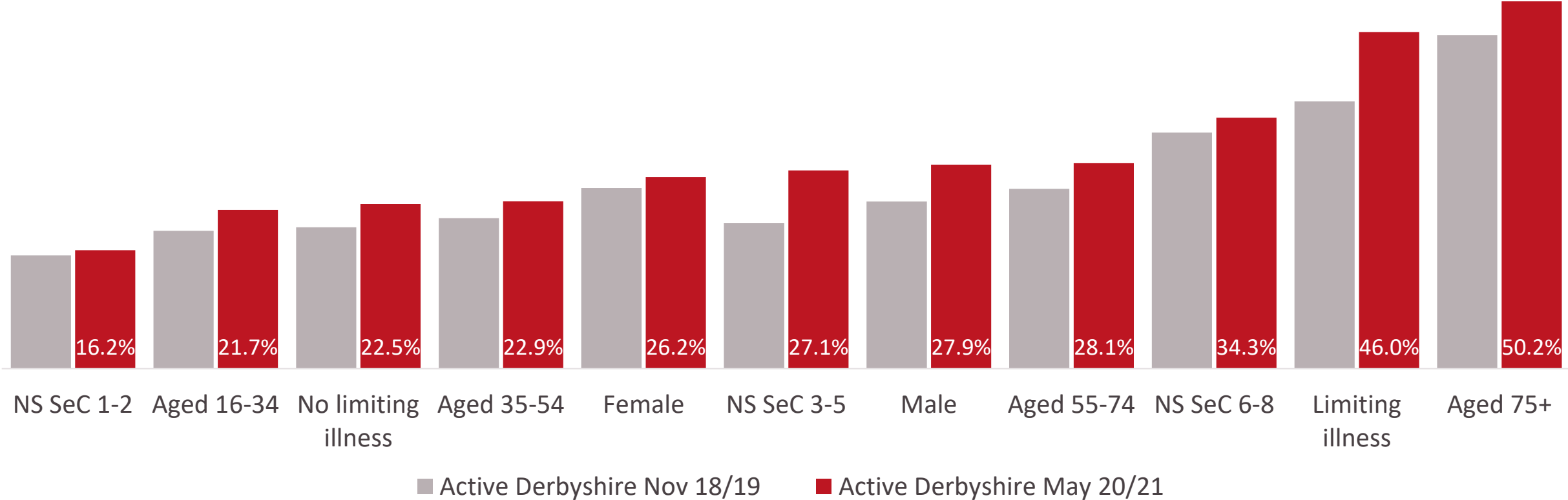
Inactive showing signs of reducing – Active stabilised



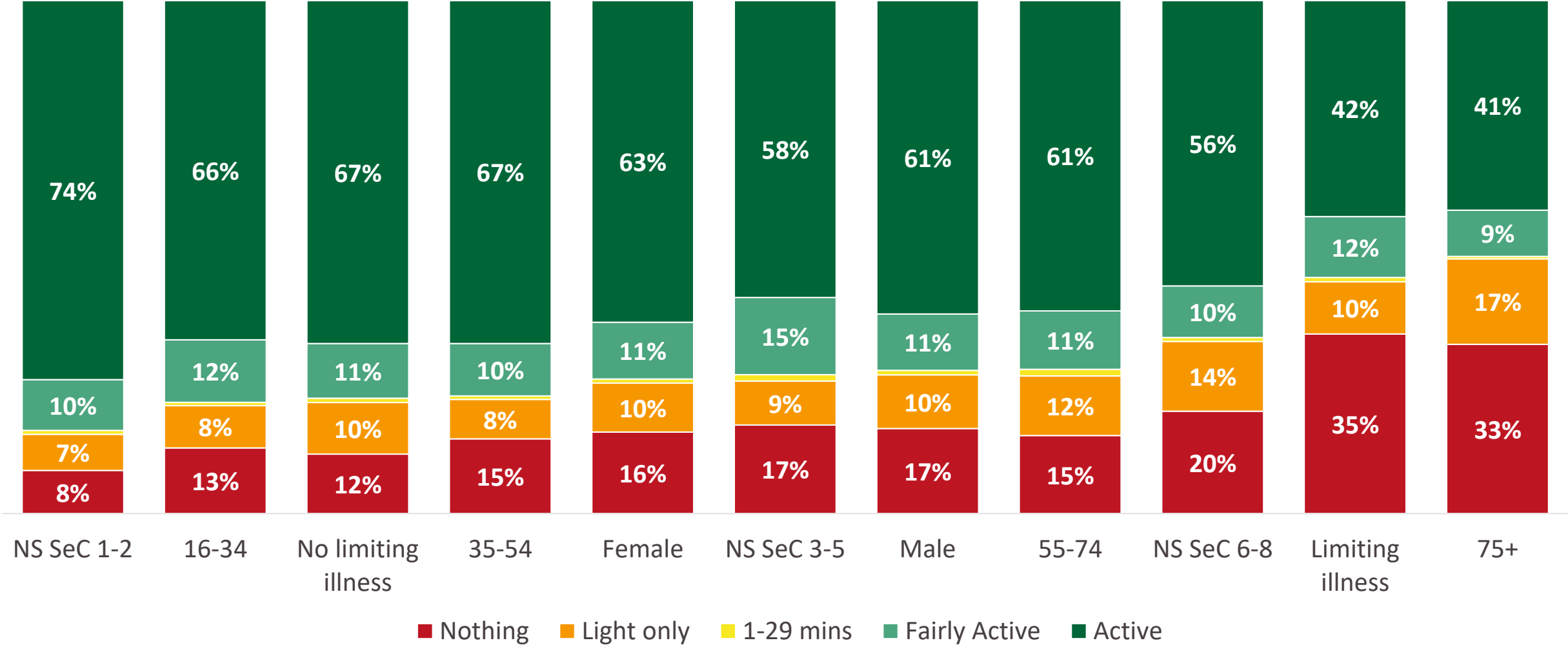
Source: Sport England, Active Lives Adults, Nov 15/16 to Nov 20/21



Some people are finding it harder to return to being active



There are a lot of people doing something but not enough



Impact on how we get our minutes

Active minutes by activity type

Walking for travel has reduced as schools closed and people were encouraged to work from home

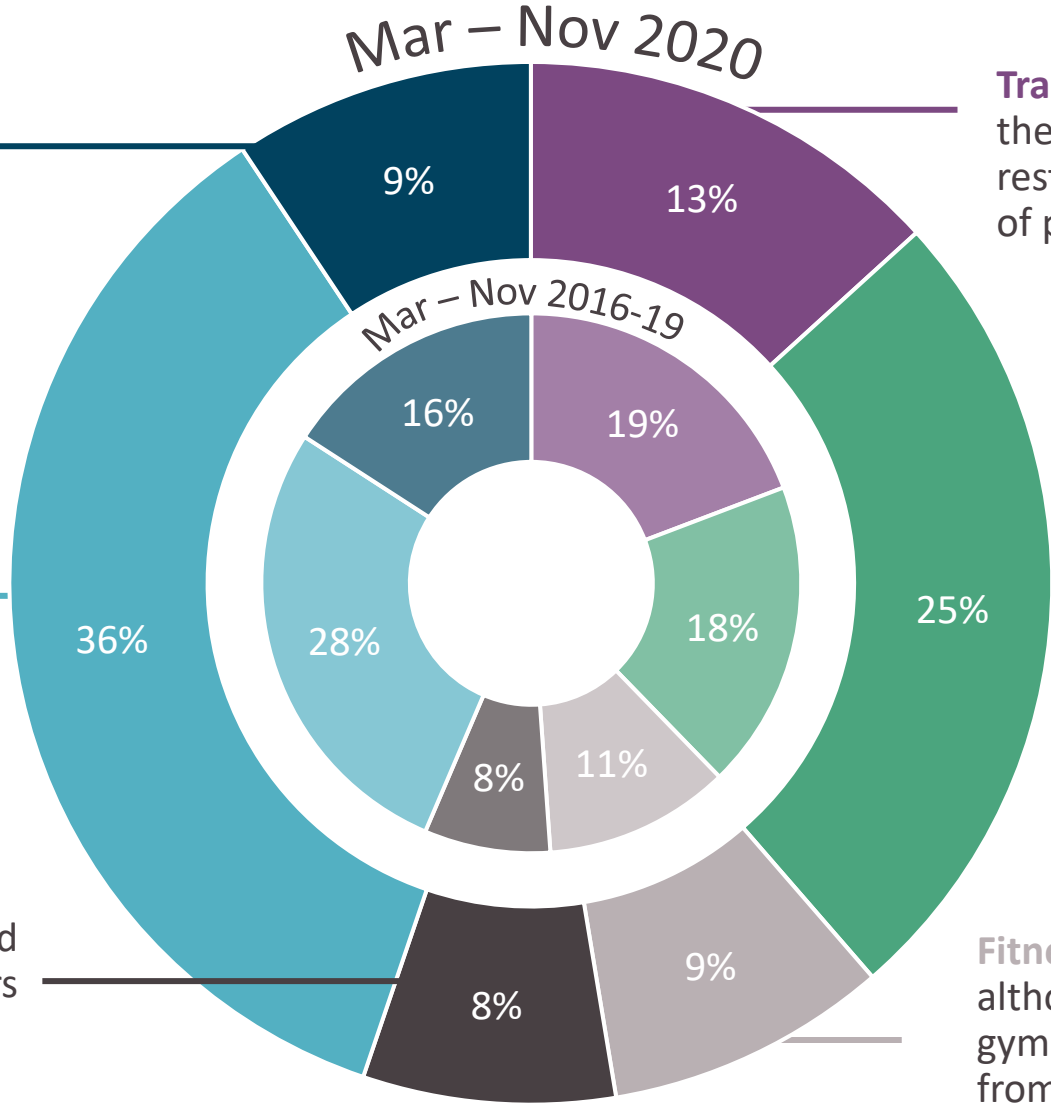
Traditional sport has dropped with the closure of sports venues, restriction on activities and change of people's habits

Walking for leisure has seen a large increase of 8pp and now accounts for over a **third** of all physical activity minutes

People spend more time gardening. **Gardening** has increased by 7pp and now accounts for a **quarter** of all physical activity minutes

Cycling rates have remained consistent with previous years

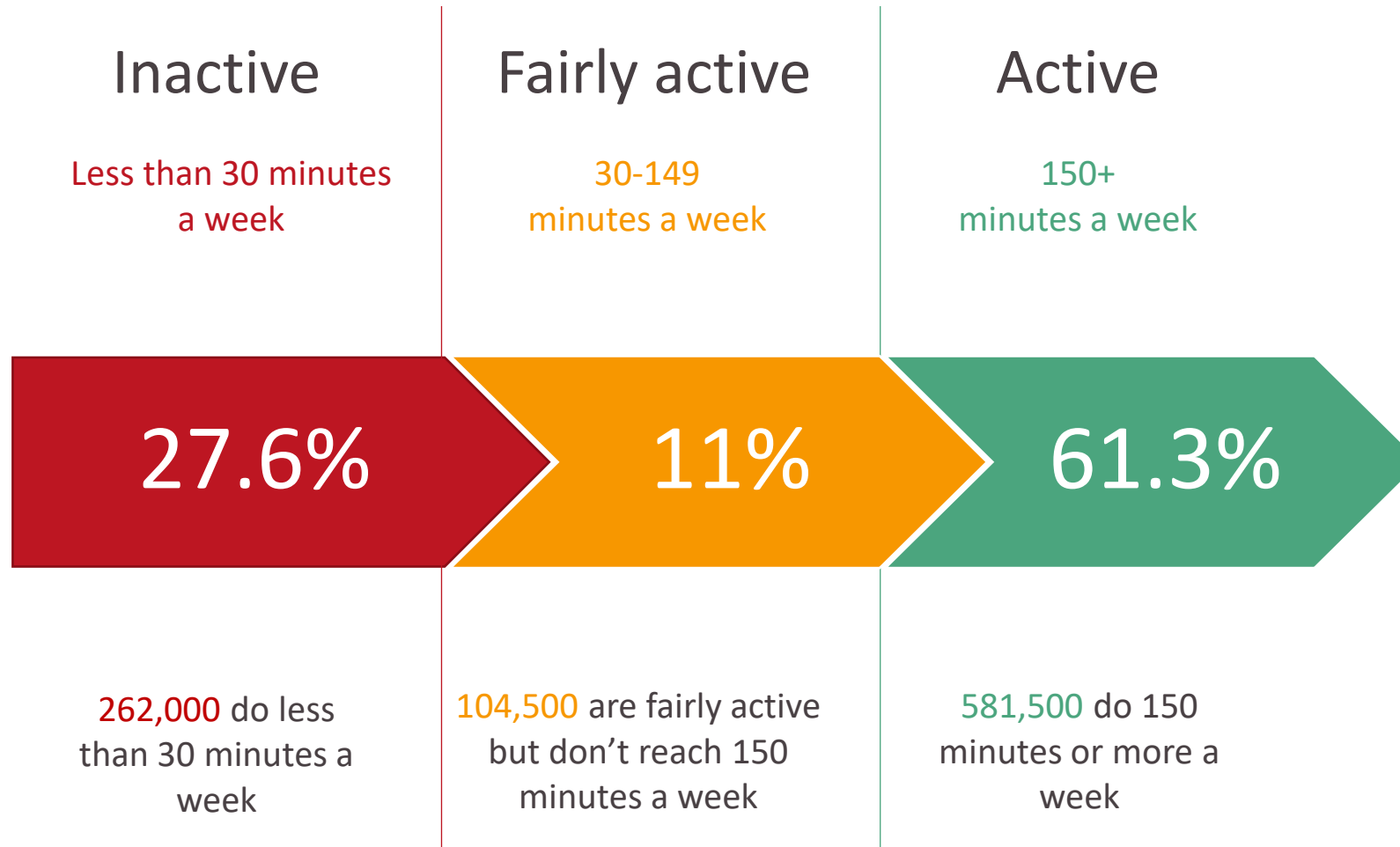
Fitness activities have been consistent, although habits will have changed with gyms closing and more people exercising from home



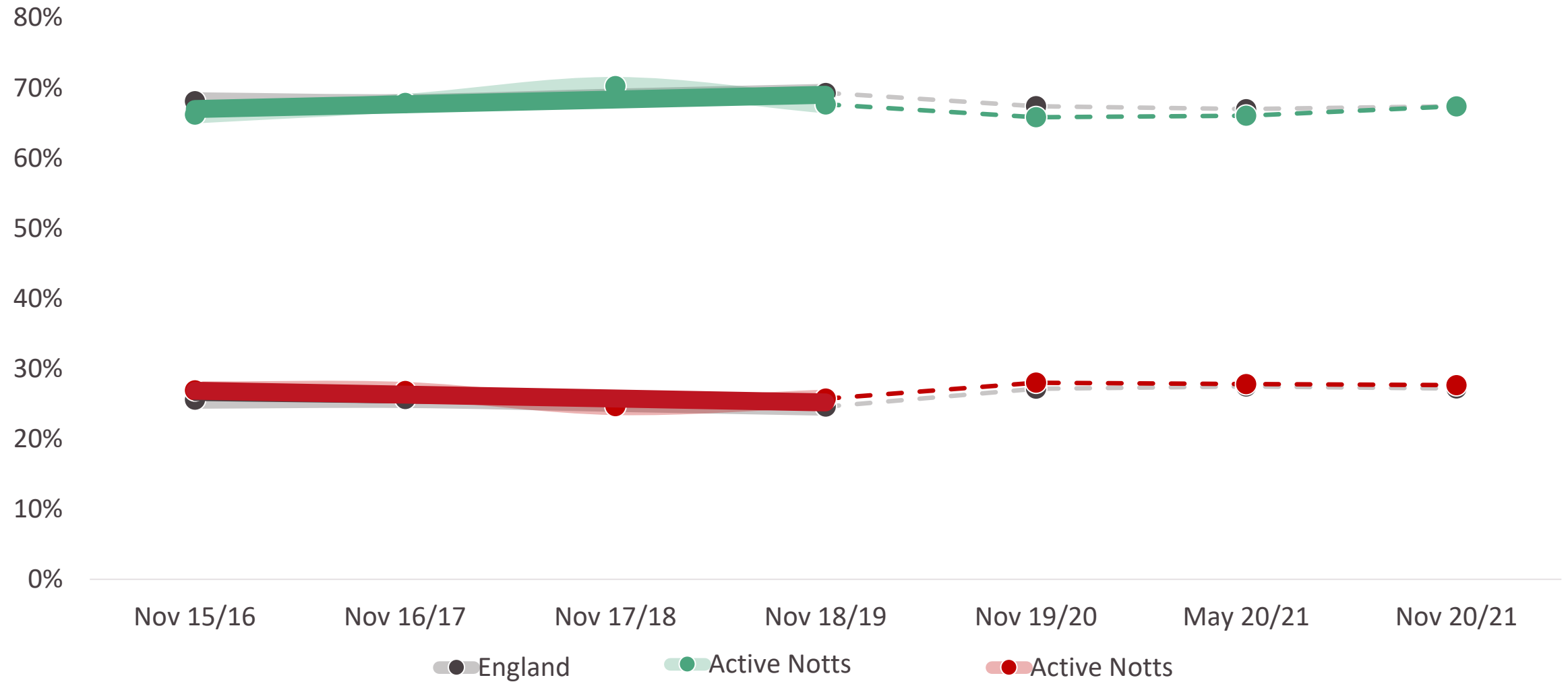
Active Notts



Activity levels returning to pre-pandemic levels?

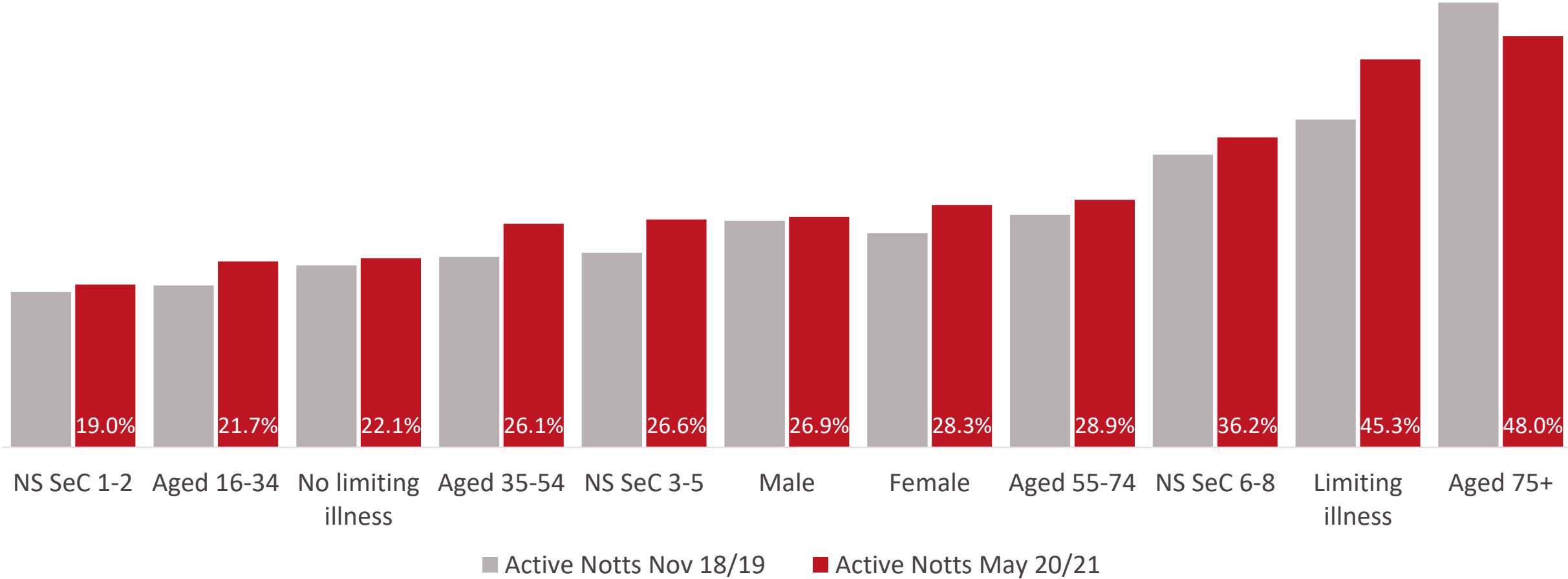


Inactive stabilised – Active showing signs of improving again

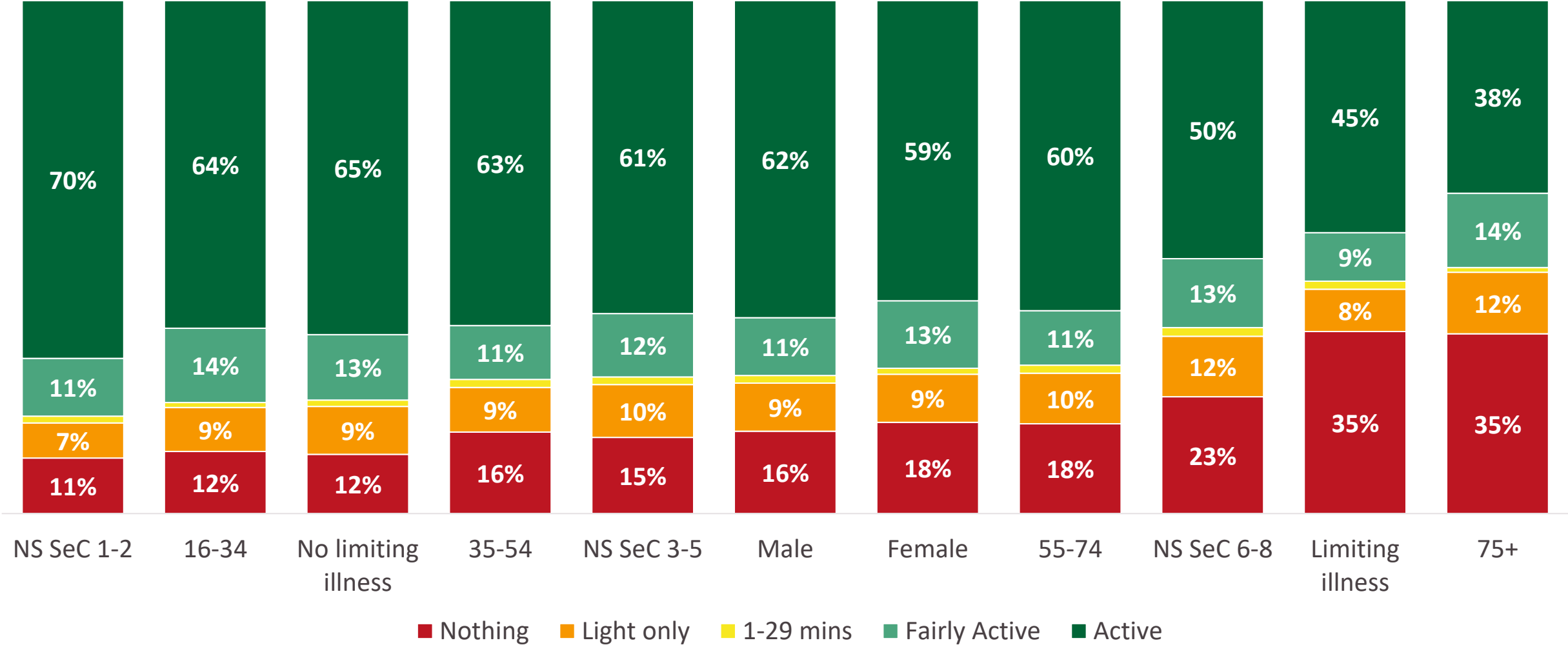


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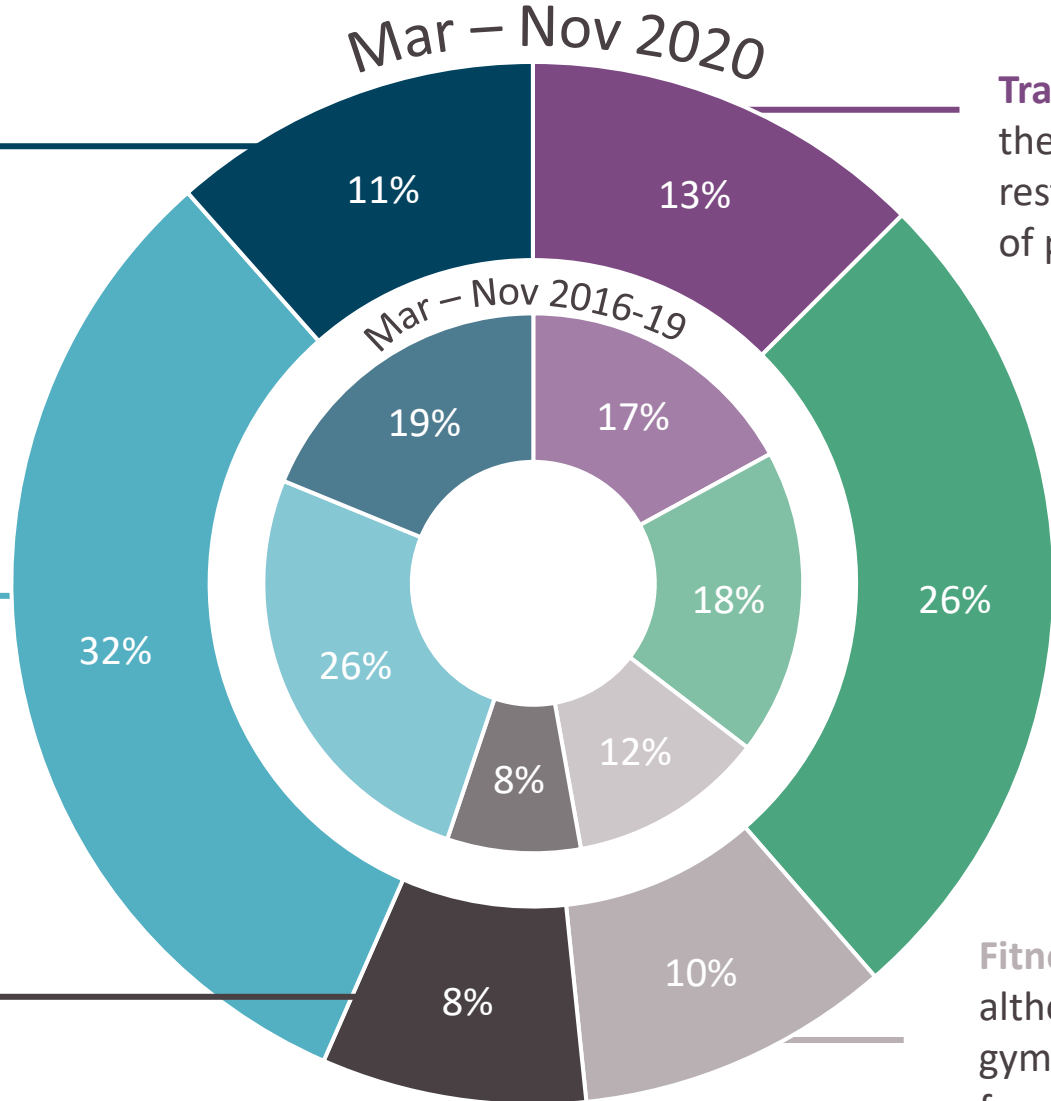
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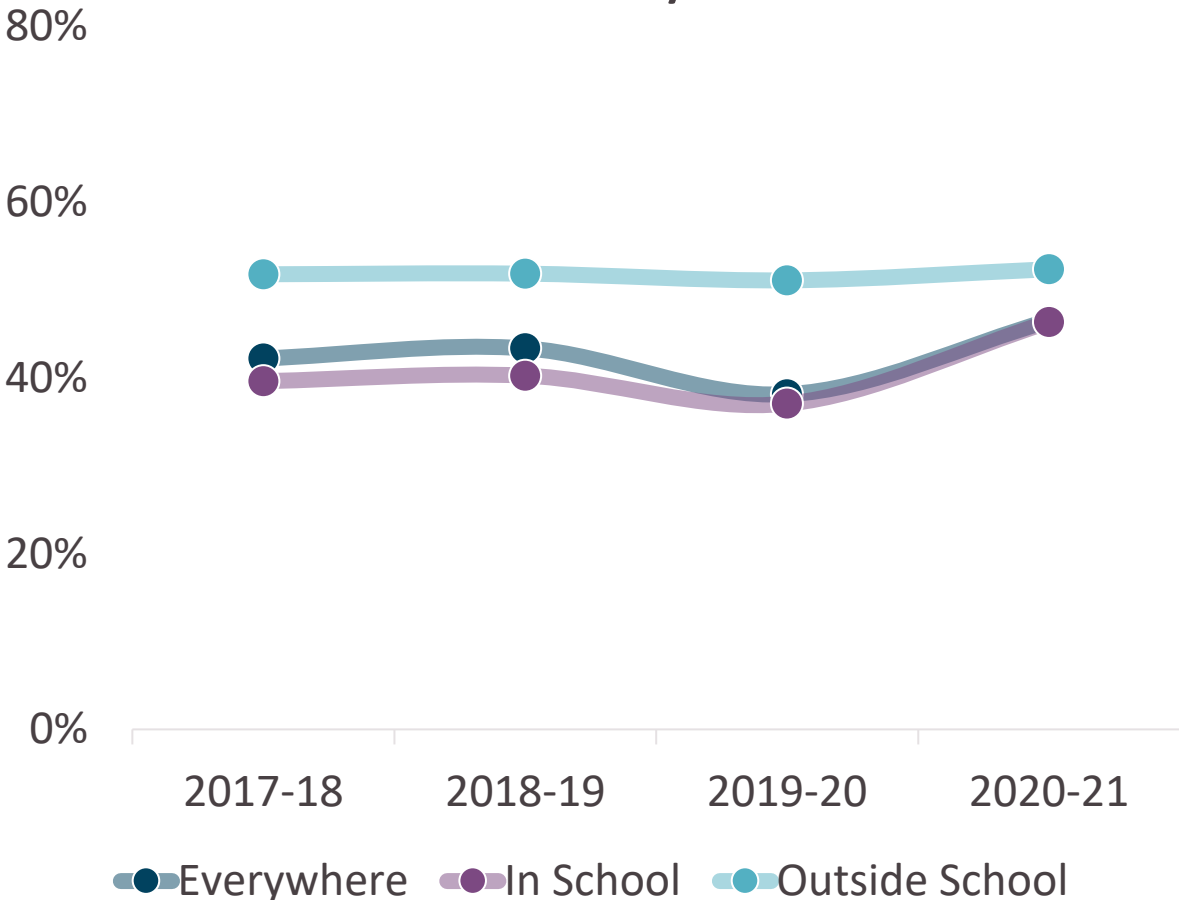


CYP

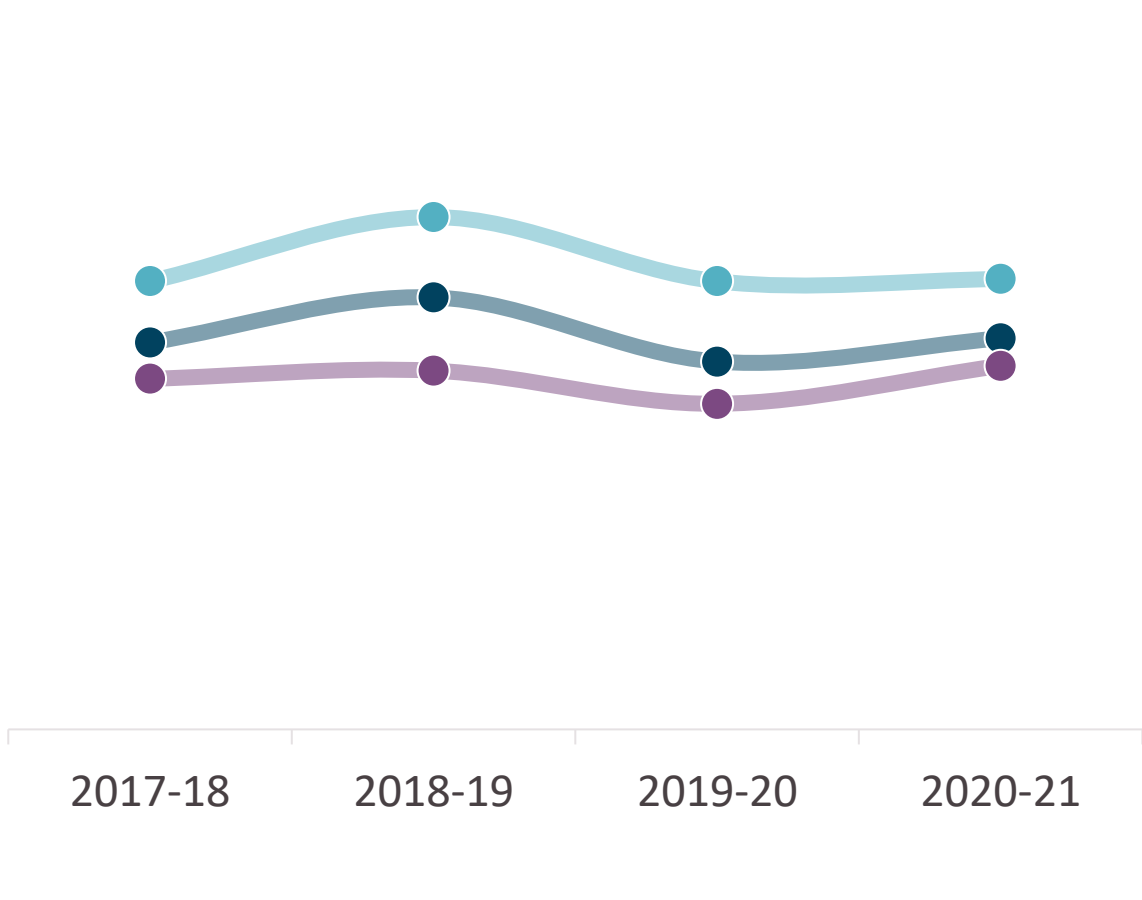
Physical activity behaviour (APT)

- Everywhere 
- At school 
- Outside school 

Active Derbyshire



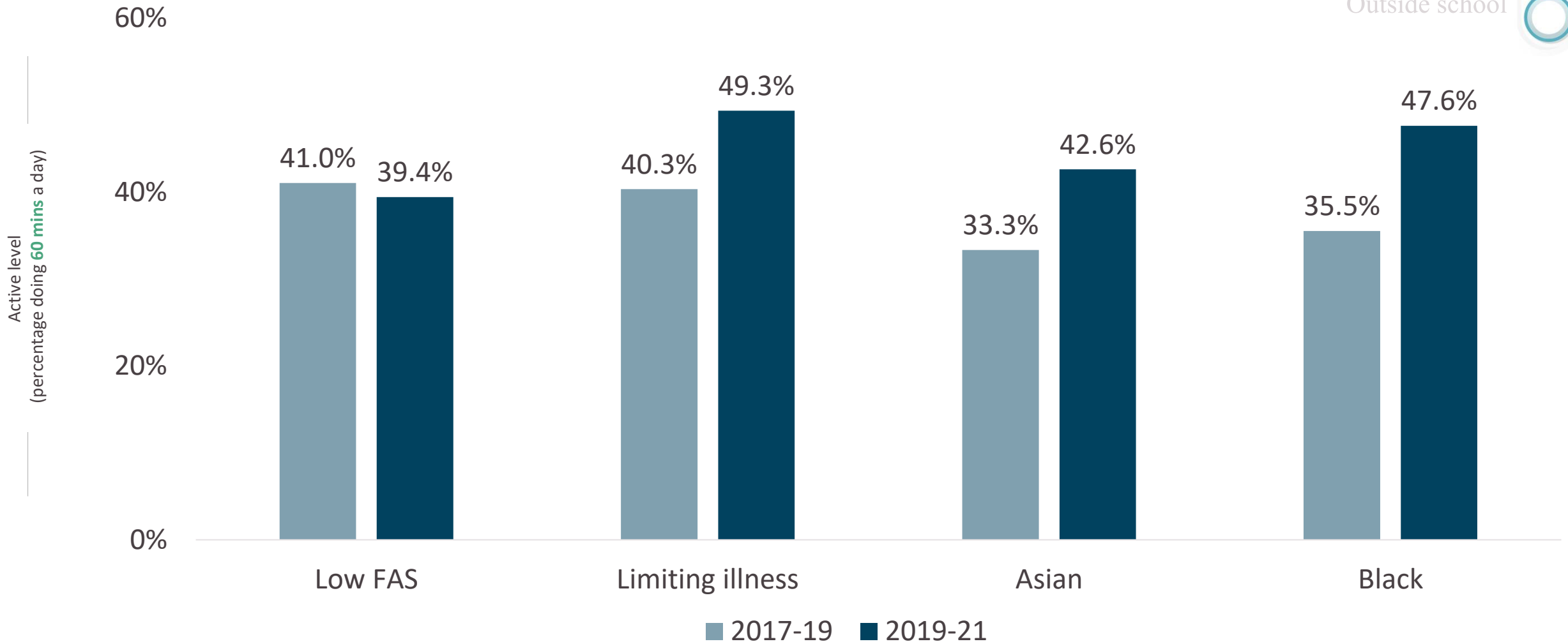
Active Notts



Source: Active Lives Children and Young People Survey 2017-21

Physical activity by demographic group

- Everywhere 
- At school 
- Outside school 



Summary

- Signs that adult activity levels have plateaued and are starting to improve again
- CYP activity levels showing signs of bouncing back
- Adult Inactivity has increased across many demographic groups – making the challenge greater
- There are some people that are certainly finding it harder to return to being more active:
 - Those with limiting illness
 - Middle socio-economic groups
 - Low affluence CYP
- And some groups of people that we expect to find a way back but we need to keep an eye on:
 - Younger adults
 - Men
 - Boys
- The pandemic has shifted habits and routines – what are the implications of this?
- What is it about the pandemic that creates the conditions to encourage more girls to be active?