



# Notts Active Lives Survey Headlines

November 2021 – November 2022

# National update

The overall number of people playing sport and getting active has recovered, after participation fell as a result of the restrictions designed to slow the spread of the virus.

It shows, between November 2021 and November 2022, 63.1% (29.1 million) of the population met the Chief Medical Officers' guidelines of doing 150 minutes, or more, of moderate intensity physical activity a week – an increase of 1.7% year on year.

This means that, compared with when we first ran the survey between November 2015 and November 2016, there are 1.5m more active adults.

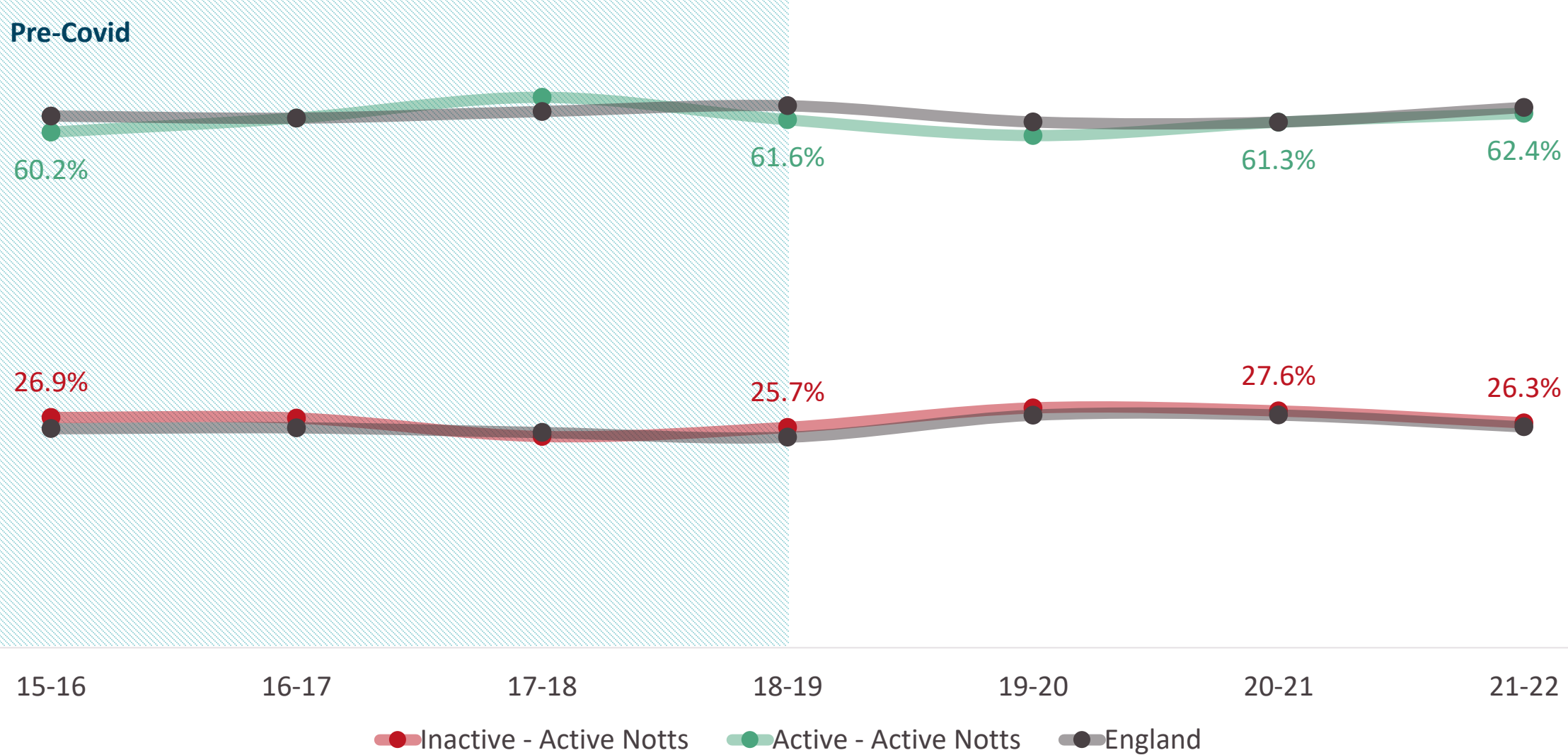
The number of people classed as inactive – averaging fewer than 30 minutes a week – has fallen over the last year by 1.4%, to 25.8% of the population (11.9m).

This remains slightly above pre-pandemic levels but is in line with where they were in 2015-16.

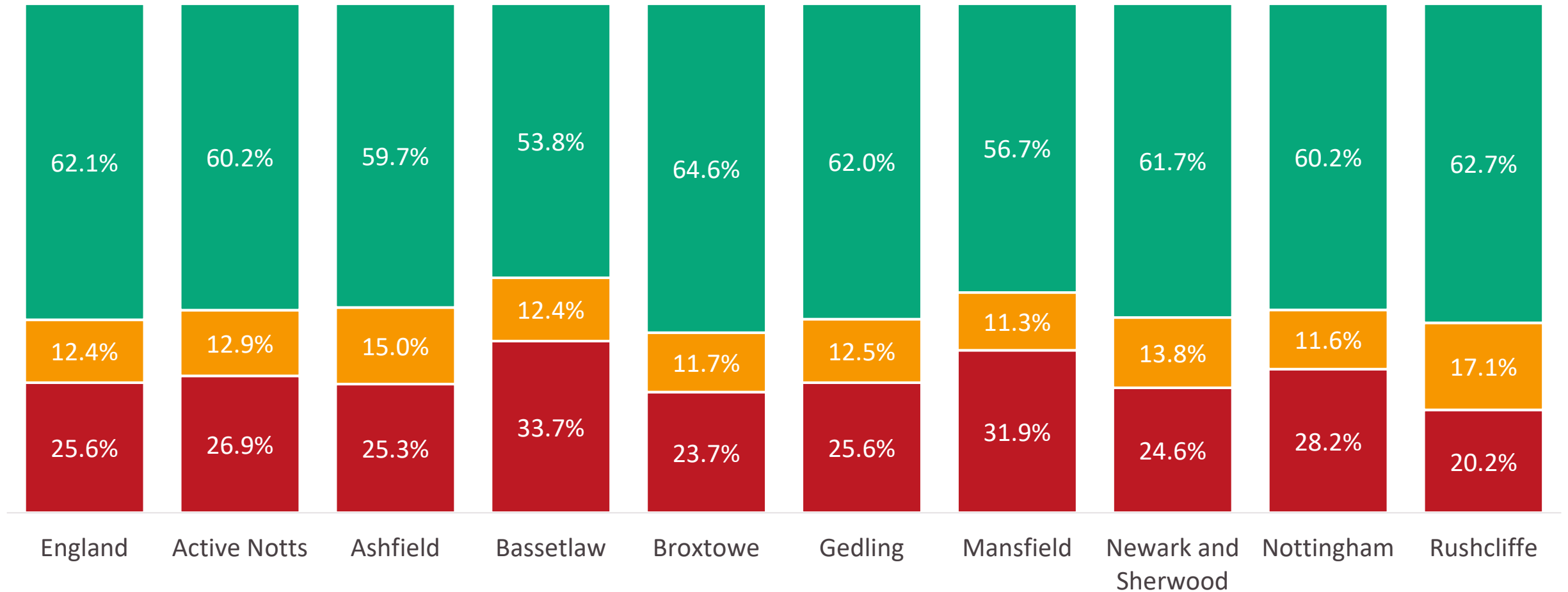
# National update: Demographics

- **Activity levels among women are taking longer to fully recover** Both men and women saw a clear drop in activity levels during the pandemic but men saw slightly more pronounced changes. While men's activity levels have returned to the highs seen in November 18-19, women's activity levels remain slightly below this (down 0.7%). Both, however, continue to see activity levels up over the longer term (since Nov 15-16).
- **Activity levels continue to grow among older adults** Both 55-74-year-olds and those aged 75+ were seeing activity levels grow before the pandemic. This growth stalled during the pandemic but those aged 55- 74 have now seen activity levels increase once more (up 0.9% from Nov 18-19), while those aged 75+ record their highest ever reported activity level
- **Adults with a disability or long-term health condition have seen activity levels recover** Both those with and without a disability or long-term health condition saw activity levels fall during the pandemic, however both groups have returned to November 18-19 levels. As a result, there are now 3.8% more adults with a disability or long-term health condition who are active than in November 2015-16
- **Significant inequalities continue to exist in activity levels between some minority ethnic groups** Activity levels fell generally during the pandemic, with drops greatest among adults with Asian (-4.4%), Black (-4.5%) and other ethnicities (-7.6%). Recovery back to November 2018-19 levels has been seen across all groups, with the exception of those from Other ethnicities who remain down by 6.2%. No ethnic minority group is showing a reportable difference compared to November 2015-16, within our margin of error. As a result, inequalities continue to widen as White British adults have seen activity levels increase over the same period (up 1.6%).
- **The least affluent continue to see activity levels negatively impacted** Activity levels fell across all social groups during the pandemic, however it was the least affluent (NS-SEC 6-8) that saw the greatest impact. While activity levels have recovered and risen above pre-pandemic levels (up 0.6% from Nov 18-19) among the most affluent (NS-SEC 1-2) and back in line with pre-pandemic levels for the mid-affluent groups (NS-SEC 3-5), they remain below the highs seen six years ago (Nov 15-16, down 2.1%) for the least affluent (NS-SEC 6-8).

# Physical activity levels have shifted



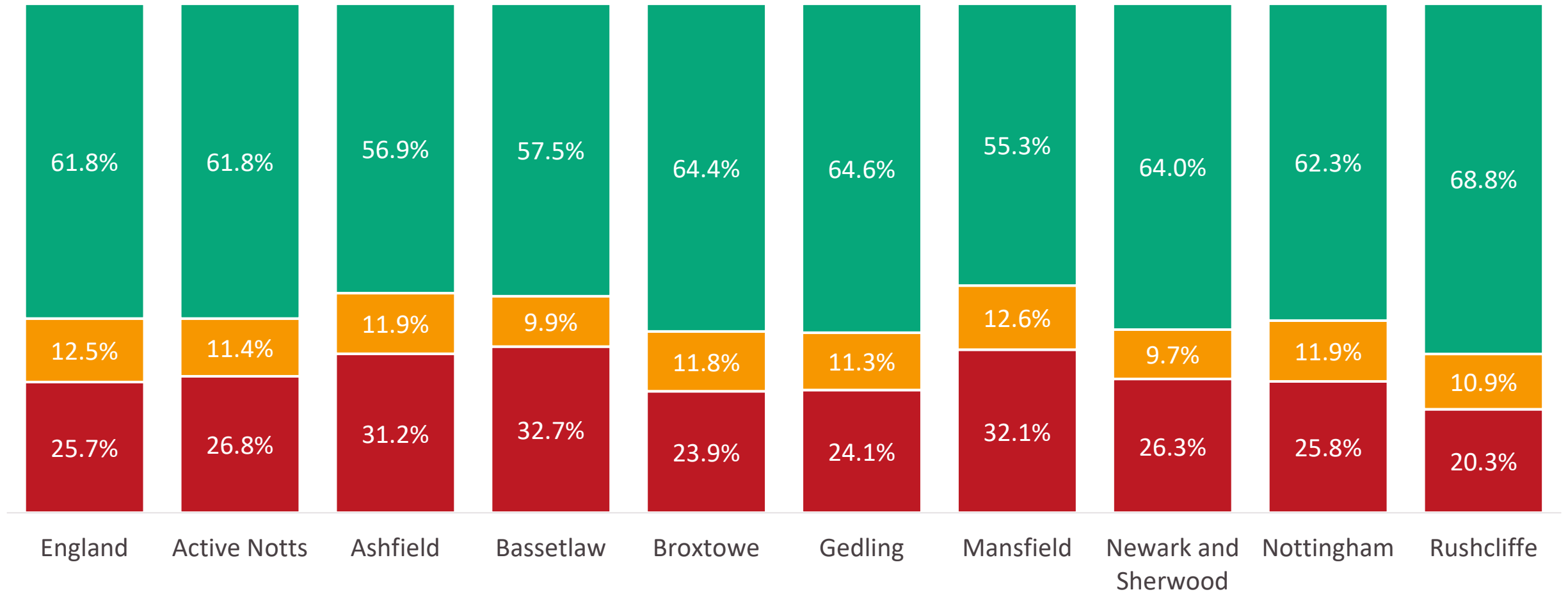
# Activity levels November 15-16



15-16

■ Inactive ■ Fairly Active ■ Active

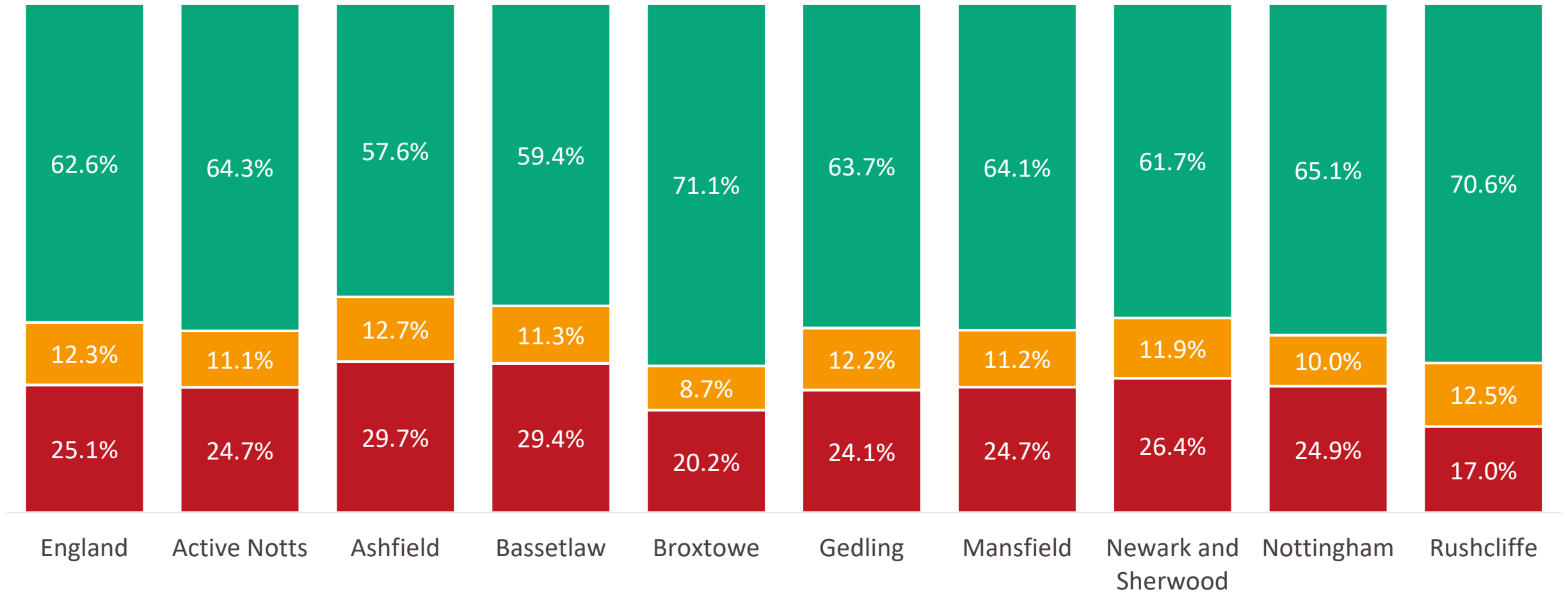
# Activity levels November 16-17



16-17

■ Inactive ■ Fairly Active ■ Active

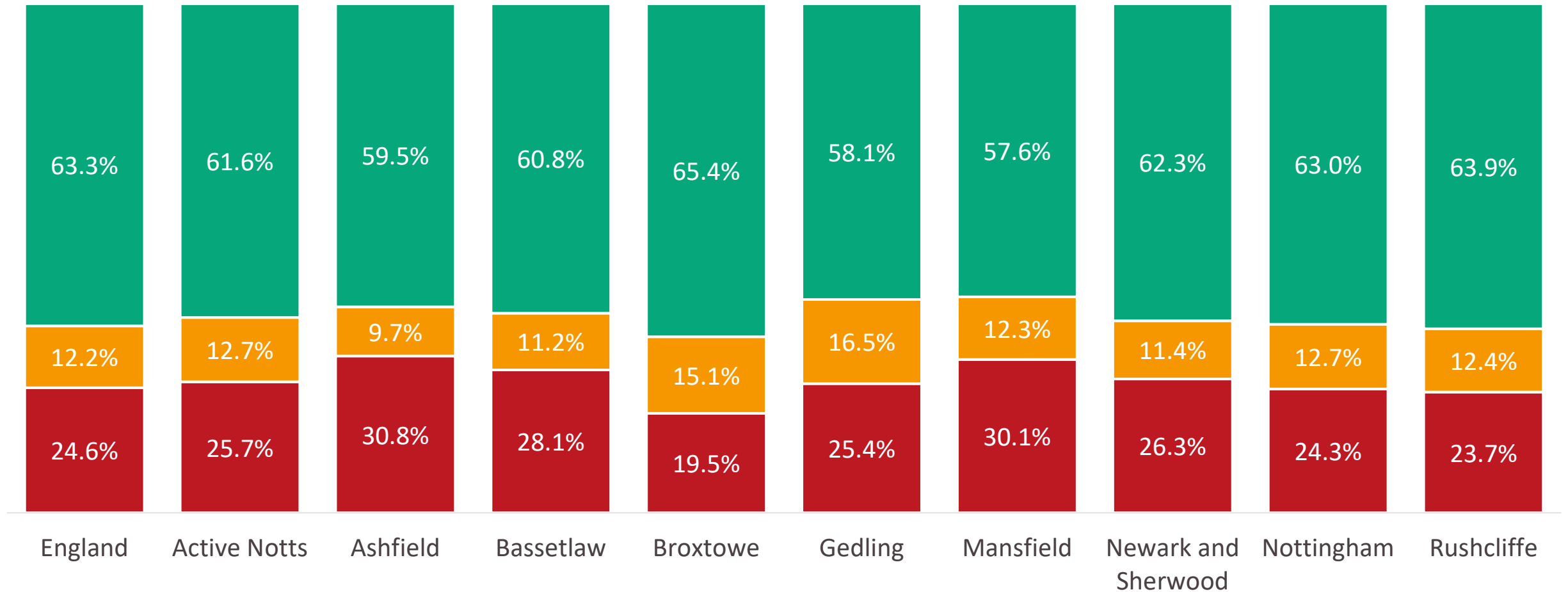
# Activity levels November 17-18



17-18

■ Inactive ■ Fairly Active ■ Active

# Activity levels November 18-19

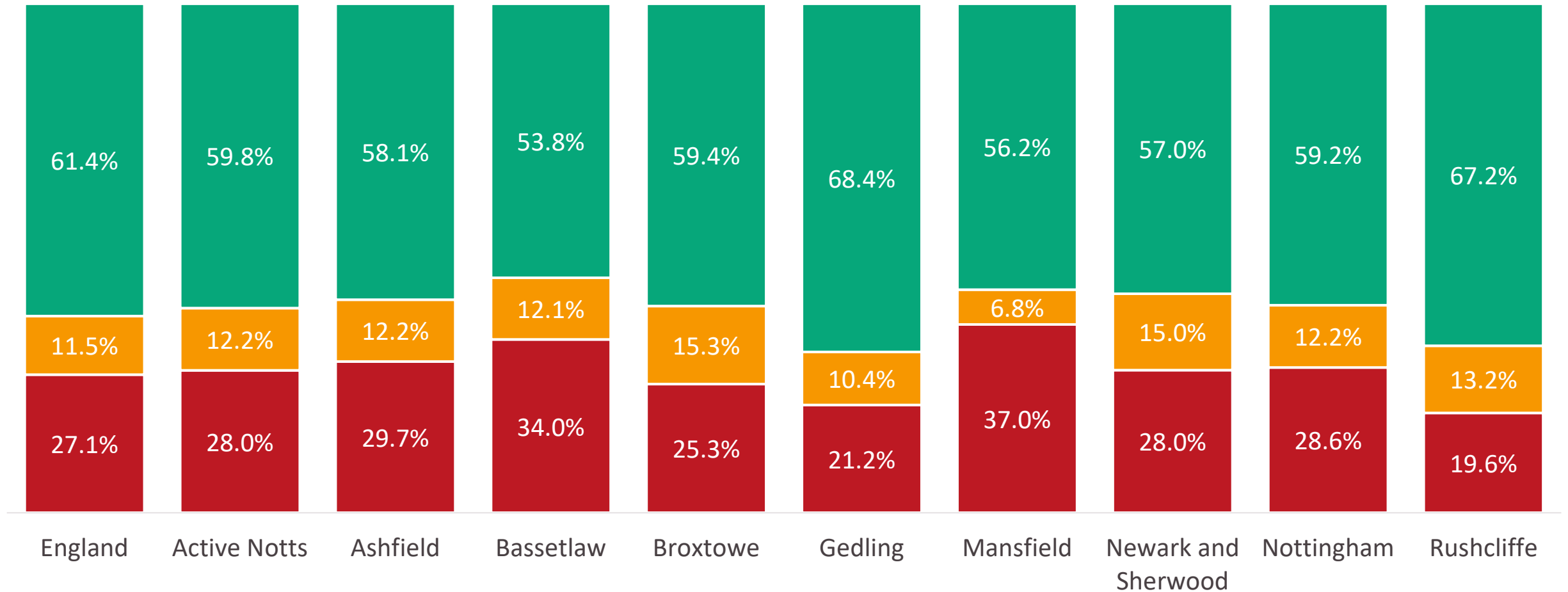


18-19

■ Inactive ■ Fairly Active ■ Active



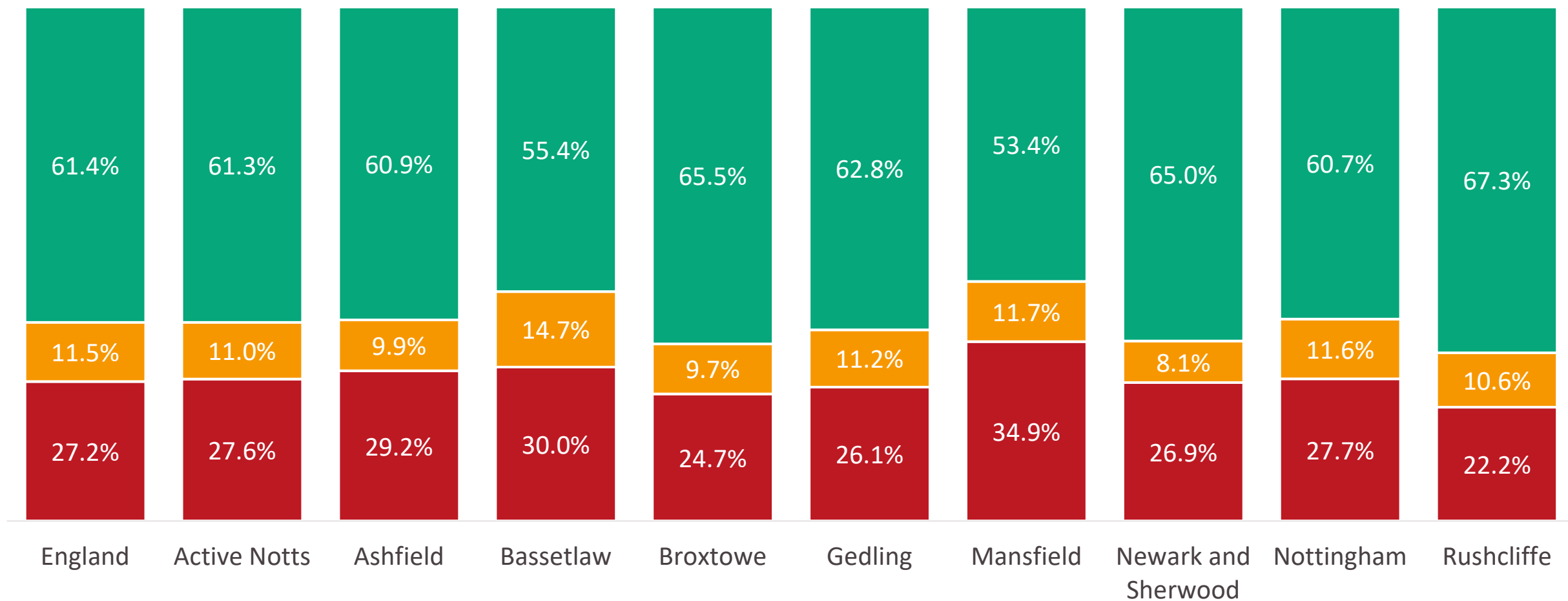
# Activity levels November 19-20



19-20

■ Inactive ■ Fairly Active ■ Active

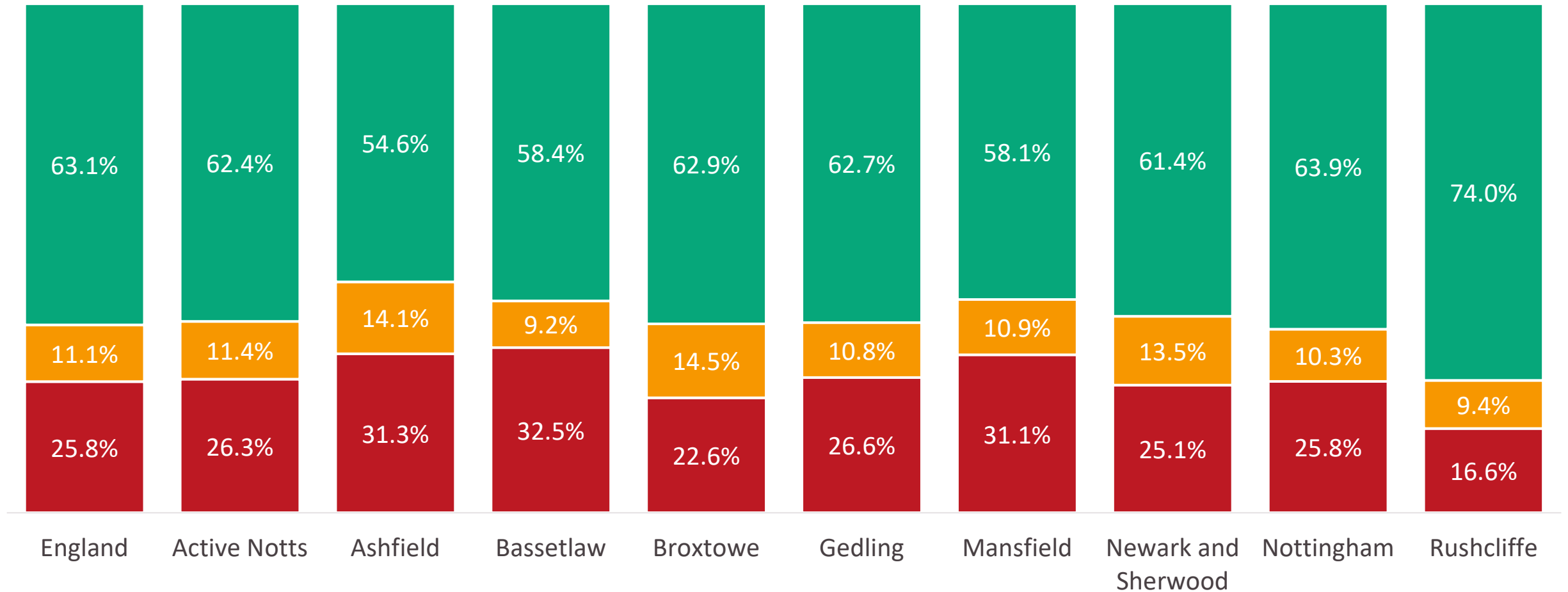
# Activity levels November 20-21



20-21

■ Inactive ■ Fairly Active ■ Active

# Activity levels November 21-22



21-22

■ Inactive ■ Fairly Active ■ Active

# Absolute change (Nov 15-16 to Nov 21-22)

	Inactive		Fairly Active		Active	
England	0.2%	No change	-1.2%	Significant decrease	1.0%	Significant increase
Active Notts	-0.6%	No change	-1.6%	No change	2.2%	No change
Ashfield	6.0%	No change	-0.9%	No change	-5.1%	No change
Bassetlaw	-1.3%	No change	-3.2%	No change	4.5%	No change
Broxtowe	-1.1%	No change	2.8%	No change	-1.8%	No change
Gedling	1.0%	No change	-1.7%	No change	0.7%	No change
Mansfield	-0.9%	No change	-0.5%	No change	1.4%	No change
Newark and Sherwood	0.5%	No change	-0.3%	No change	-0.3%	No change
Nottingham	-2.4%	No change	-1.4%	No change	3.8%	No change
Rushcliffe	-3.7%	No change	-7.7%	Significant decrease	11.3%	Significant increase

 Significant improvement

 Significant worsening

# Change in last 12 months (Nov 20-21 to Nov 21-22)

	Inactive		Fairly Active		Active	
England	-1.4%	Significant decrease	-0.4%	Significant decrease	1.7%	Significant increase
Active Notts	-1.3%	No change	0.3%	No change	1.0%	No change
Ashfield	2.0%	No change	4.2%	No change	-6.2%	No change
Bassetlaw	2.5%	No change	-5.5%	Significant decrease	3.0%	No change
Broxtowe	-2.1%	No change	4.8%	No change	-2.6%	No change
Gedling	0.5%	No change	-0.4%	No change	-0.1%	No change
Mansfield	-3.8%	No change	-0.9%	No change	4.7%	No change
Newark and Sherwood	-1.9%	No change	5.4%	Significant increase	-3.6%	No change
Nottingham	-1.9%	No change	-1.3%	No change	3.2%	No change
Rushcliffe	-5.6%	No change	-1.1%	No change	6.7%	No change

 Significant improvement

 Significant worsening

# Summary

- Inactivity rates have decreased over the last 12 months by 1.3pp to 26.3%, Nationally inactive rates have also decreased by 1.4pp
- Inactive rates have now decreased year on year since the pandemic highs of 28.0% in 19-20 and are now lower than baseline (26.9%)
- Rushcliffe had the lowest levels of inactivity in 20-21 (22.2%), this has decreased by a further -5.6% to 16.6%
- Inactivity rates remain high in Ashfield (31.3%), Bassetlaw (32.5%) and Mansfield (31.1%)