An insight into adult physical activity behaviour in Derby City

September 2023

Data is for: Derby City

Our population is **growing**, **ageing** and becoming **more diverse**

210,000 people	70,000 people	60,000 people Minority Ethnic population
16+ population	55+ population	
6% increase*	15% increase	47% increase

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What do we know about **inactivity** in our community?

The measures we use are inactive and active:

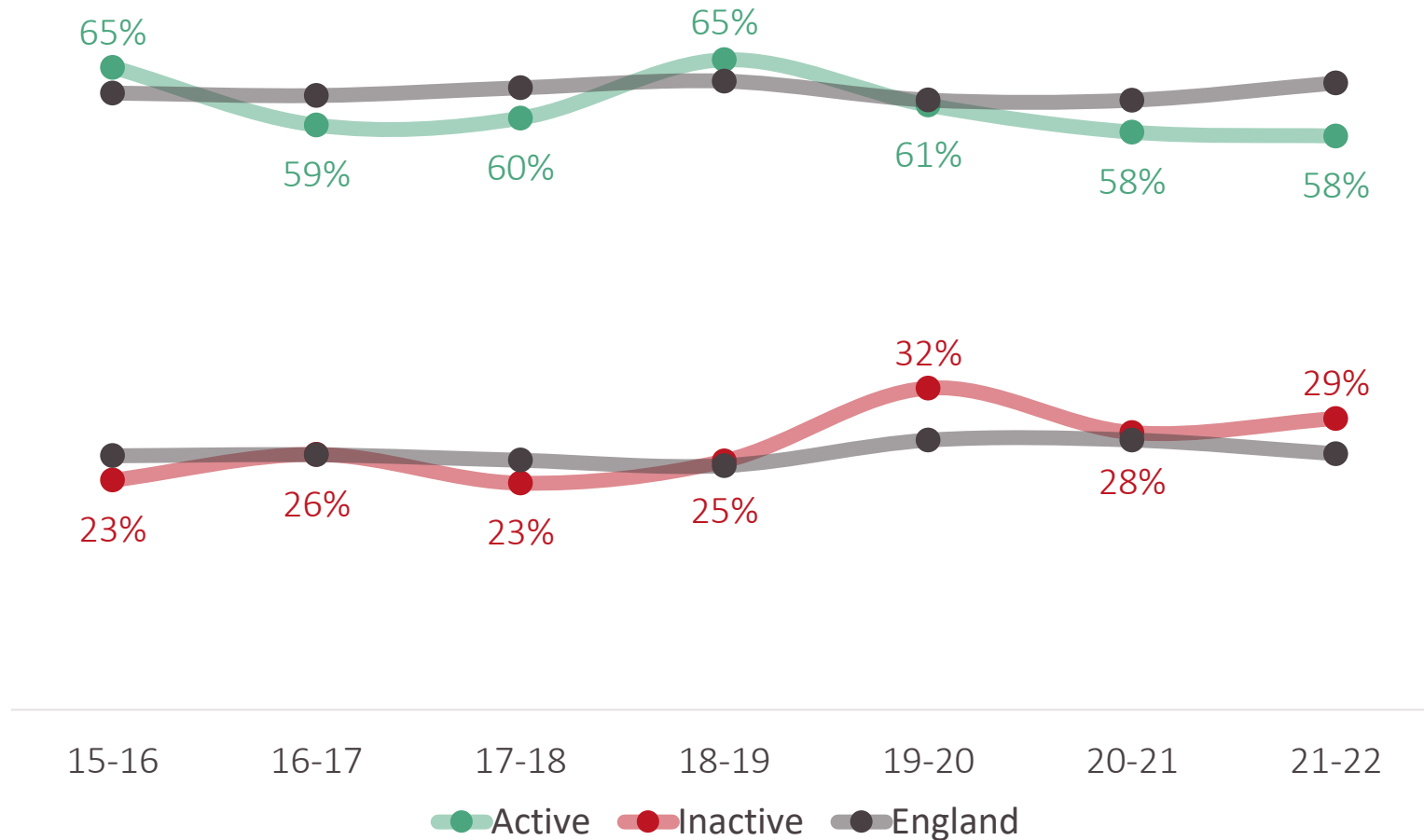By **inactive**, we mean those that are doing **less than 30 minutes** of physical activity a week

By **active**, we mean those that are doing **150+ minutes** of physical activity a week

Inactivity worsened during the pandemic and remains high

3 in 10 adults now experience **inactivity**

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65%   59%   60%   65%   61%   58%   58%

32%   29%
23%   26%   23%   25%   28%

15-16   16-17   17-18   18-19   19-20   20-21   21-22

Active   Inactive   England

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Source: Sport England Active Lives Survey 15-16 to 21-22 (16+)
Measure: Physical activity levels (excluding gardening)

Currently, 29% of adults are inactive

That's
61,000
people

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40,000

adults do
no activity at all

(20%)

Not all inactive adults do nothing.
Some are active but...

Missing the intensity

Not active for long enough

15,000
people

6,000
people

7%

3%

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Some people are more likely to experience inactivity than others

Gender

The pandemic had a longer lasting and disproportionate effect on **female** inactivity

Social status

Inactivity is high for the **least and mid affluent** (**NS SeC 3-8**) and trends appear to show no improvement
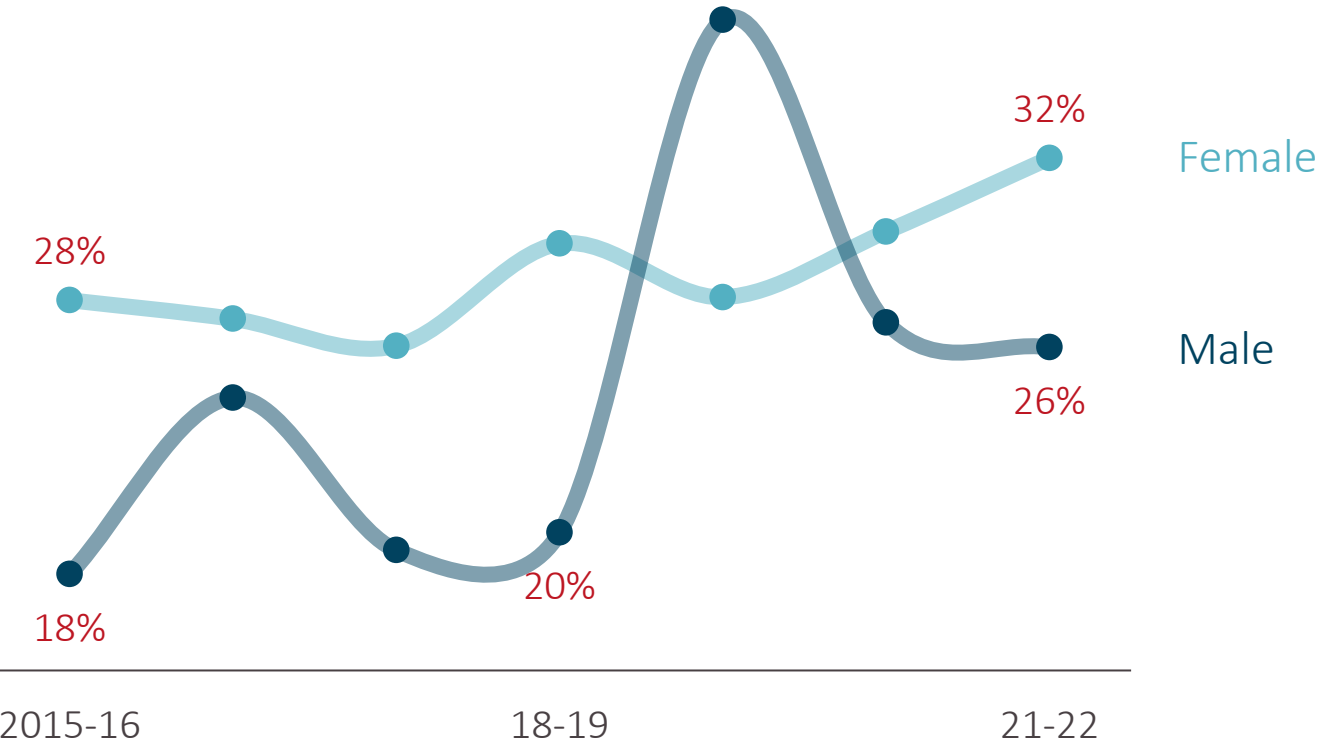
Limiting illness

Inactivity levels are higher for **people with a limiting illness or disability**

Ethnicity

The pandemic had a disproportionate effect on inactivity for our **Black, Asian and White Other** communities

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Women are **more likely to be inactive** than men

However, inactivity is worse for both since the pandemic

28%

18%

20%

32%

Female

Male

26%

2015-16

18-19

21-22

Currently,
34,000
women
are inactive

Data is for: Derby City

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Inactivity in the **least affluent** households **remains high** (NS SeC 6-8)
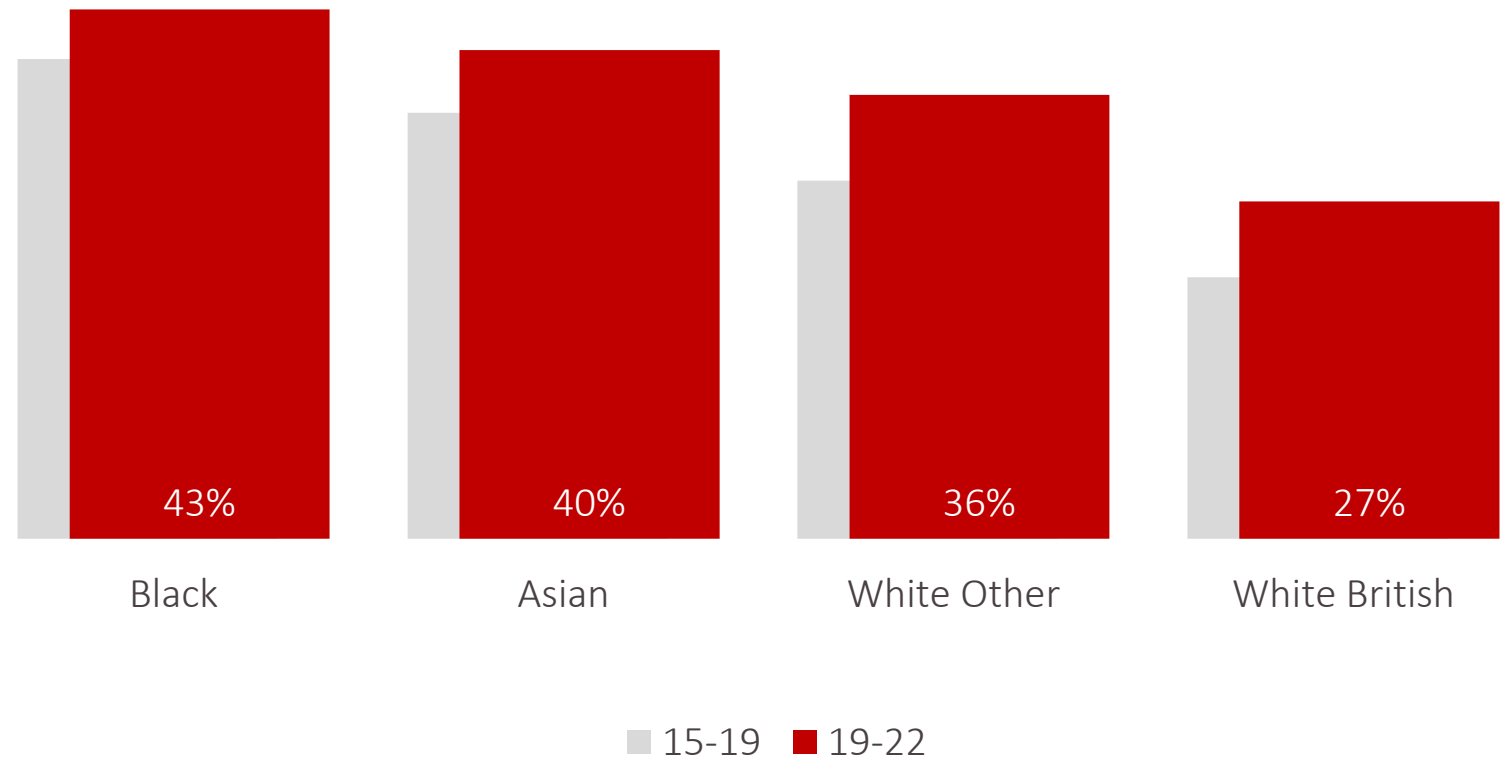
In the last 12 months, inactivity for **mid affluent** households is **higher** still (35%, NS SeC 3-5)
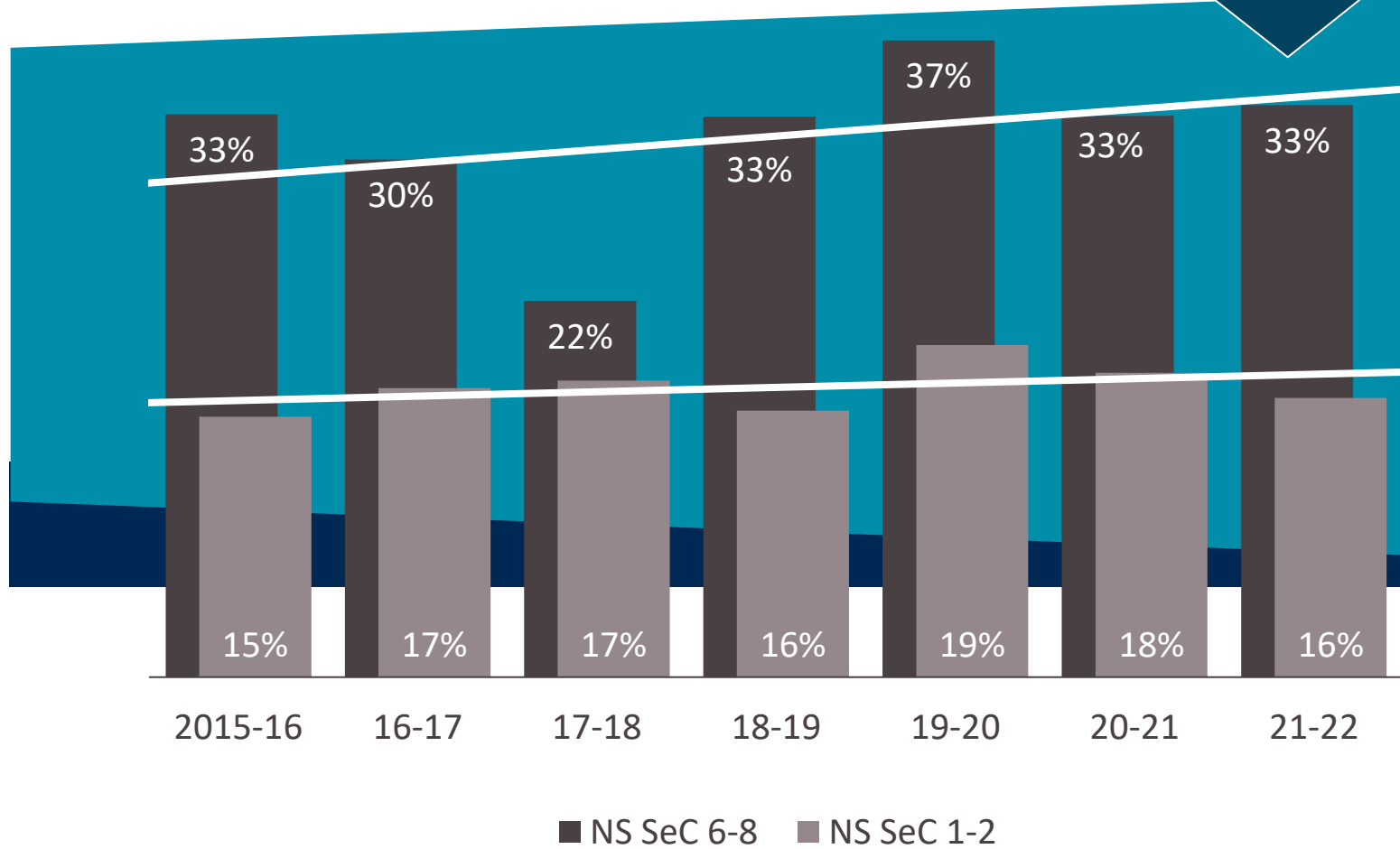
Adults in our **least affluent** households are **falling further behind**

33%
30%
22%
33%
37%
33%
33%

15%
17%
17%
16%
19%
18%
16%

2015-16 | 16-17 | 17-18 | 18-19 | 19-20 | 20-21 | 21-22

■ NS SeC 6-8   ■ NS SeC 1-2

Data is for: Derby City
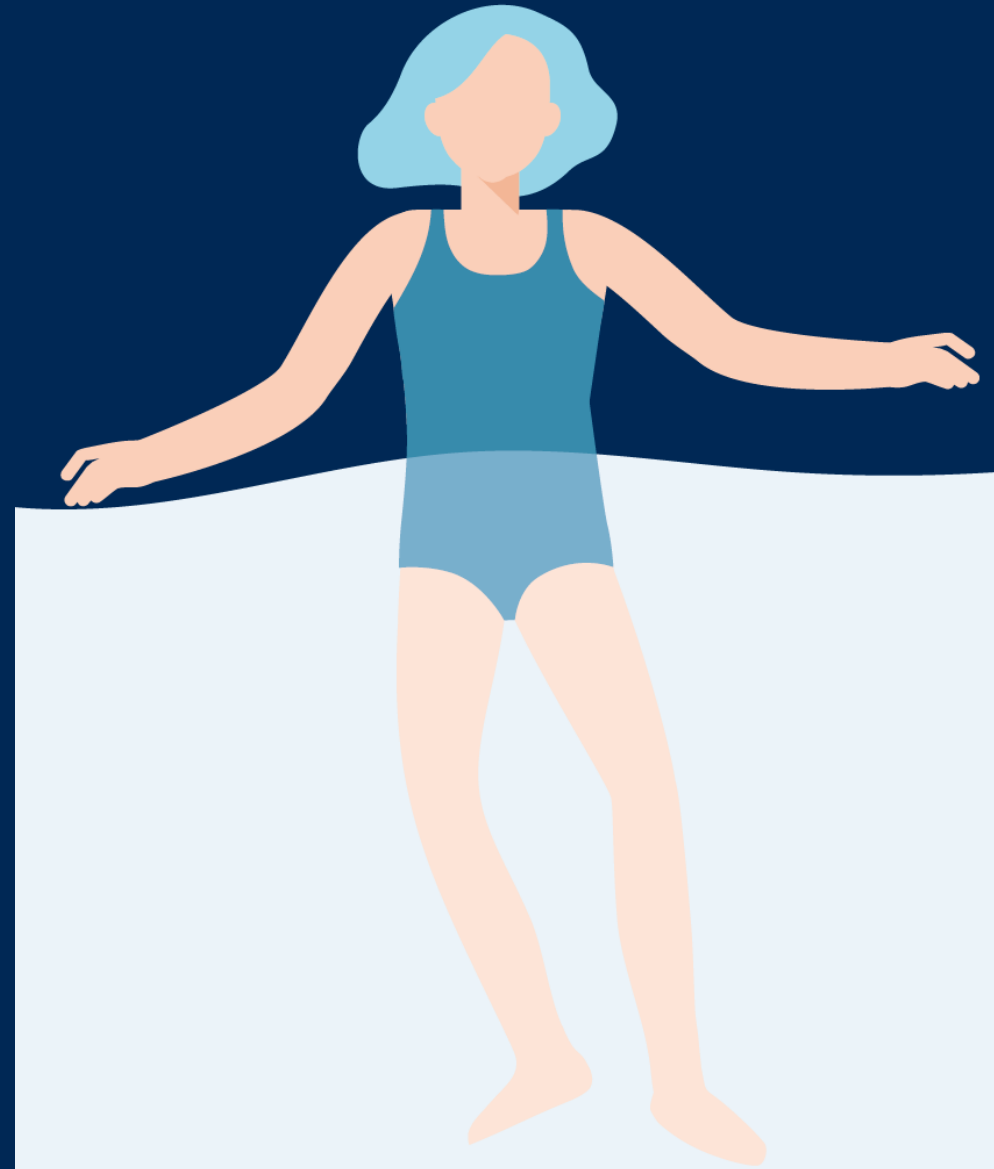
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Inactivity peaked in the early pandemic for adults with a **limiting illness or disability** and remains high

There is a stark inequality between adults with and without a limiting illness or disability

Limiting illness: 30% 41% 34% 33% 55% 47% 47%

No limiting illness: 20% 22% 19% 23% 26% 22% 22%

2015-16   18-19   21-22

Limiting illness   No limiting illness

Data is for: Derby City

Source: Sport England Active Lives Survey 15-16 to 21-22 (16+)
Measure: Physical activity levels (excluding gardening)
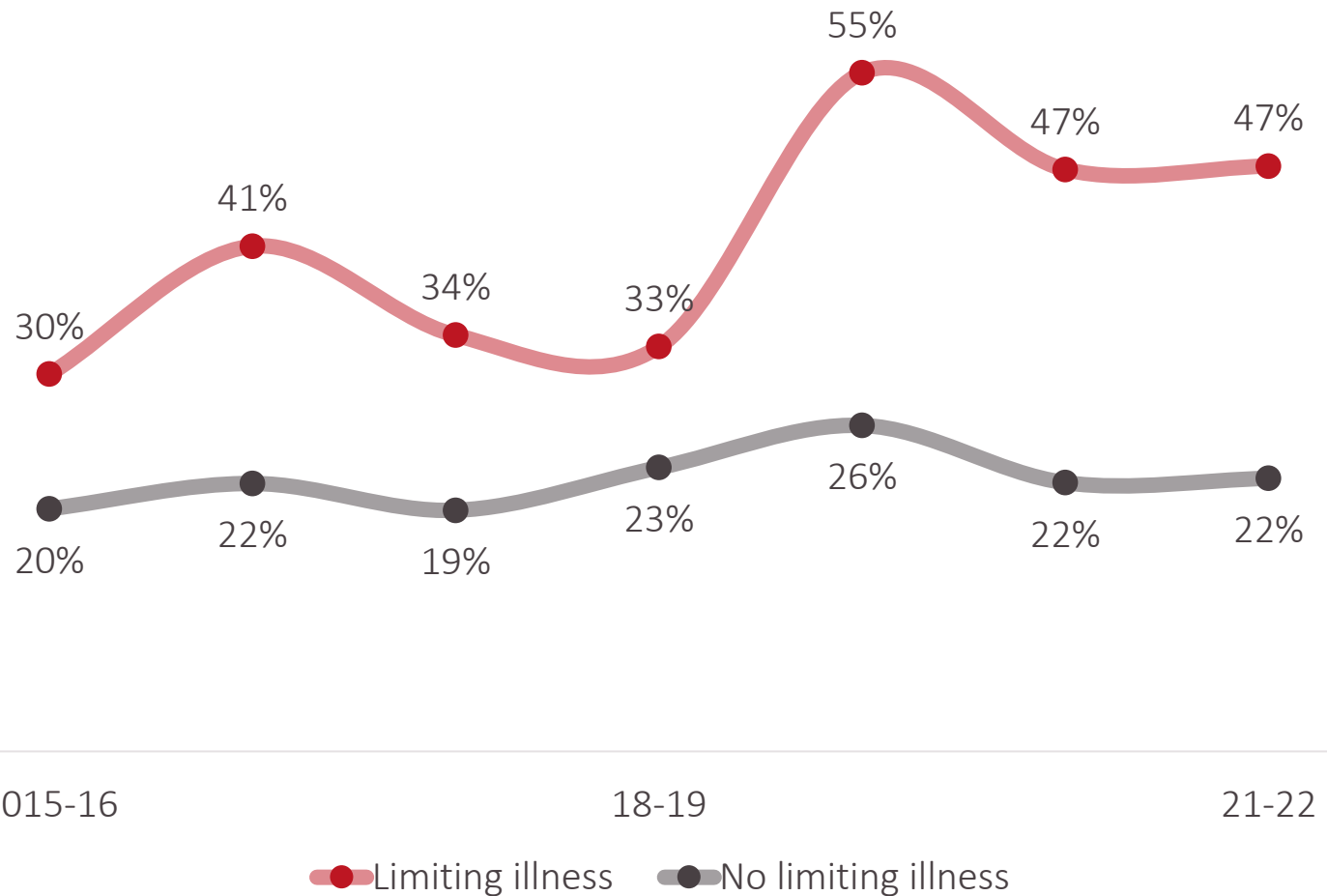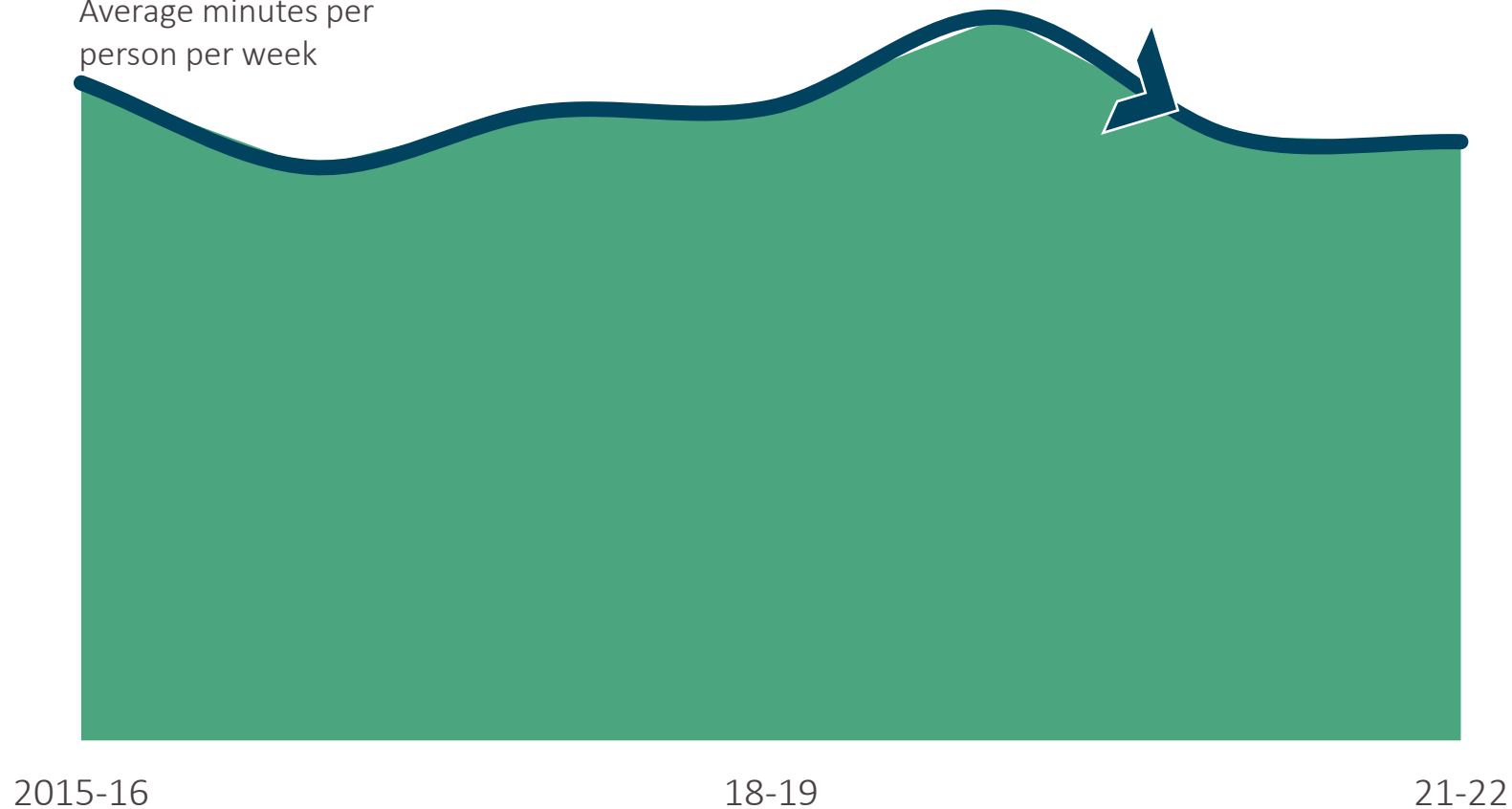
How do we get our minutes?

The amount of **time** we spend **being active has decreased** since the early pandemic

Average minutes per person per week

2015-16   18-19   21-22
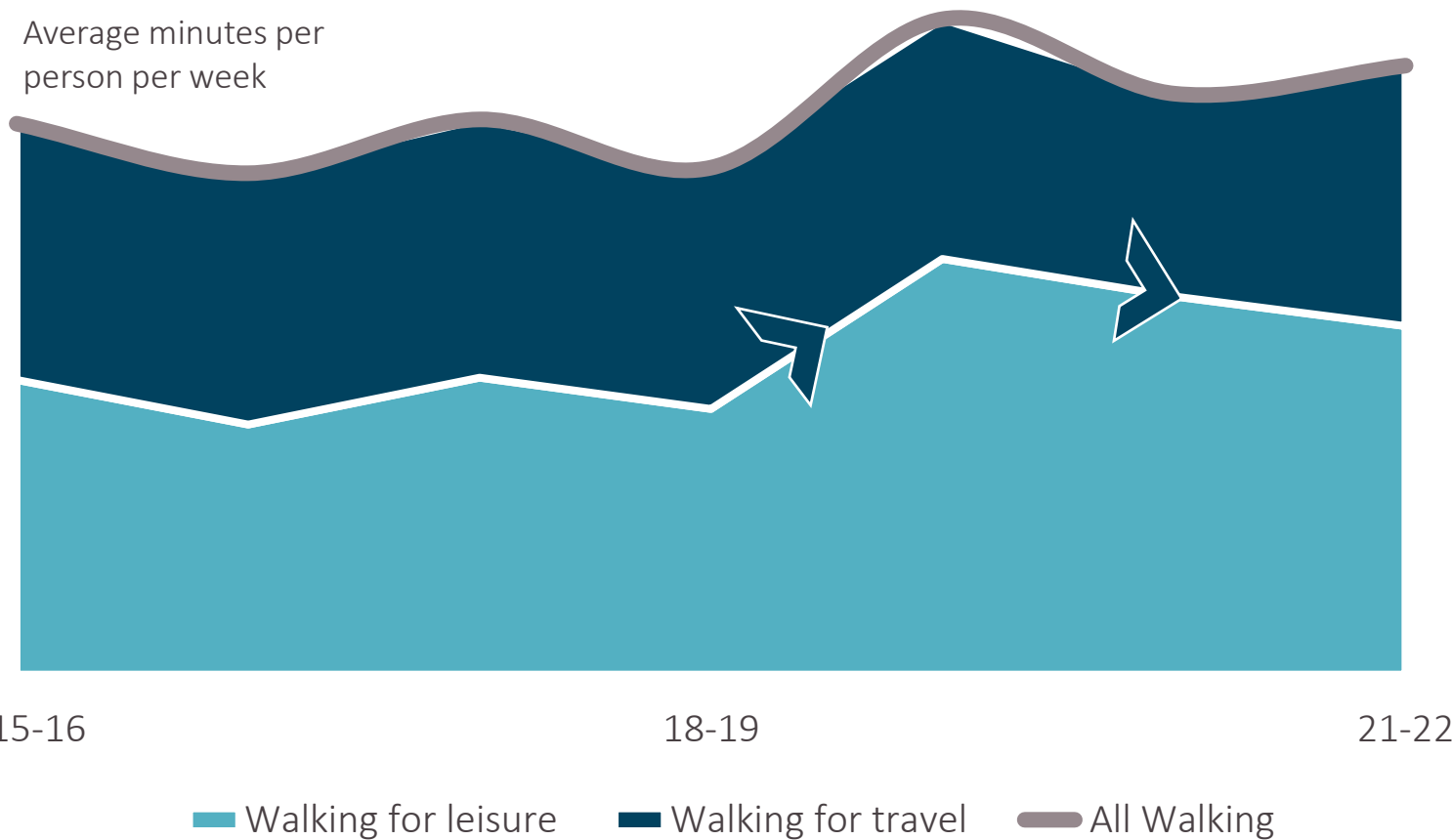
Total minutes includes all activities:

Sport, fitness, dancing, gardening, cycling and walking for leisure or travel

Minutes from traditional sport have returned to pre-pandemic levels

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Overall, the amount of **time** we spend **walking is high**

Average minutes per person per week

2015-16   18-19   21-22

— Walking for leisure   — Walking for travel   — All Walking

Data is for: Derby City

Walking just 4,000 steps a day can cut the risk of dying from any cause

Each additional 1,000 steps are associated with a further 15% reduction in risk
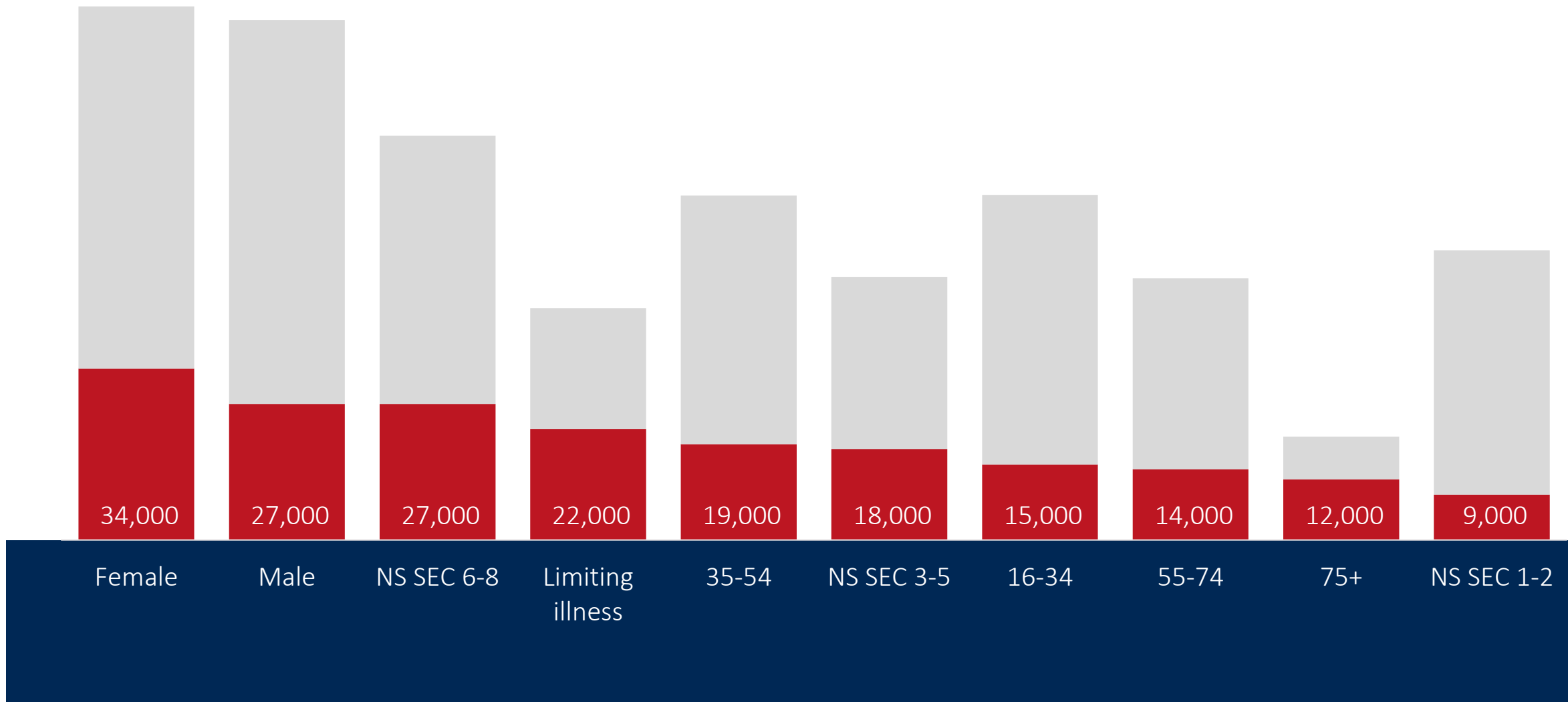
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Appendix

Adult population breakdown

Census provides **an insight into the demographic makeup** in our area compared to England

	Derby	England
No limiting illness	78.2%	80.2%
Limiting illness	21.8%	19.8%
16-34 years	26.2%	24.2%
35-54 years	26.2%	26.4%
55-74 years	19.9%	22.4%
75+ years	7.8%	8.6%
NS SeC 1-2	27.7%	33.2%
NS SeC 3-5	25.1%	27.4%
NS SeC 6-8	38.2%	31.8%
Asian	14.5%	9.0%
Black	3.9%	3.9%
Mixed	2.4%	2.0%
White British	68.9%	75.1%
White Other	7.7%	7.9%
Working full or part time	54.9%	57.0%
Not working	35.5%	34.3%

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Inactive population by demographic group

Female 34,000 · Male 27,000 · NS SEC 6-8 27,000 · Limiting illness 22,000 · 35-54 19,000 · NS SEC 3-5 18,000 · 16-34 15,000 · 55-74 14,000 · 75+ 12,000 · NS SEC 1-2 9,000

Data is for: Derby City

Source: Sport England Active Lives Survey 21-22 (16+)
Measure: Physical activity levels (excluding gardening)
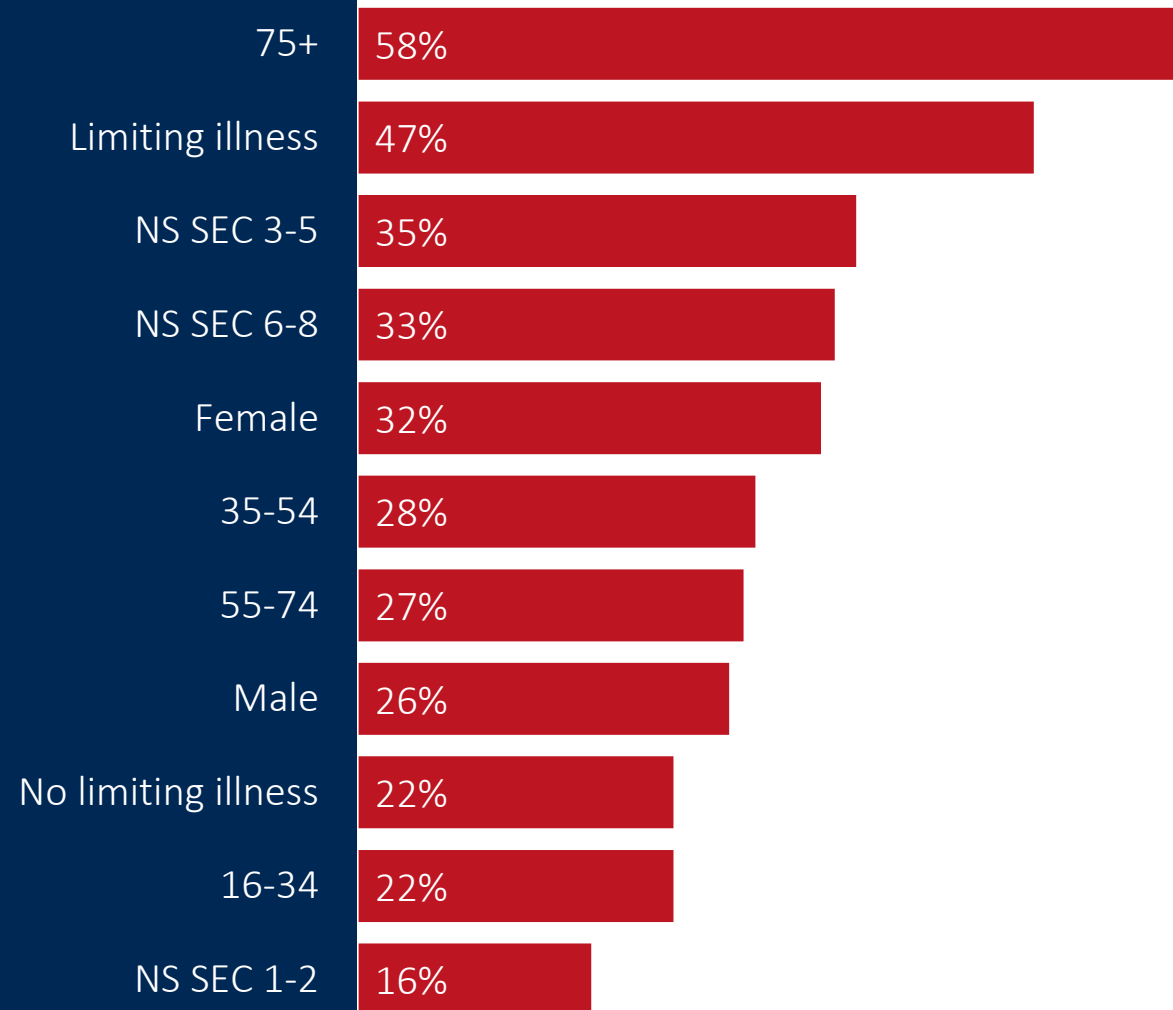
Most inactive people do nothing

Category	Nothing	Light only	1-29 mins
75+	34%		
Limiting illness	36%		
NS SEC 3-5	23%		
NS SEC 6-8	26%		
Female	22%		
35-54	19%		
55-74	18%		
Male	17%		
No limiting illness	14%		
16-34	16%		
NS SEC 1-2	10%		

Legend: Nothing, Light only, 1-29 mins