



# An insight into adult physical activity behaviour in Derbyshire County

September 2023

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

660,000

290,000

40,000

16+

population

55+

population

Minority  
ethnic  
groups

4%

increase\*

18%

increase

53%

increase

# 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

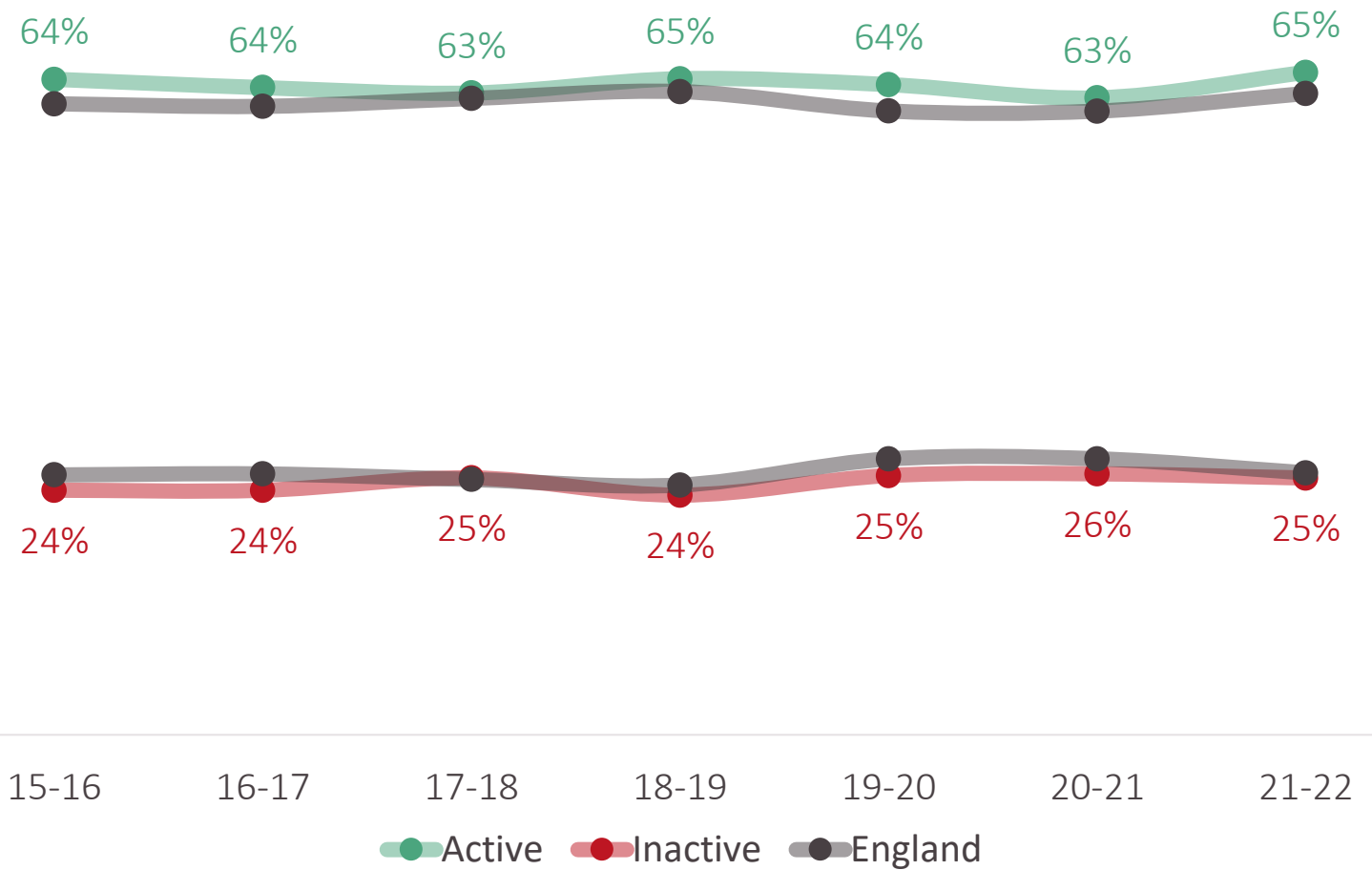
By **active**, we mean those that are doing **150+ minutes** of physical activity a week



# 1 in 4 adults experience inactivity



Data is for: Derbyshire County





Currently, 25% of  
adults are inactive

That's  
**166,000**  
people

Data is for: Derbyshire County



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

**106,000**  
adults do  
**no activity at all**  
(16%)

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

Missing the  
intensity



8%

Not active for  
long enough



1%

# Some people are more likely to experience inactivity than others

## Age

Inactivity fluctuates throughout our lives and increases sharply from age 70

## Social Status

Inactivity is high for the **least affluent (NS SeC 6-8)** and trends appear to show no improvement

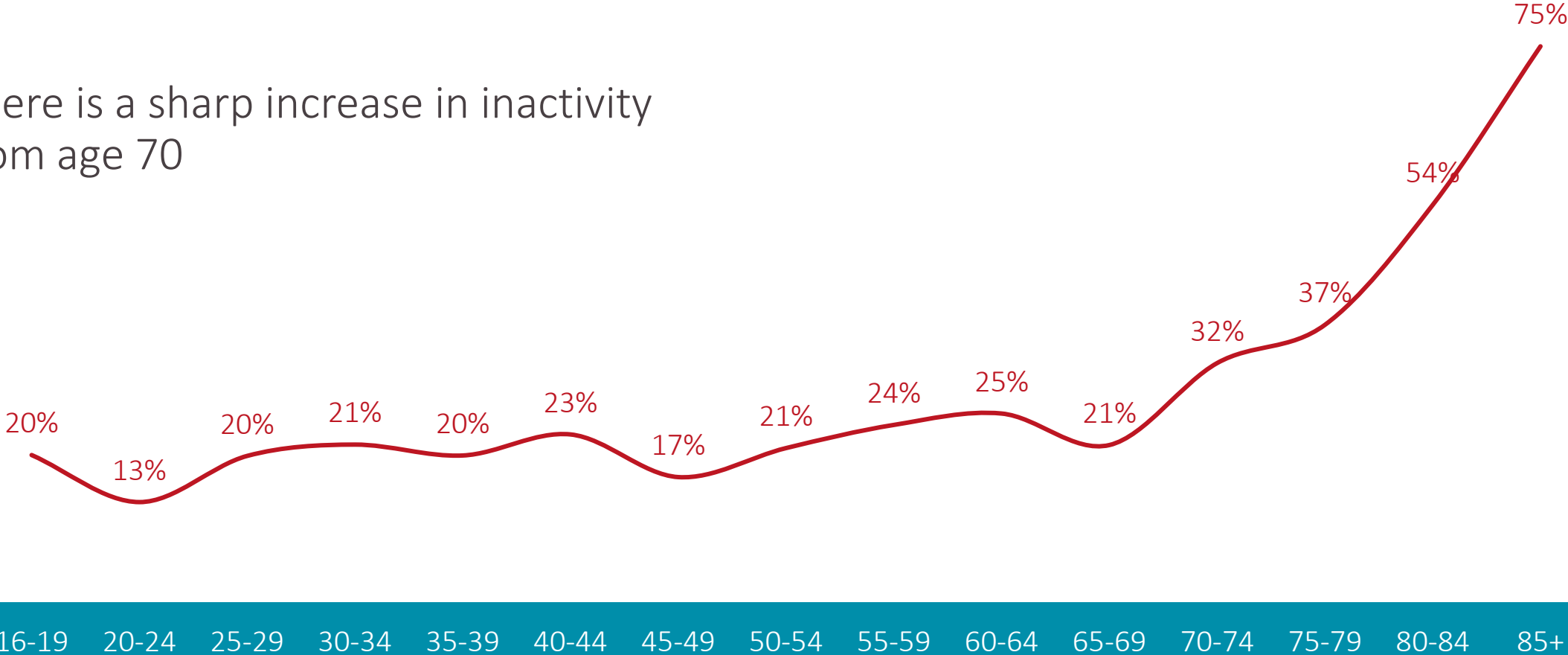
## Limiting illness

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



# Inactivity fluctuates throughout our lives

There is a sharp increase in inactivity from age 70



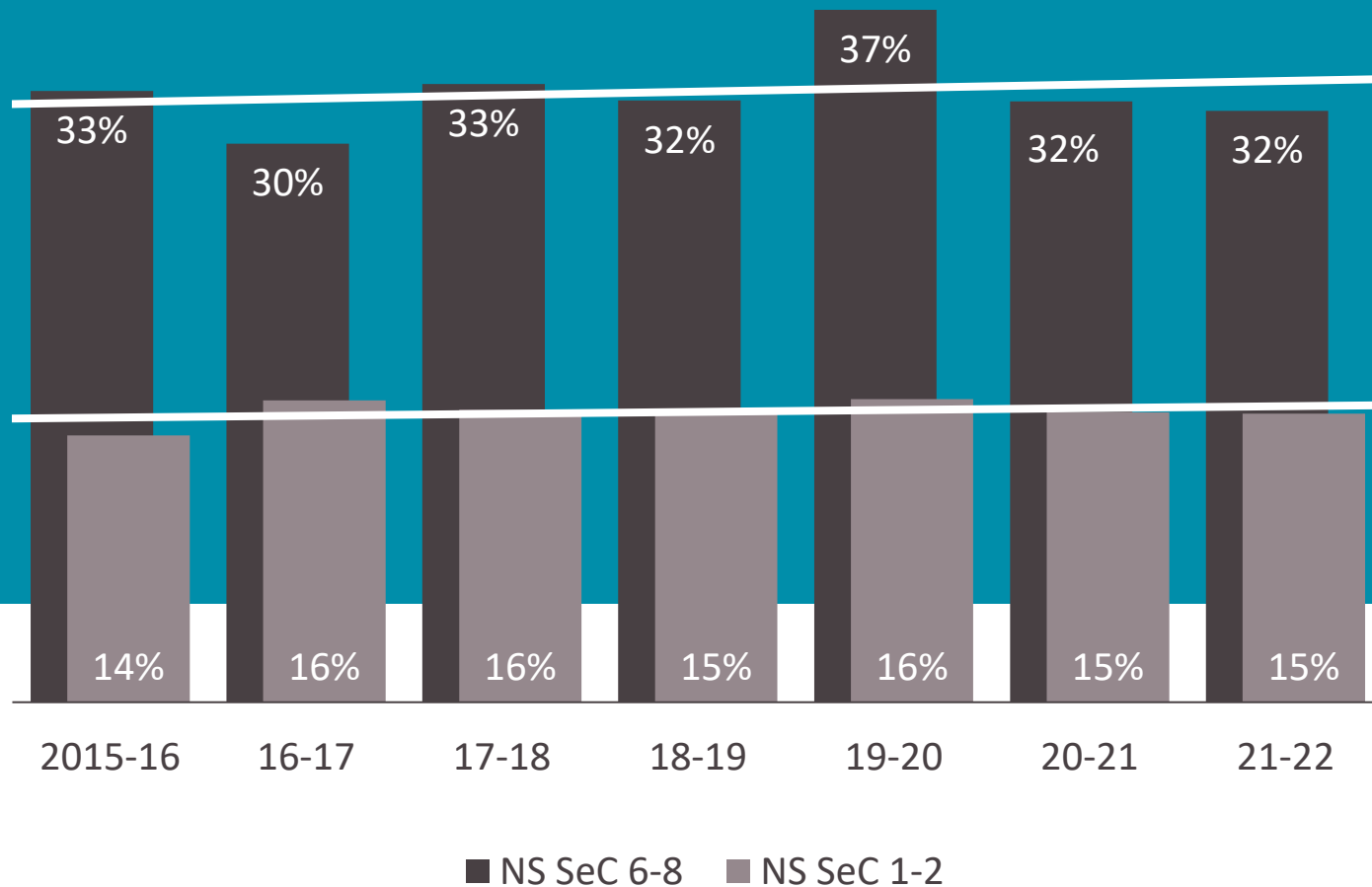
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Source: Sport England Active Lives Survey 21-22 (16+)  
Measure: Physical activity levels (excluding gardening)



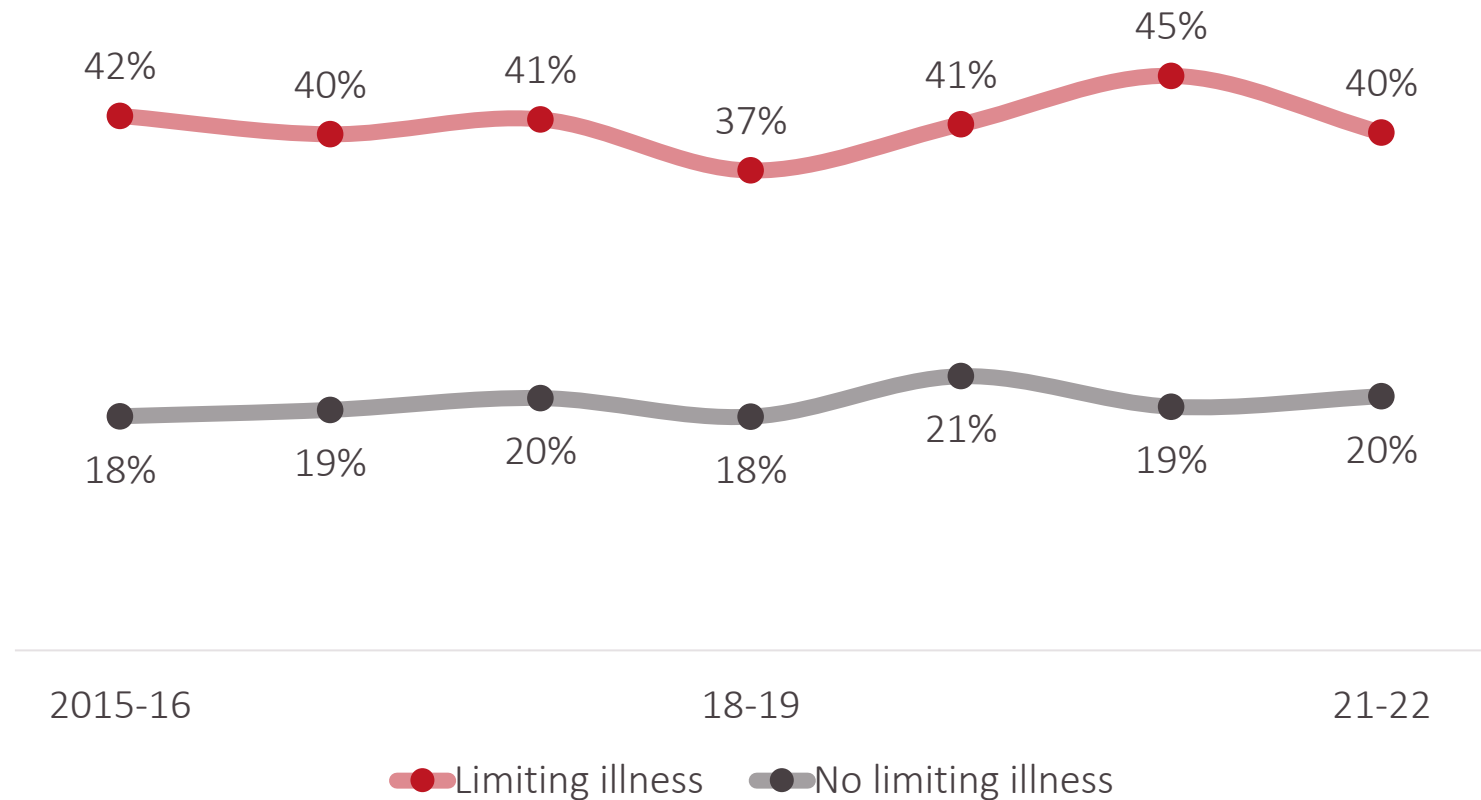
# Inactivity in the **least affluent** households **remains high** (NS SeC 6-8)



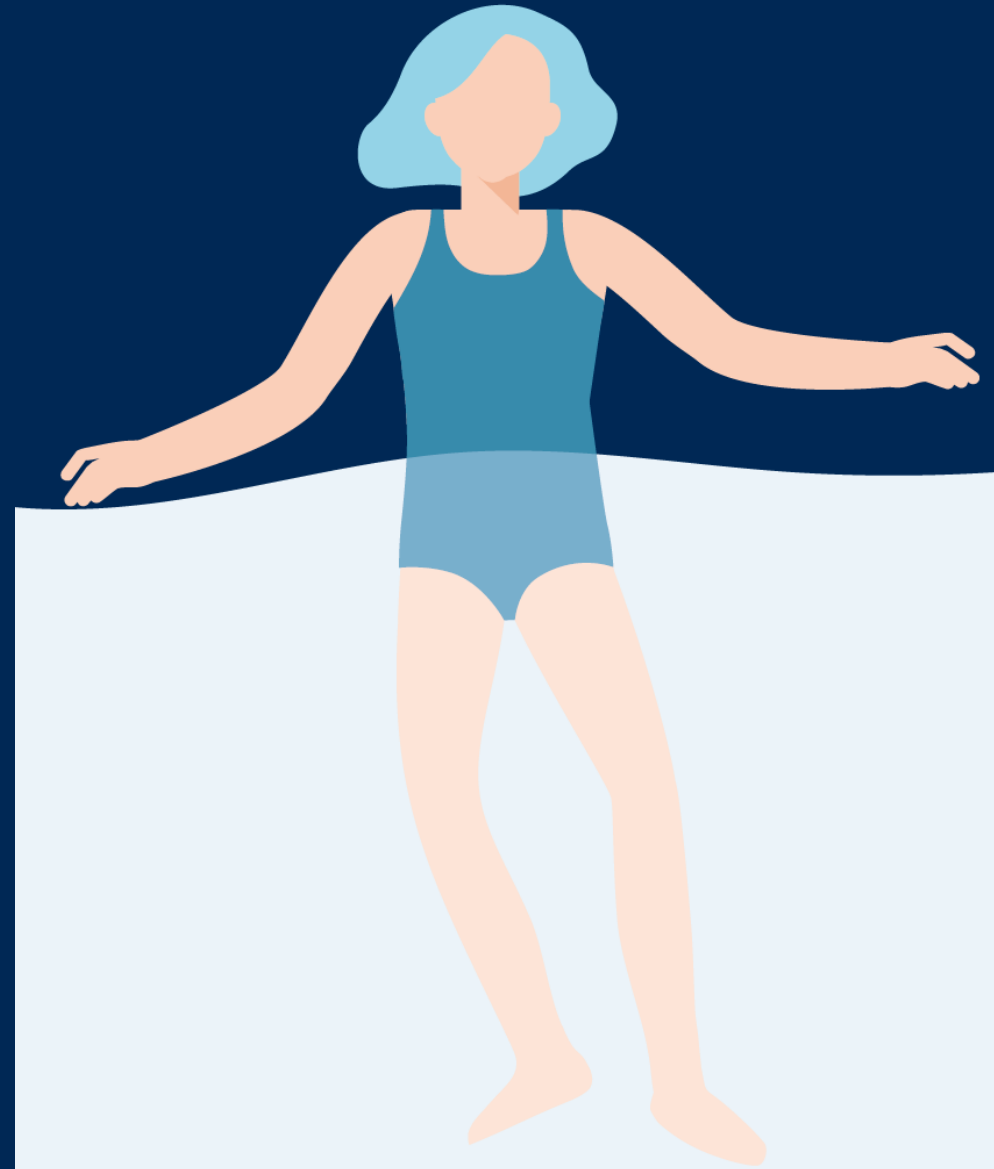
There is a stark inequality between our least and most affluent households

Inactivity peaked for adults with a **limiting illness** during the pandemic but has improved

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



How do we  
get our  
minutes?



# The amount of **time** we spend **being active** has risen since the pandemic

Average minutes per person per week



2015-16

18-19

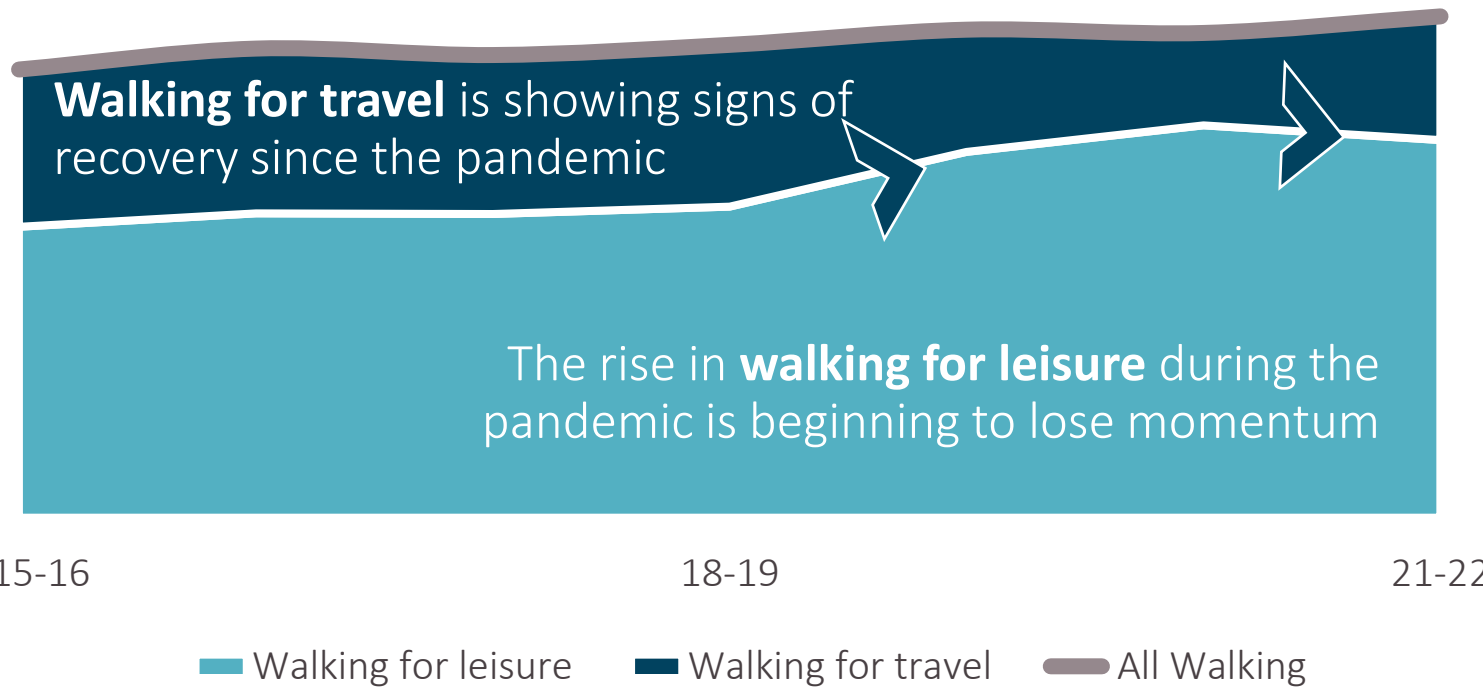
21-22

Total minutes includes all activities:

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

# Overall, the amount of **time** we spend **walking is at an all-time high**

Average minutes per person per week



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

Source: European Journal of Preventive Cardiology, The association between daily step count and all-cause and cardiovascular mortality, August 2023

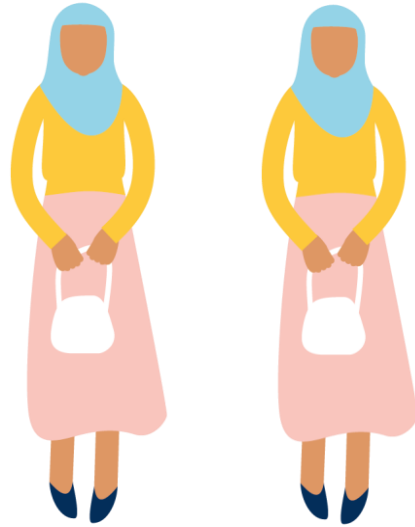
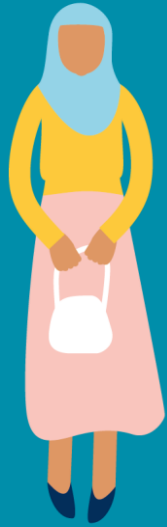
Data is for: Derbyshire County



Source: Sport England Active Lives Survey 15-16 to 21-22 (16+)  
Measure: Minutes of physical activity per week, walking for leisure and travel

# Differences across our places

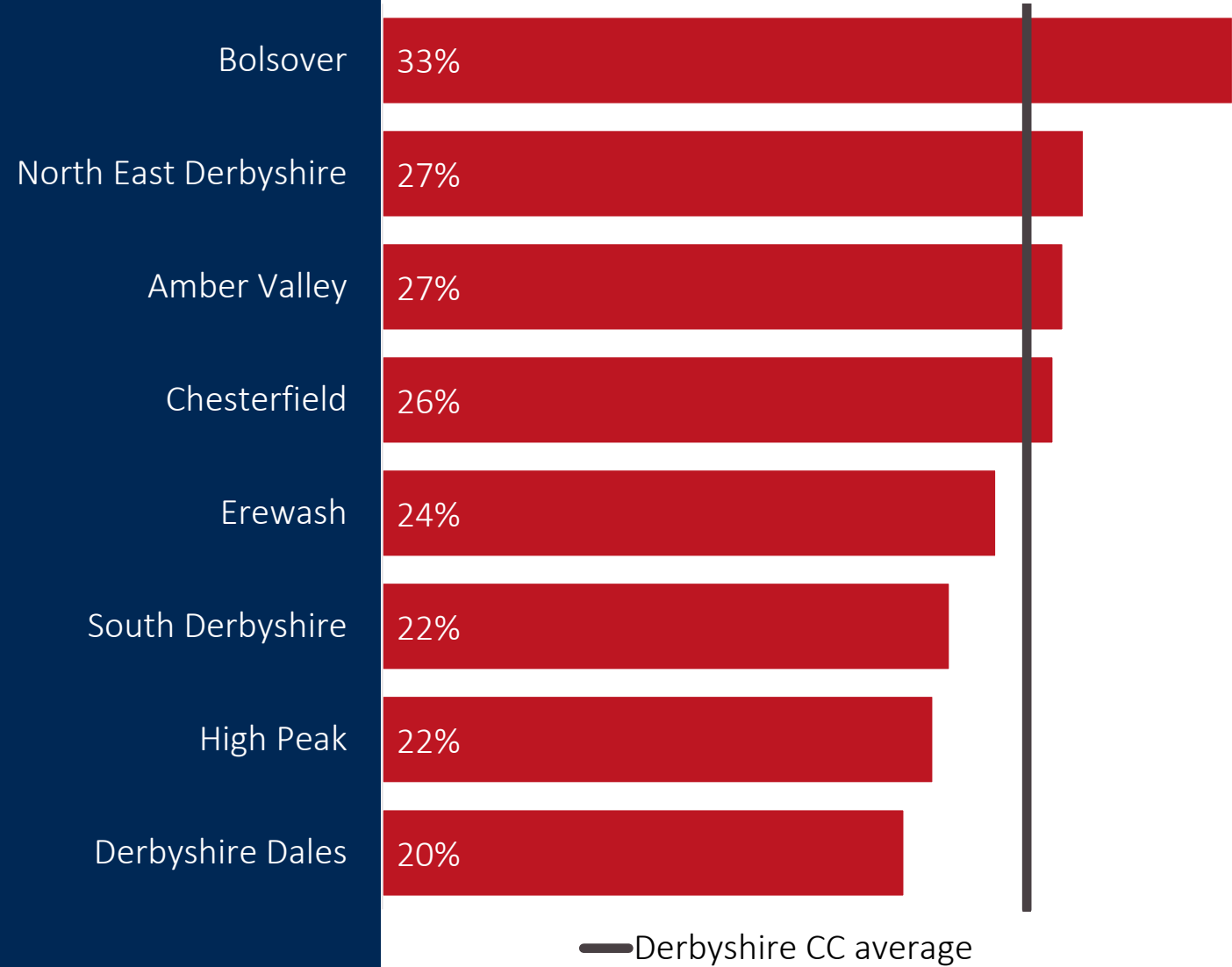




Currently, **1 in 3** adults living in the poorest neighbourhoods are inactive (30%)

Compared to 1 in 5 adults living in the wealthiest neighbourhoods (22%)

Some of our areas are more likely to experience inactivity than others





# Appendix

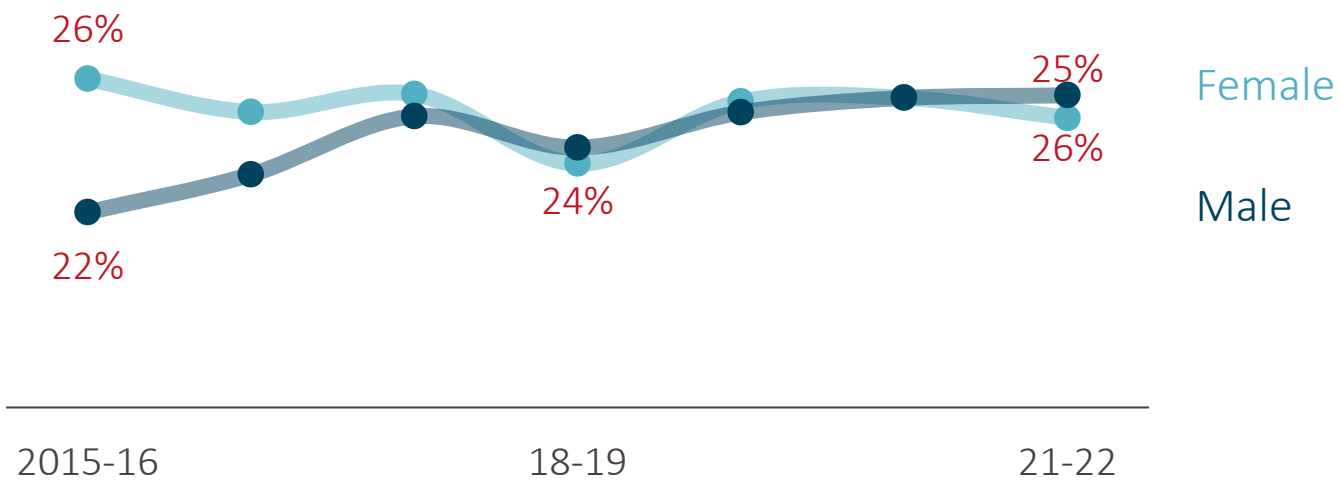


# Adult population breakdown

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

	Derbyshire CC	England
No limiting illness	77.2%	80.2%
Limiting illness	22.8%	19.8%
16-34 years	20.5%	24.2%
35-54 years	25.9%	26.4%
55-74 years	26.5%	22.4%
75+ years	10.1%	8.6%
NS SeC 1-2	31.9%	33.2%
NS SeC 3-5	29.0%	27.4%
NS SeC 6-8	34.7%	31.8%
Asian	1.4%	9.0%
Black	0.5%	3.9%
Mixed	0.9%	2.0%
White British	94.1%	75.1%
White Other	2.7%	7.9%
Working full or part time	57.1%	57.0%
Not working	37.6%	34.3%

# Inactivity by gender



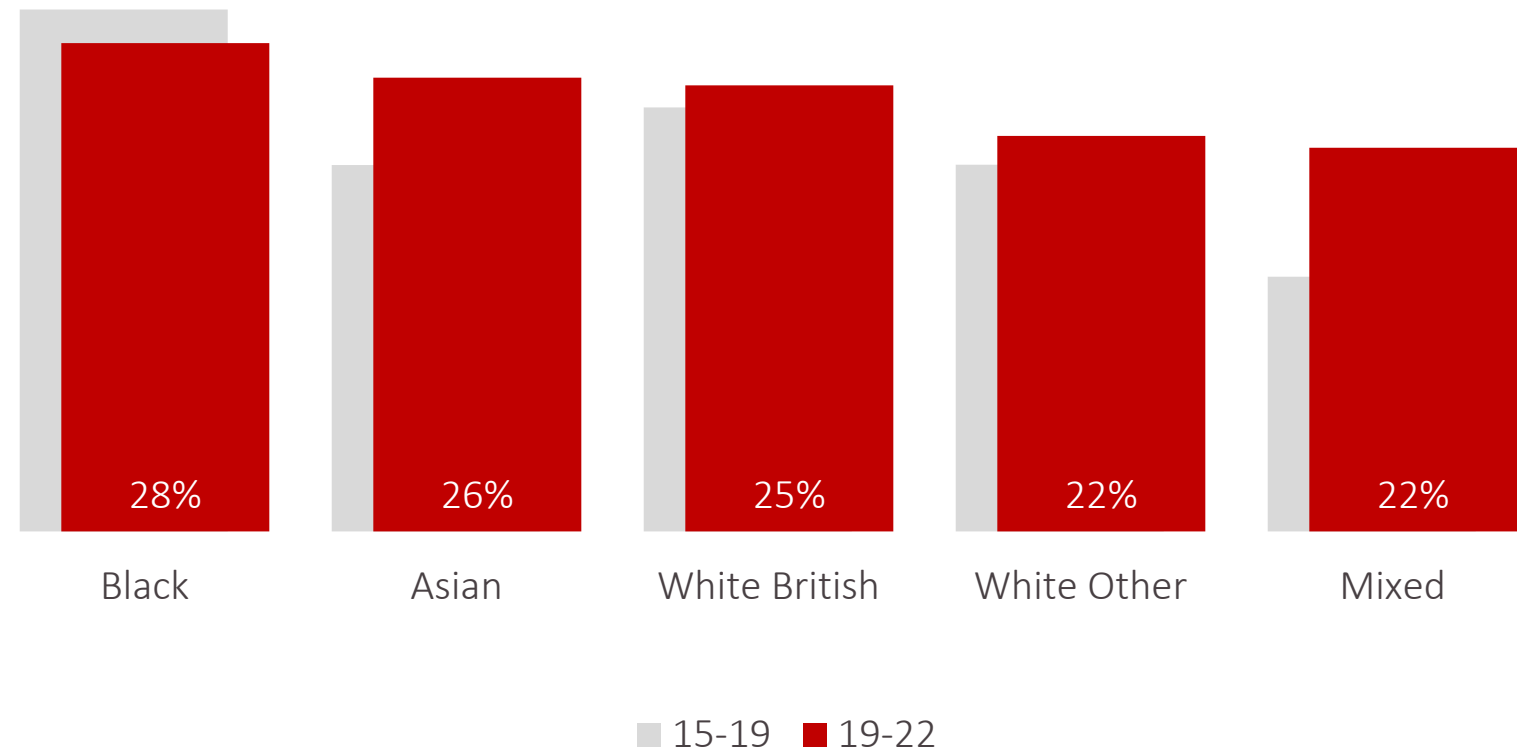
Currently,  
**84,000**  
women  
are inactive

Data is for: Derbyshire County



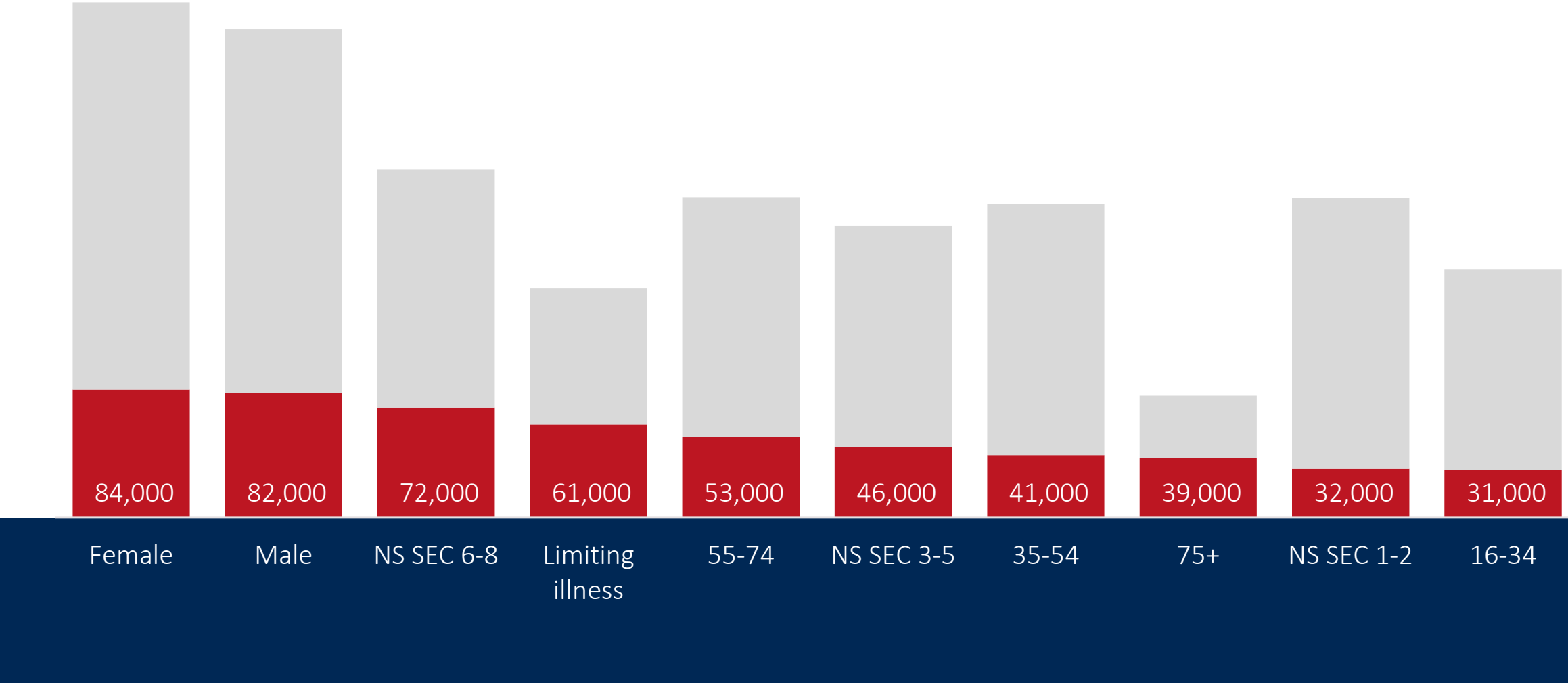
Source: Sport England Active Lives Survey 15-16 to 21-22 (16+)  
Measure: Physical activity levels (excluding gardening)

Our **Black** and **Asian communities** experience slightly higher levels of inactivity



Data is for: Derbyshire County

# Inactive population by demographic group

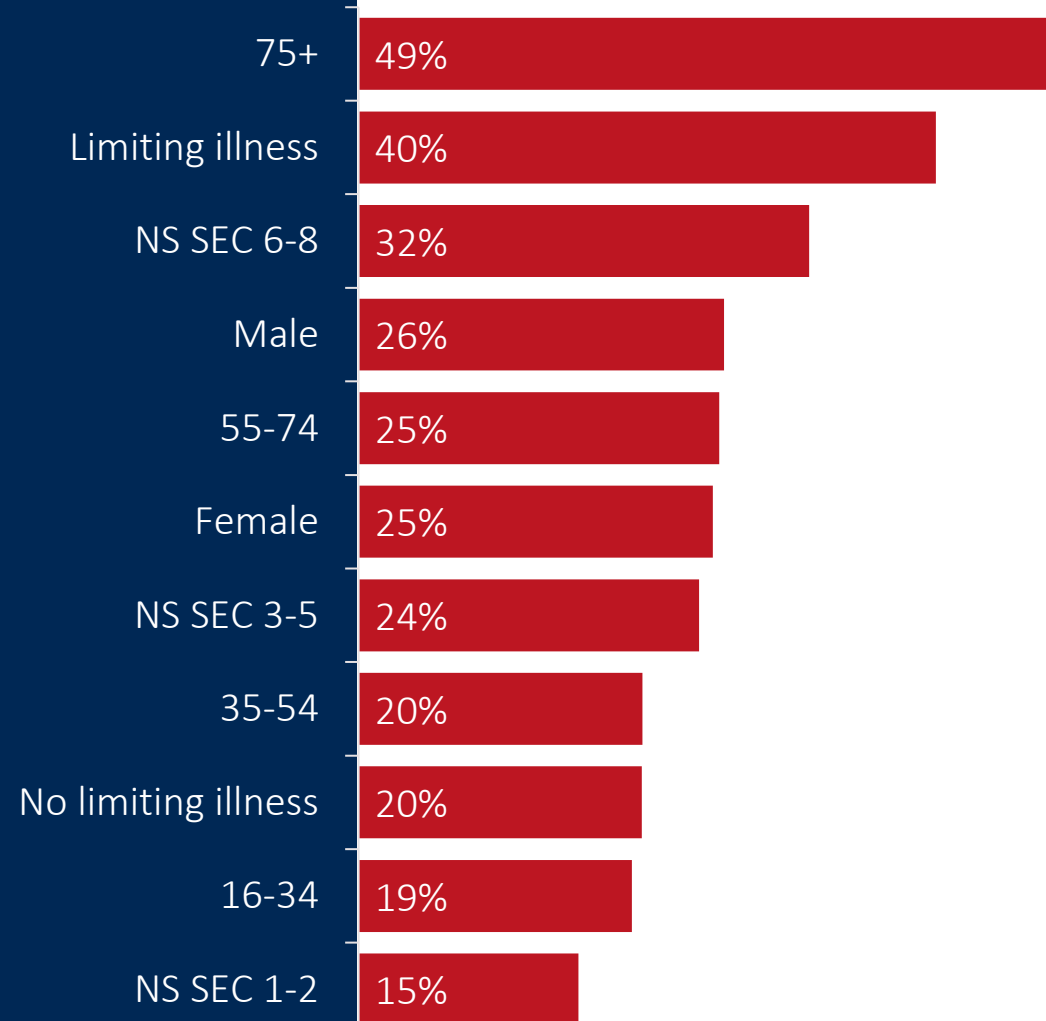


Data is for: Derbyshire County



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

There are some **stark inequalities** in inactivity rates amongst our population

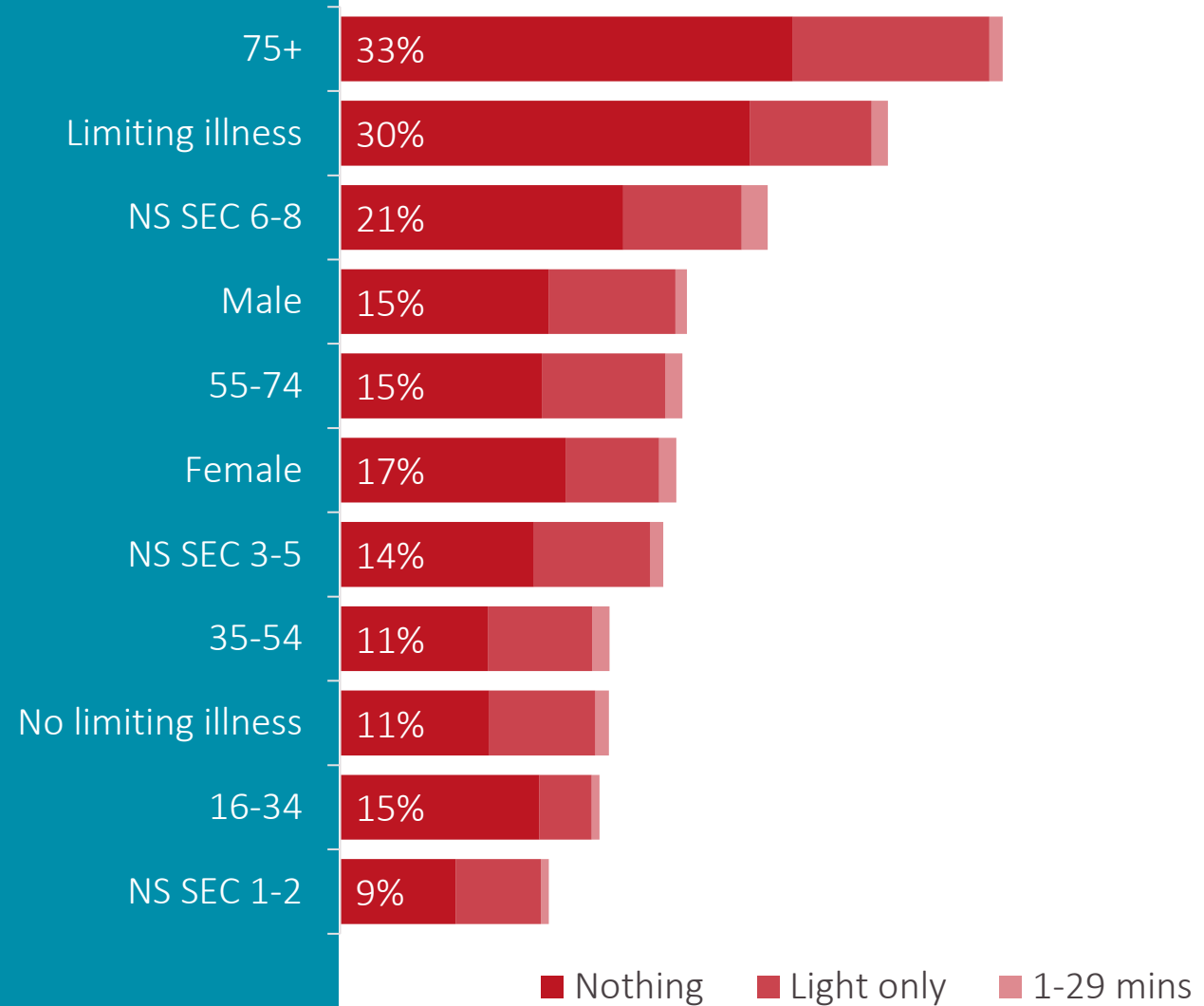


Data is for: Derbyshire County



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

# Most inactive people do nothing



Data is for: Derbyshire County