



An insight into adult physical activity behaviour in Nottingham City

September 2023

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

260,000

16+  
population

6%  
increase\*

70,000

55+  
population

12%  
increase

100,000

Minority  
ethnic  
groups

31%  
increase

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

The measures we use are **inactive** and **active**:

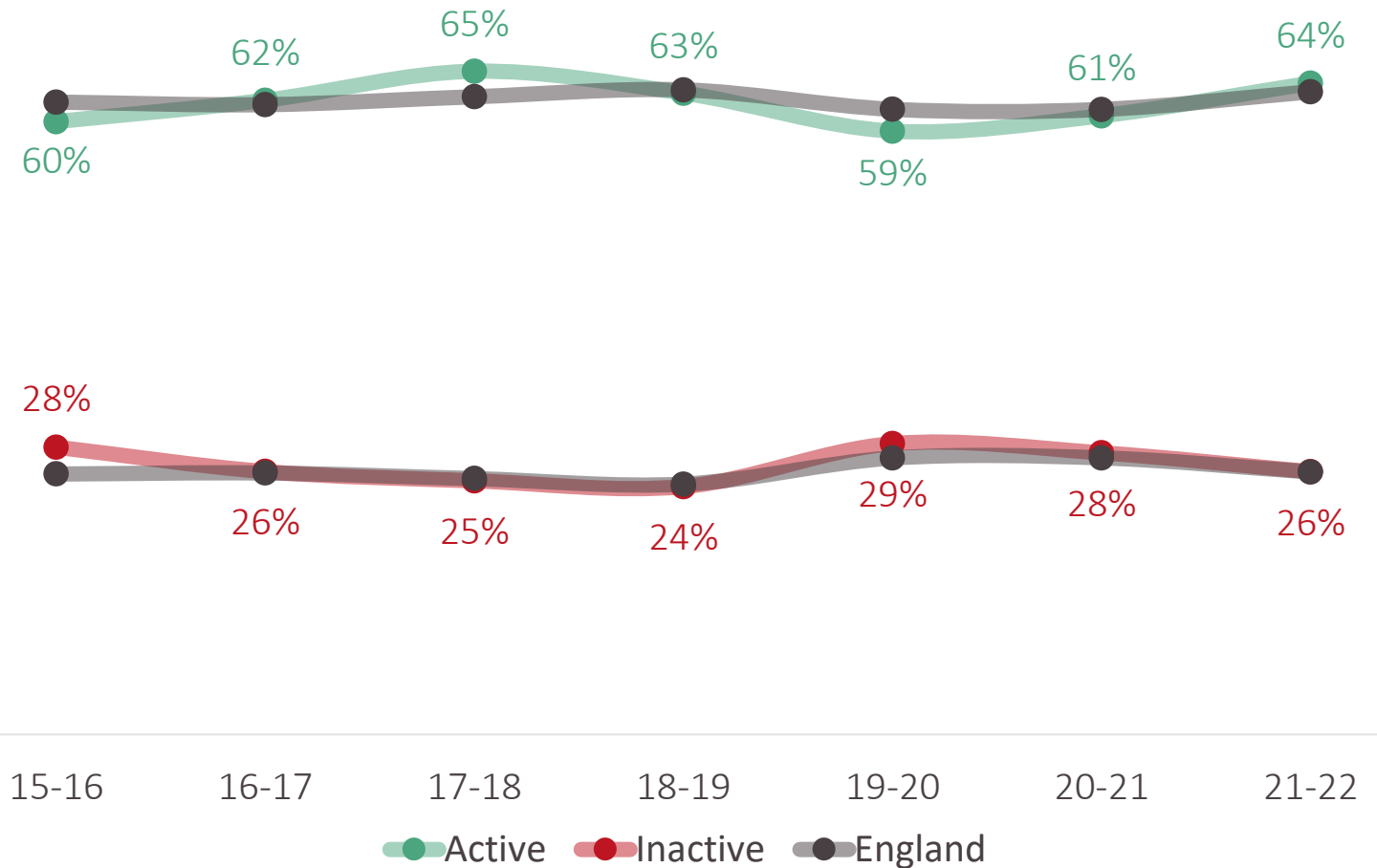
By **inactive**, we mean those that are doing **less than 30 minutes** of physical activity a week

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



**Inactivity** within our community is **recovering** from the disruption of the pandemic

**Just over 1 in 4** adults now experience **inactivity**



Data is for: Nottingham City



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



Currently, 26% of adults are inactive

That's  
**68,000**  
people

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

**46,000**  
adults do  
**no activity at all**  
(17%)

Missing the  
intensity



7%

Not active for  
long enough



1%

# Some people are more likely to experience inactivity than others

## Age

The pandemic worsened inactivity among the **over 30s** and improvement has been limited since

## Social status

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

## Limiting illness

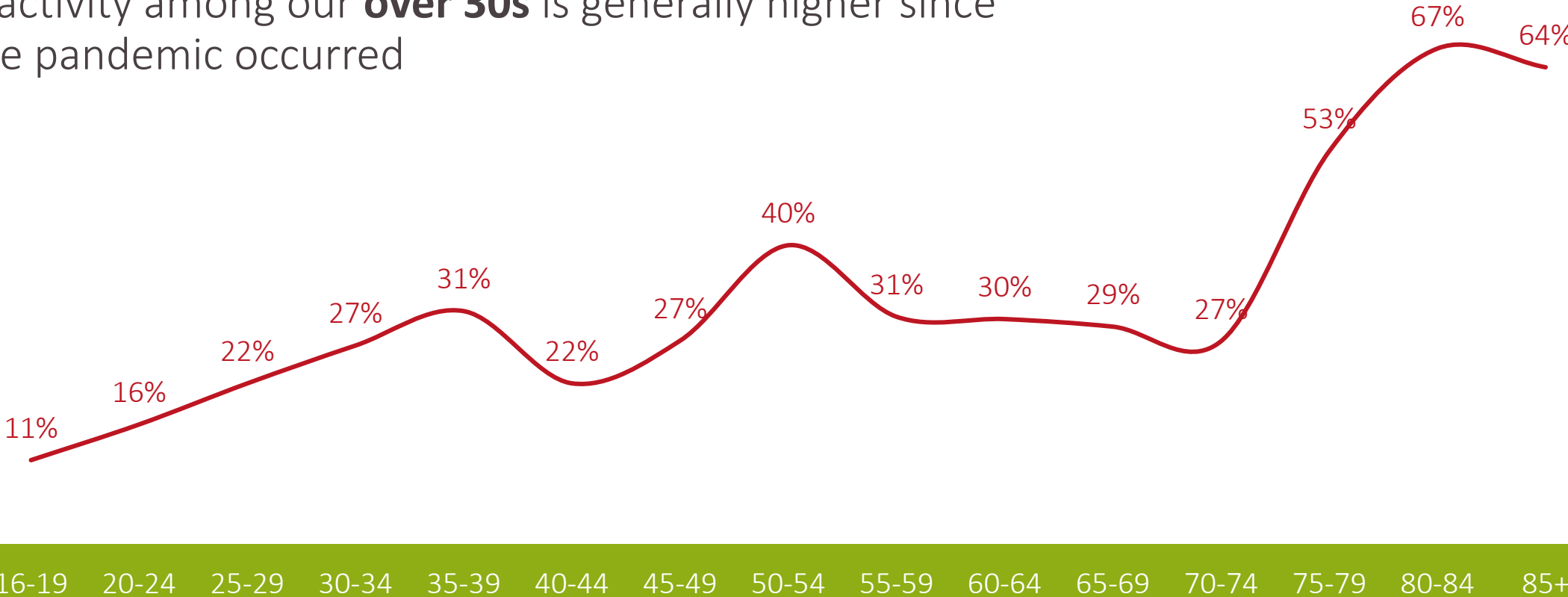
Inactivity levels are higher for **people with a limiting illness or disability**

## Ethnicity

The pandemic had a disproportionate effect on inactivity for our **Asian and Other ethnicity** communities

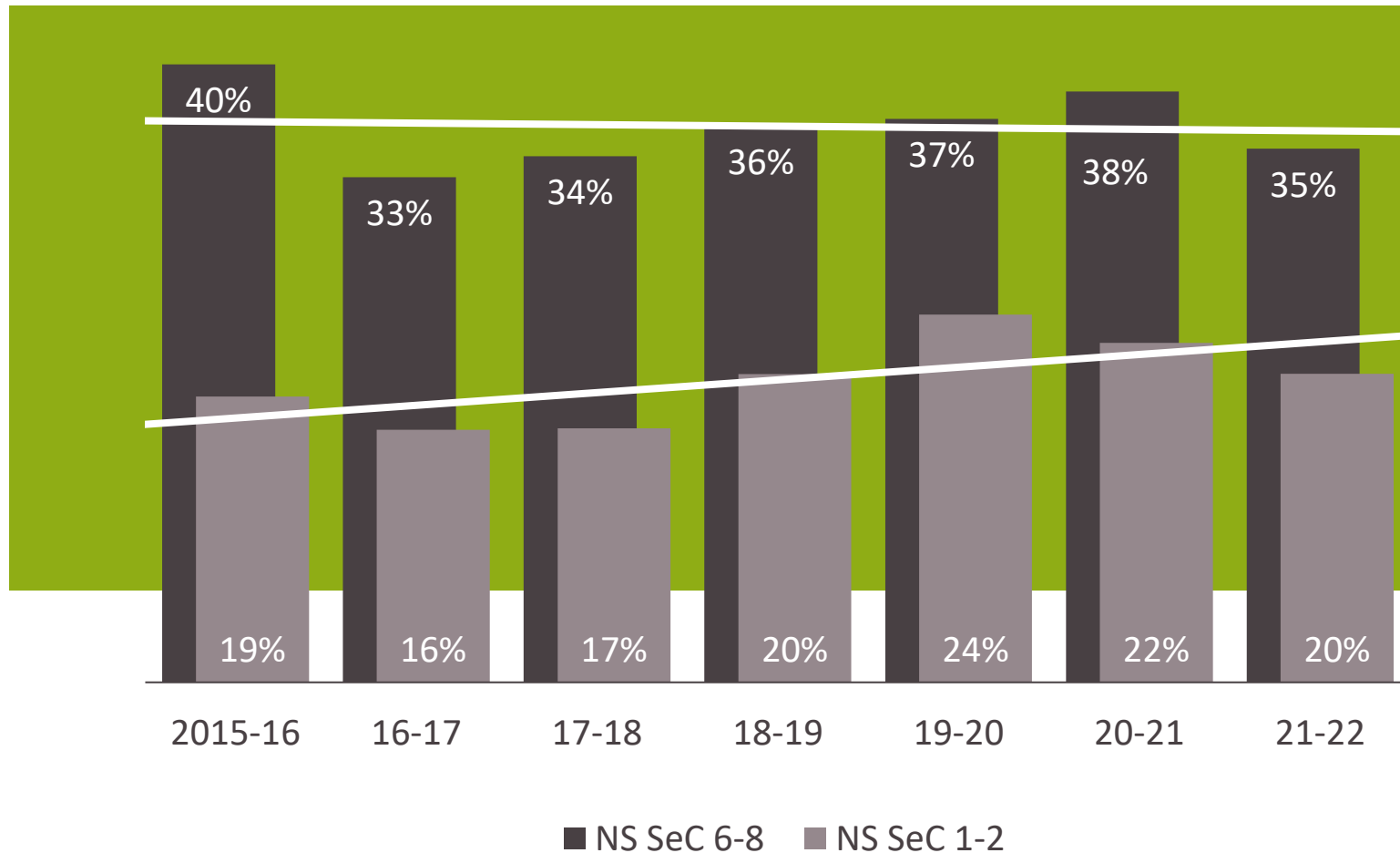
# Inactivity fluctuates throughout our lives

Inactivity among our **over 30s** is generally higher since the pandemic occurred



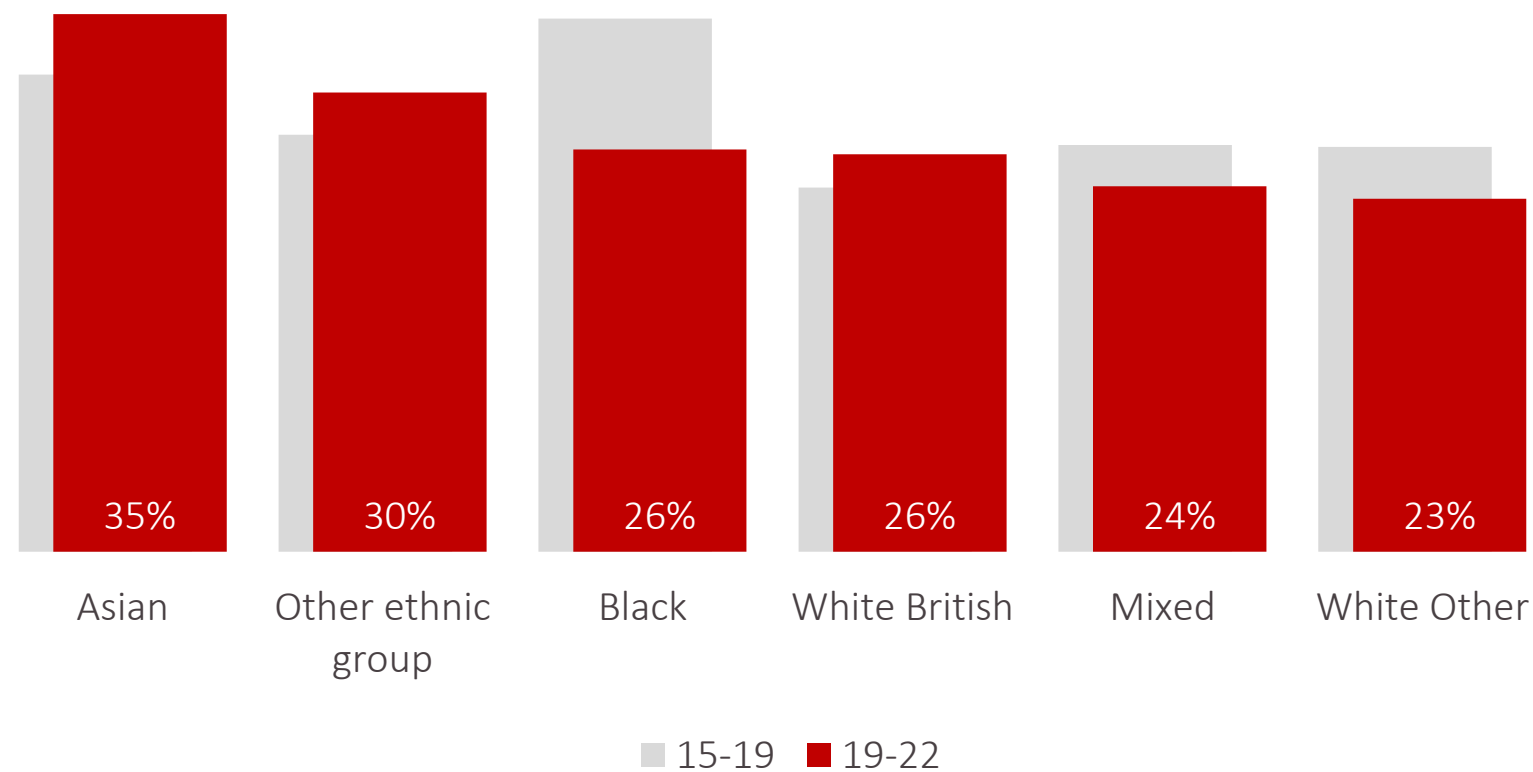


# Inactivity in the **least affluent** households **remains high** (NS SeC 6-8)



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

Our **Asian and other ethnic communities** experience higher levels of inactivity since the pandemic

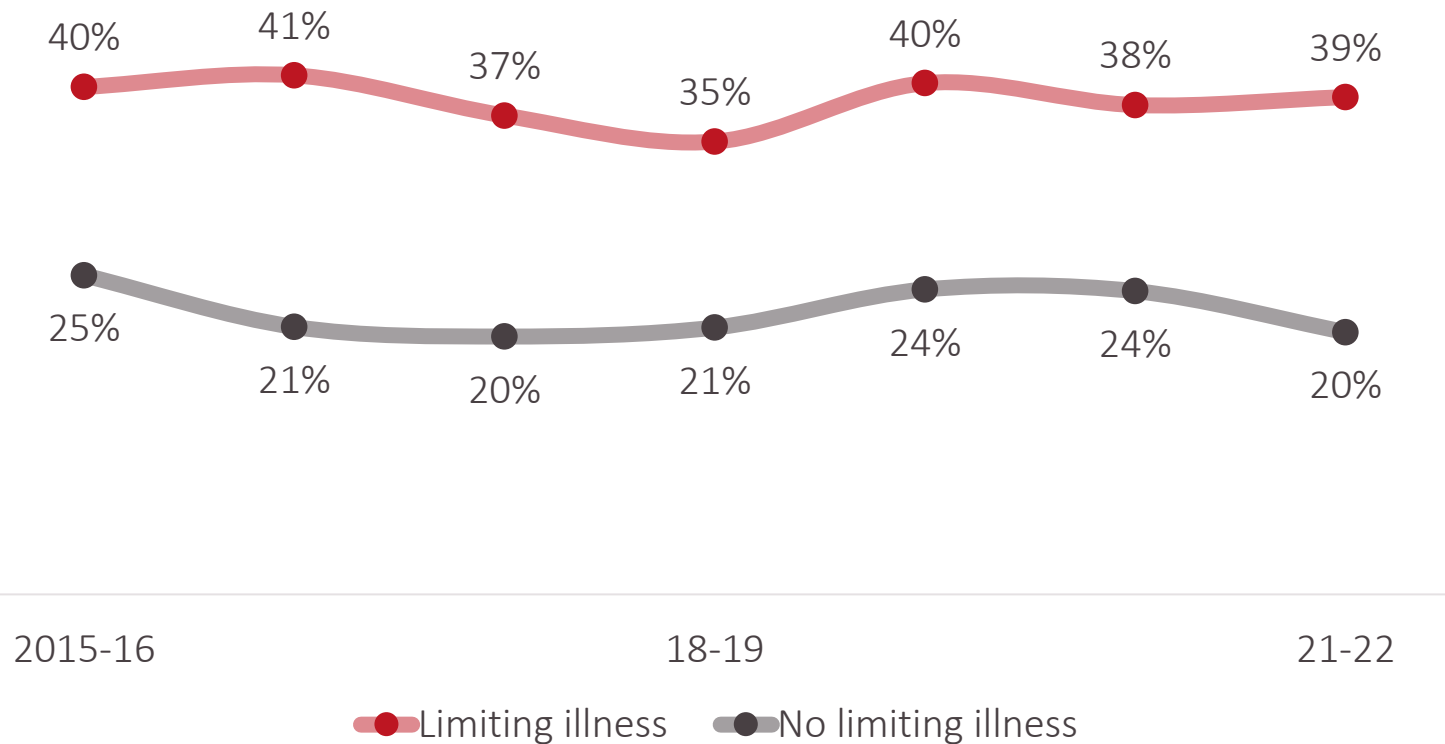


Data is for: Nottingham City



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

The pandemic disrupted the improvement in inactivity for adults with a **limiting illness or disability**



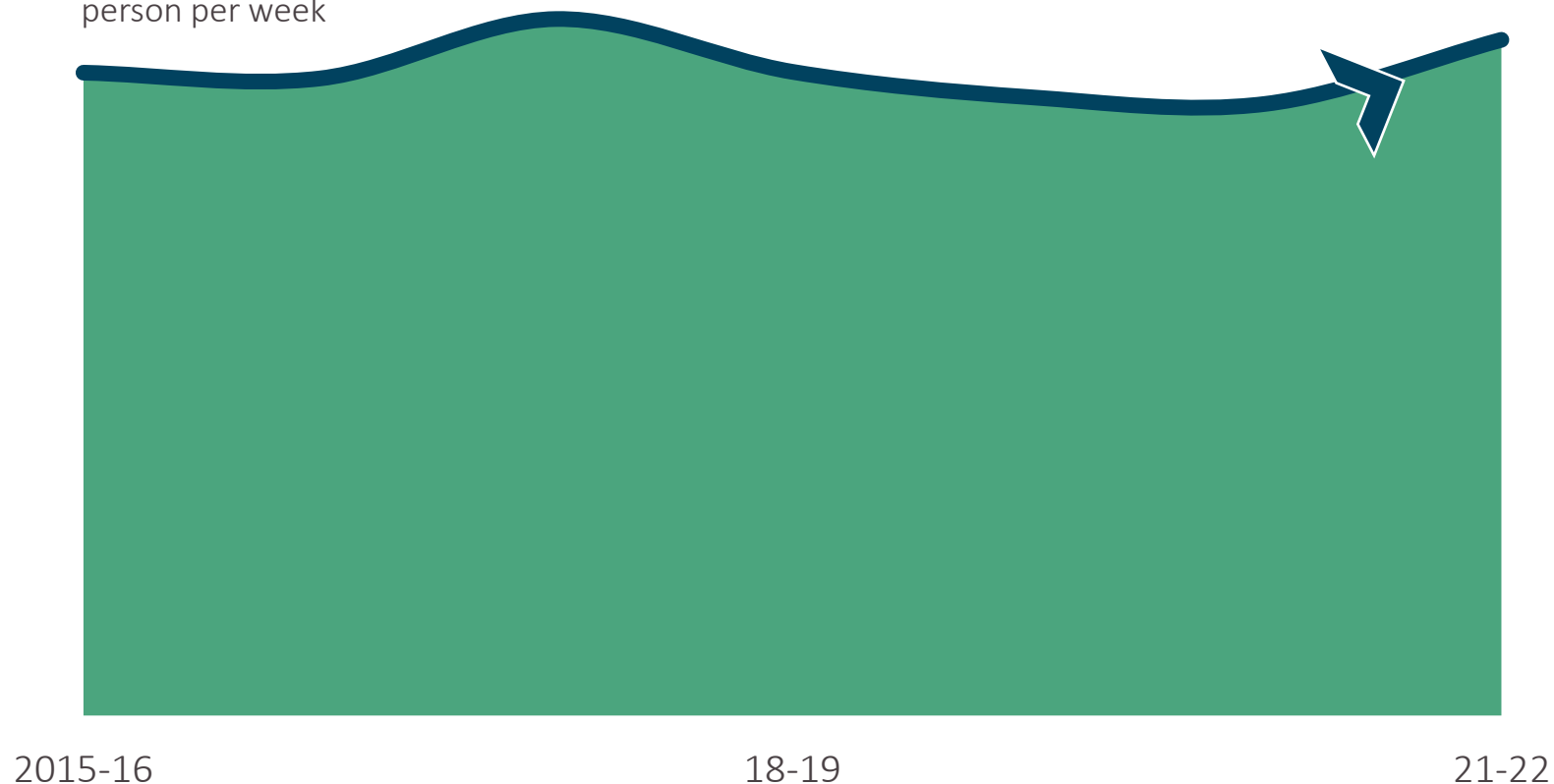
Data is for: Nottingham City



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

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

Average minutes per person per week



Total minutes includes all activities:

Traditional sport, fitness, dancing, gardening, cycling and walking for leisure or travel

**Minutes from traditional sport have returned to pre-pandemic levels**

Data is for: Nottingham City



Source: Sport England Active Lives Survey 21-22 (16+)  
Measure: Minutes of physical activity per week, all activities

How do we  
get our  
minutes?



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

Average minutes per person per week



2015-16

18-19

21-22

Walking for leisure Walking for travel All Walking

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

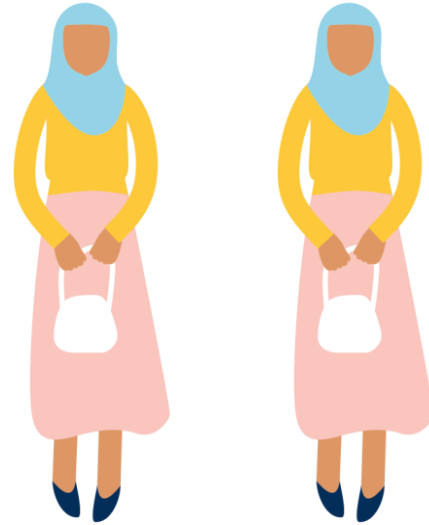
Data is for: Nottingham City



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 place





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

Compared to 1 in 5 adults living in the wealthiest neighbourhoods (20%)



# Appendix

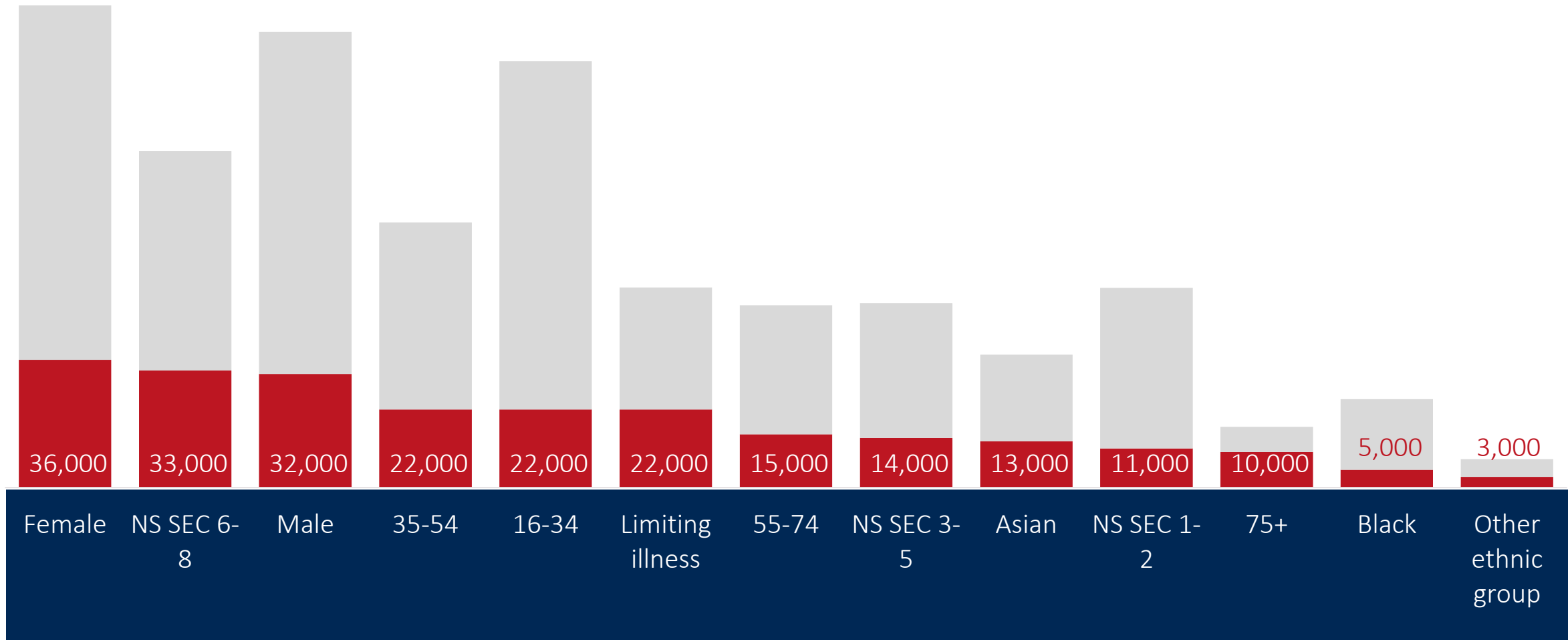


# Adult population breakdown

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

|                           | Nottingham | England |
|---------------------------|------------|---------|
| No limiting illness       | 78.7%      | 80.2%   |
| Limiting illness          | 21.3%      | 19.8%   |
| 16-34 years               | 37.2%      | 24.2%   |
| 35-54 years               | 23.2%      | 26.4%   |
| 55-74 years               | 16.0%      | 22.4%   |
| 75+ years                 | 5.3%       | 8.6%    |
| NS SeC 1-2                | 21.4%      | 33.2%   |
| NS SeC 3-5                | 19.7%      | 27.4%   |
| NS SeC 6-8                | 35.8%      | 31.8%   |
| Asian                     | 14.1%      | 9.0%    |
| Black                     | 9.2%       | 3.9%    |
| Mixed                     | 4.2%       | 2.0%    |
| White British             | 60.5%      | 75.1%   |
| White Other               | 8.9%       | 7.9%    |
| Working full or part time | 47.8%      | 57.0%   |
| Not working               | 29.7%      | 34.3%   |

# Inactive population by demographic group

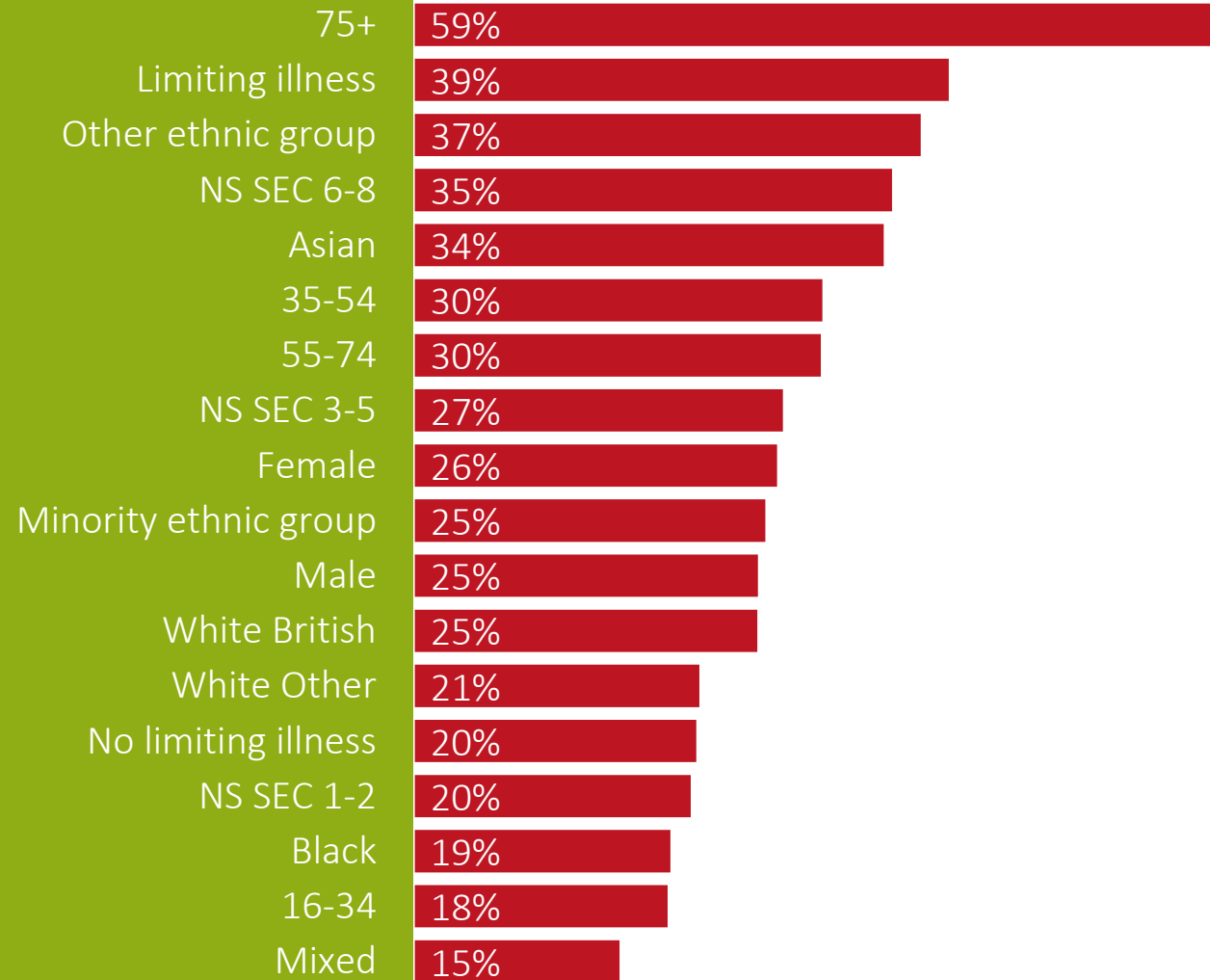


Data is for: Nottingham City



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



# Most inactive people do nothing

