



# An insight into adult physical activity behaviour in Nottinghamshire County

September 2023

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

680,000

16+  
population

6%  
increase\*

290,000

55+  
population

18%  
increase

70,000

Minority  
ethnic  
groups

67%  
increase

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

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

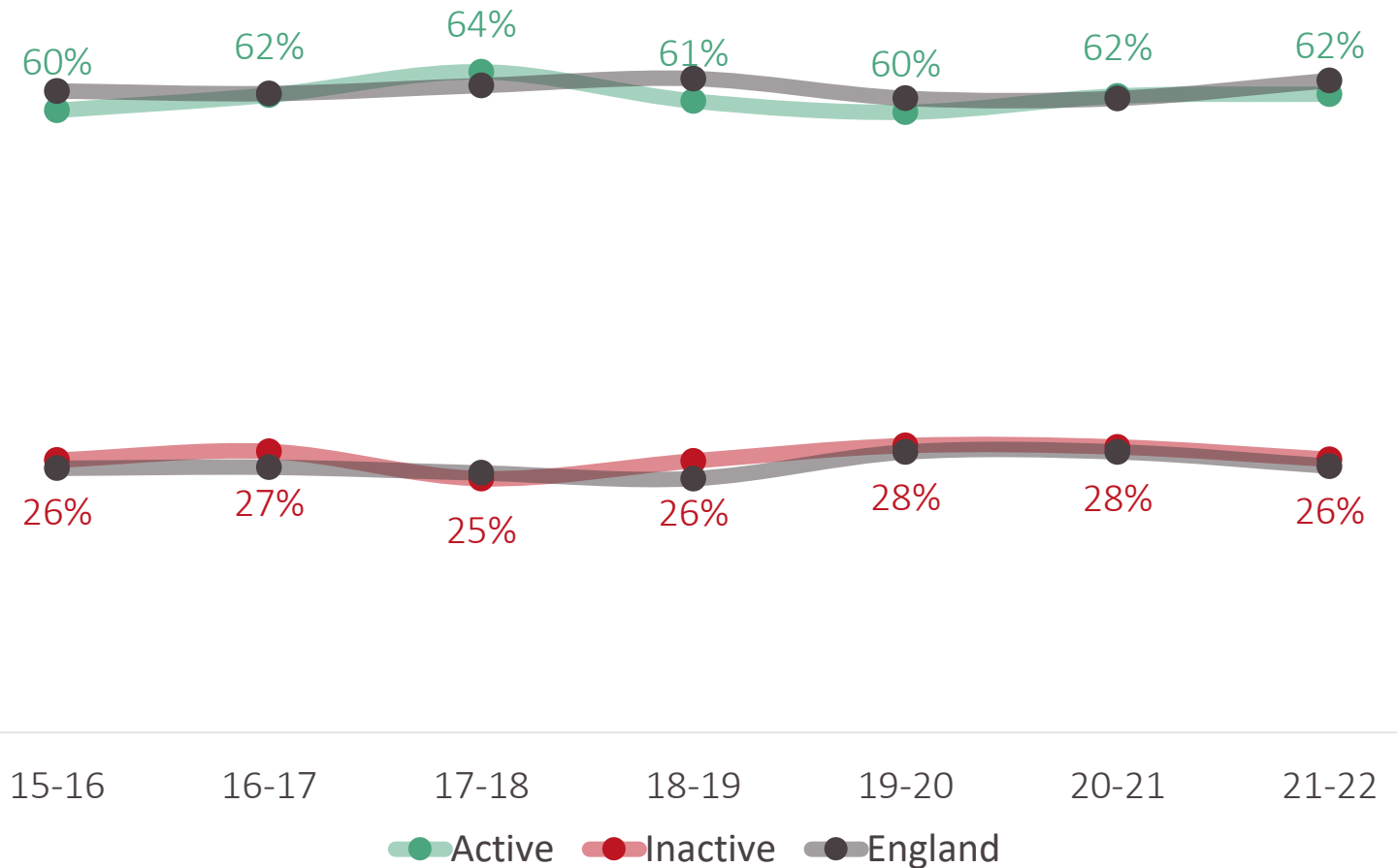
By **inactive**, we mean those that are doing **less than 30 minutes** of physical activity a week

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



**Inactivity** has returned to pre-pandemic levels

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



Data is for: Nottinghamshire County



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  
**180,000**  
people

**108,000**  
adults do  
**no activity at all**  
(16%)

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

Missing the  
intensity



9%

Not active for  
long enough



2%

## Gender

The pandemic had a disproportionate effect on **female** inactivity and recovery has been slow

## Age

Inactivity fluctuates throughout our lives and increase sharply from age 70

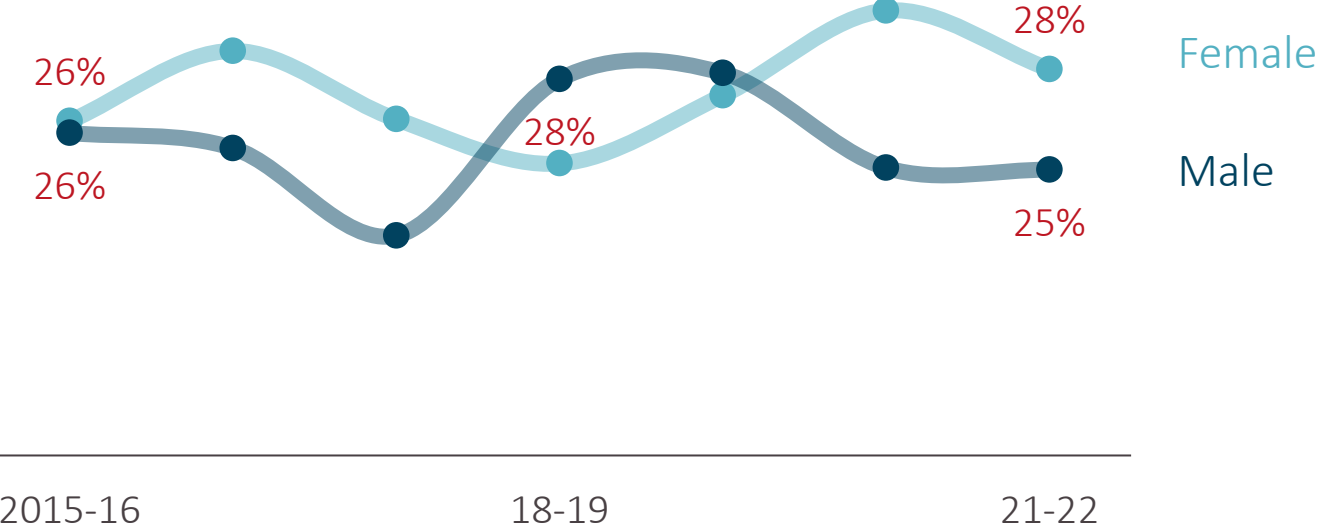
## Social status

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**

# Women are more likely to be inactive than men



Currently,  
**98,000**  
women  
are inactive

Data is for: Nottinghamshire County

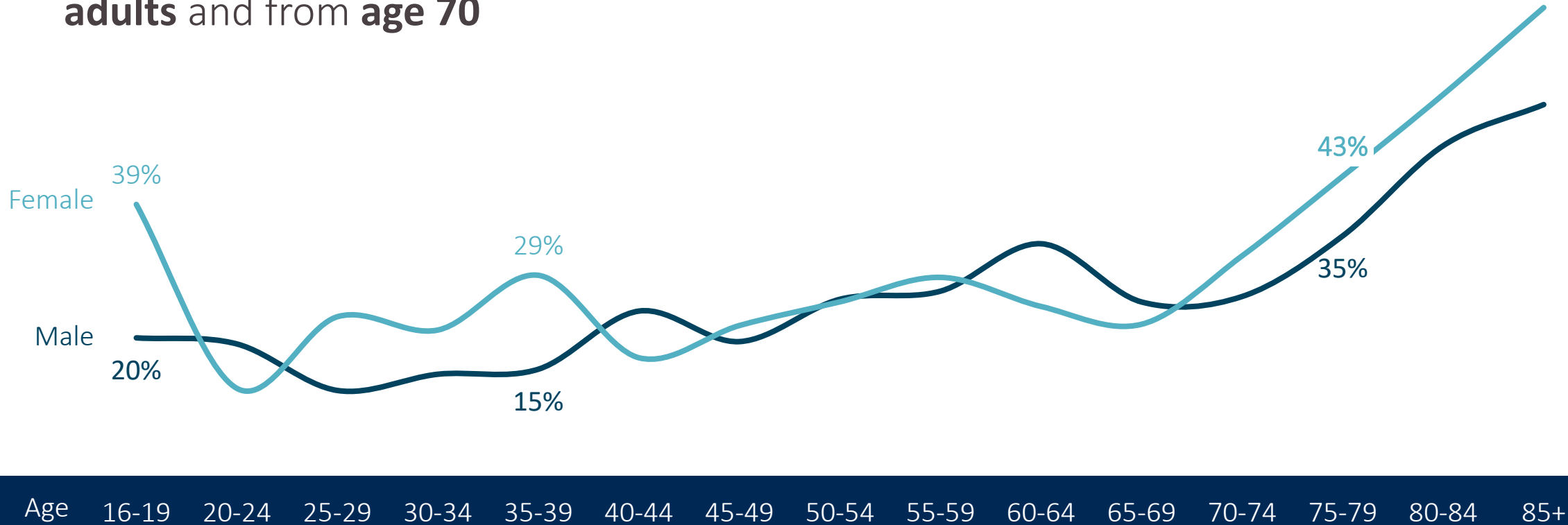


Source: Sport England Active Lives Survey 15-16 to 21-22 (16+)  
Measure: Physical activity levels (excluding gardening)



# Inactivity fluctuates throughout our lives

Gender inequality is most stark **in younger adults** and from **age 70**

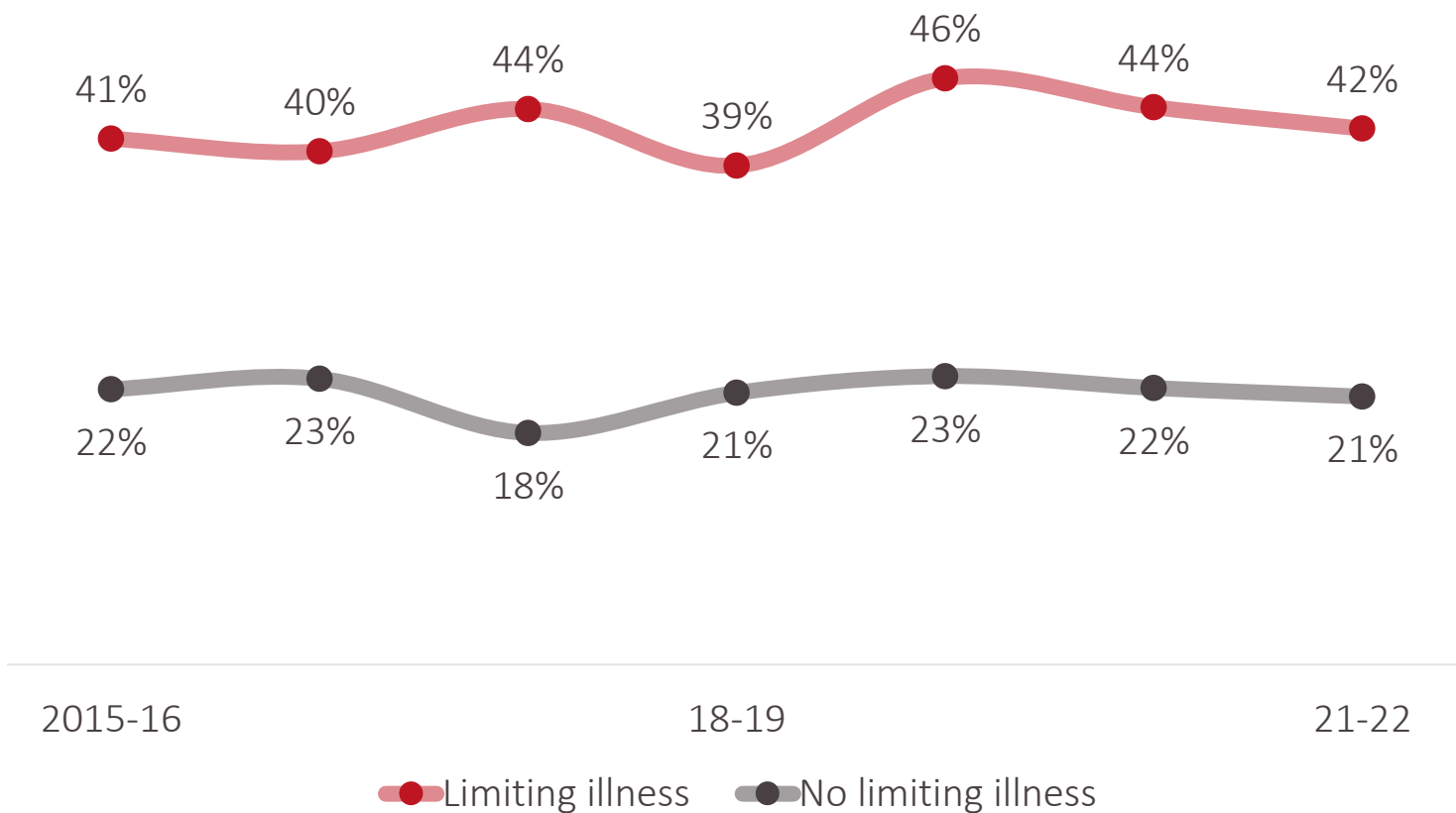


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Source: Sport England Active Lives Survey 21-22 (16+)  
Measure: Physical activity levels (excluding gardening)

Inactivity peaked for adults with a **limiting illness** pre-pandemic but has since improved

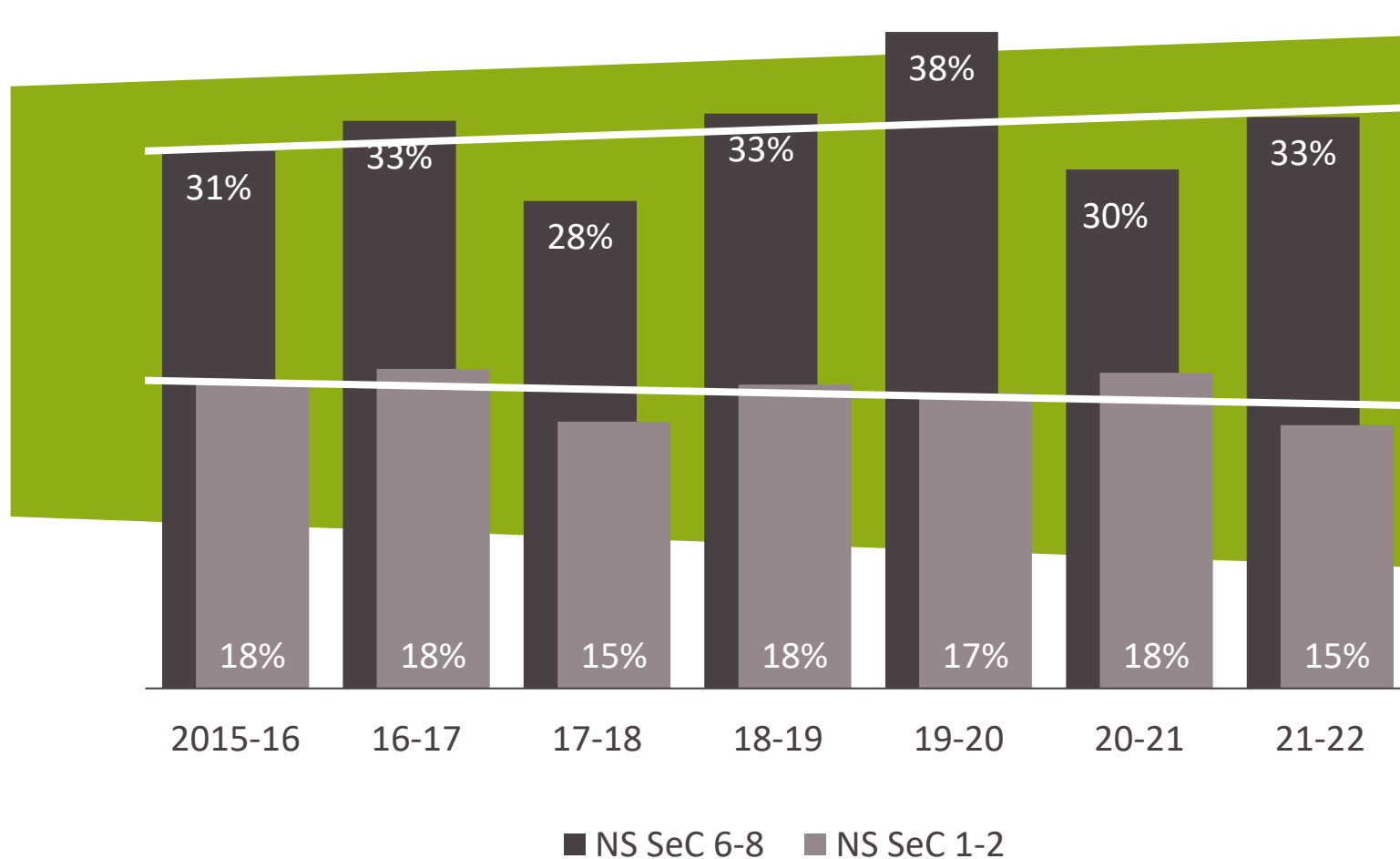


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Source: Sport England Active Lives Survey 15-16 to 21-22 (16+)  
Measure: Physical activity levels (excluding gardening)

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



Adults in our **least affluent** households are **falling further behind**

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

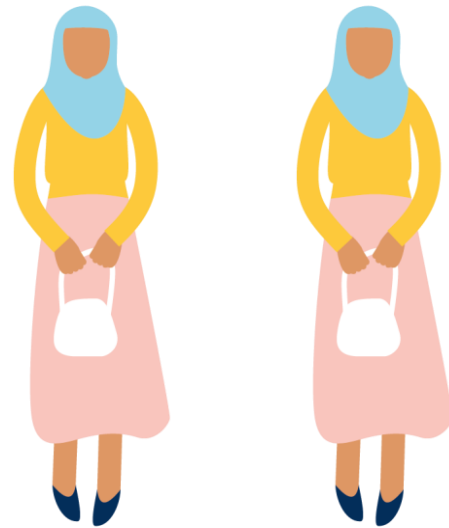
Total minutes includes all activities:

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



# Differences across our places



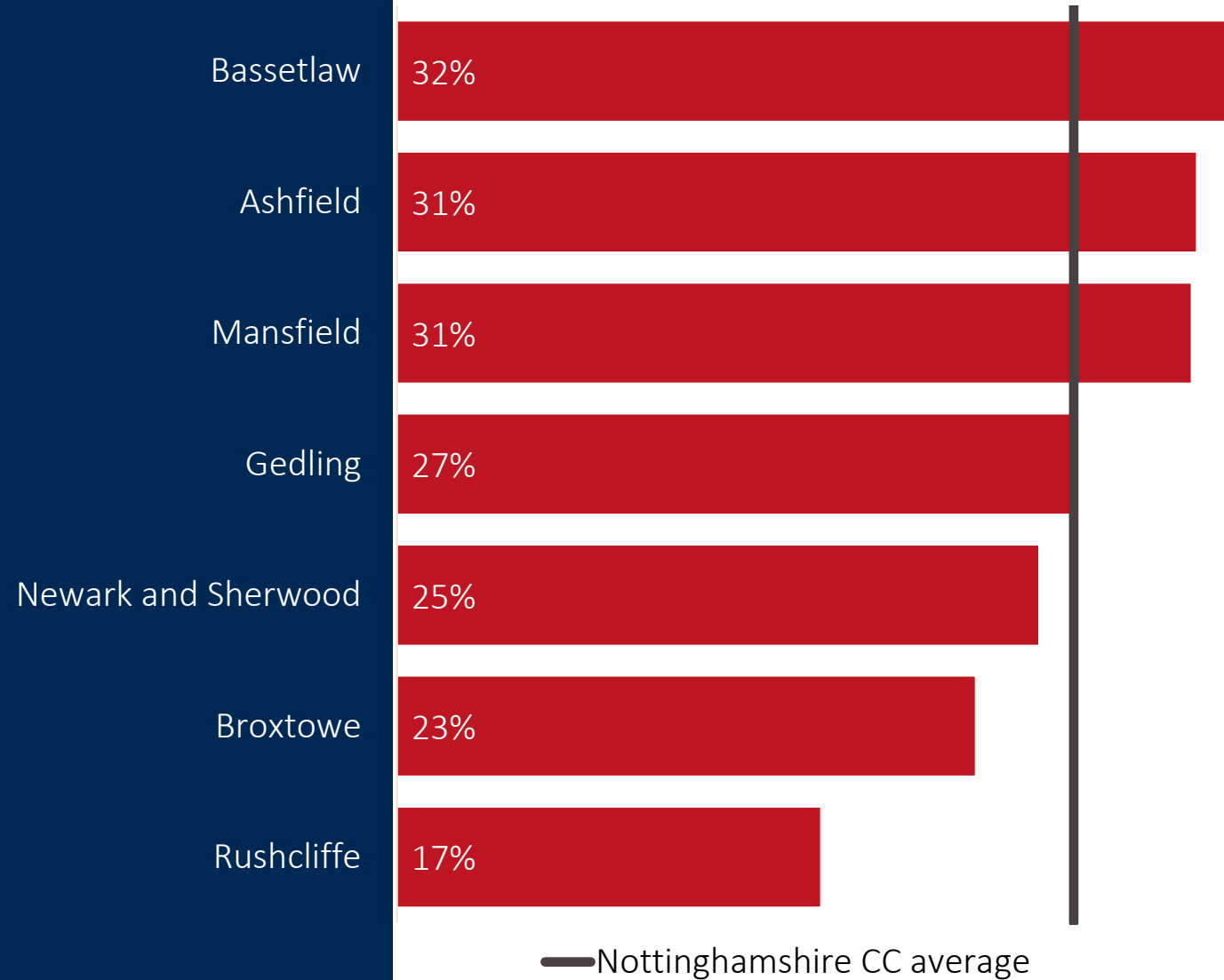


Currently, **1 in 3** adults living in the poorest neighbourhoods are inactive (35%)

Compared to 1 in 5 adults living in the wealthiest neighbourhoods (21%)



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



# Adult population breakdown

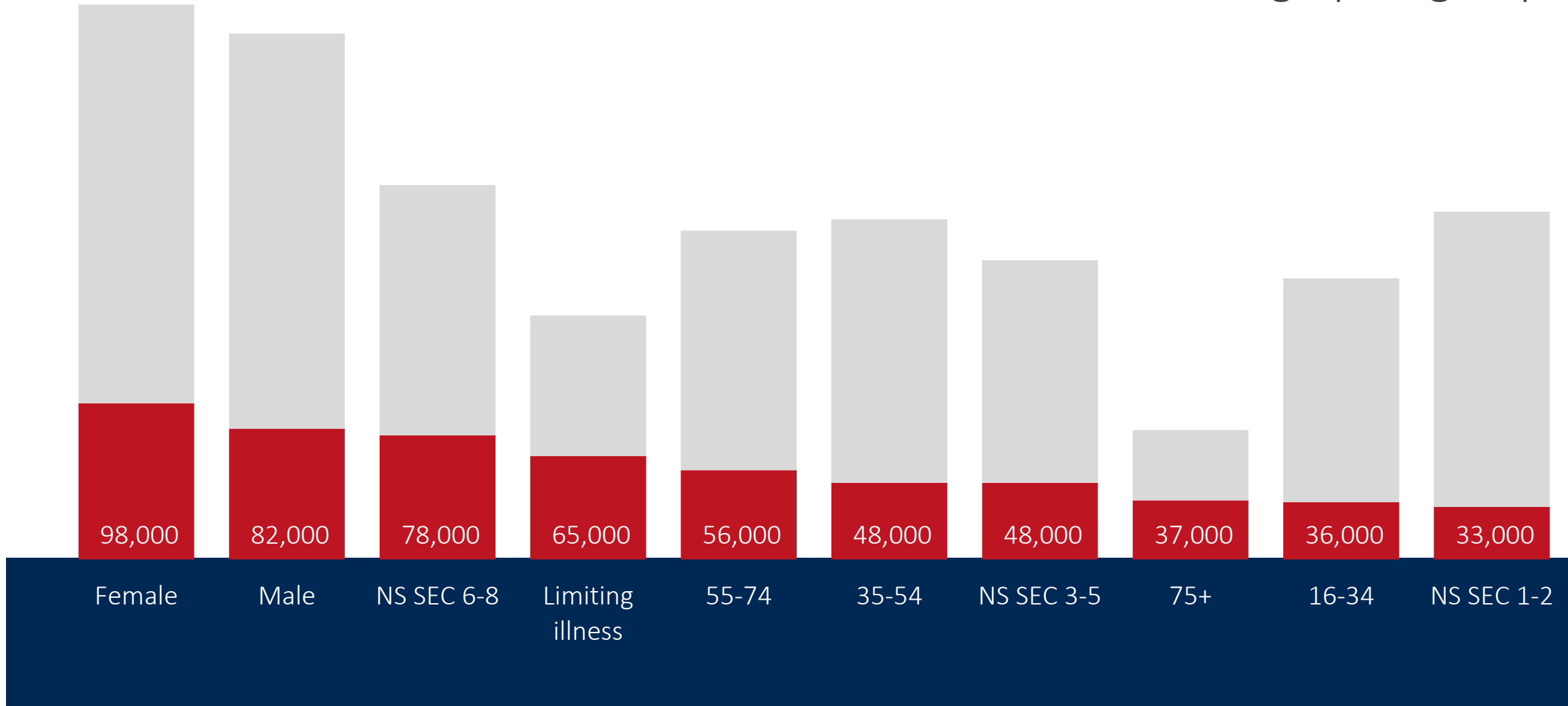
Census provides an **insight into the demographic makeup** in our area compared to England

	Nottinghamshire CC	England
No limiting illness	77.5%	80.2%
Limiting illness	22.5%	19.8%
16-34 years	21.5%	24.2%
35-54 years	25.9%	26.4%
55-74 years	25.1%	22.4%
75+ years	9.9%	8.6%
NS SeC 1-2	32.3%	33.2%
NS SeC 3-5	27.7%	27.4%
NS SeC 6-8	34.6%	31.8%
Asian	2.8%	9.0%
Black	1.1%	3.9%
Mixed	1.3%	2.0%
White British	89.3%	75.1%
White Other	4.7%	7.9%
Working full or part time	56.6%	57.0%
Not working	37.0%	34.3%

# Appendix



# Inactive population by demographic group

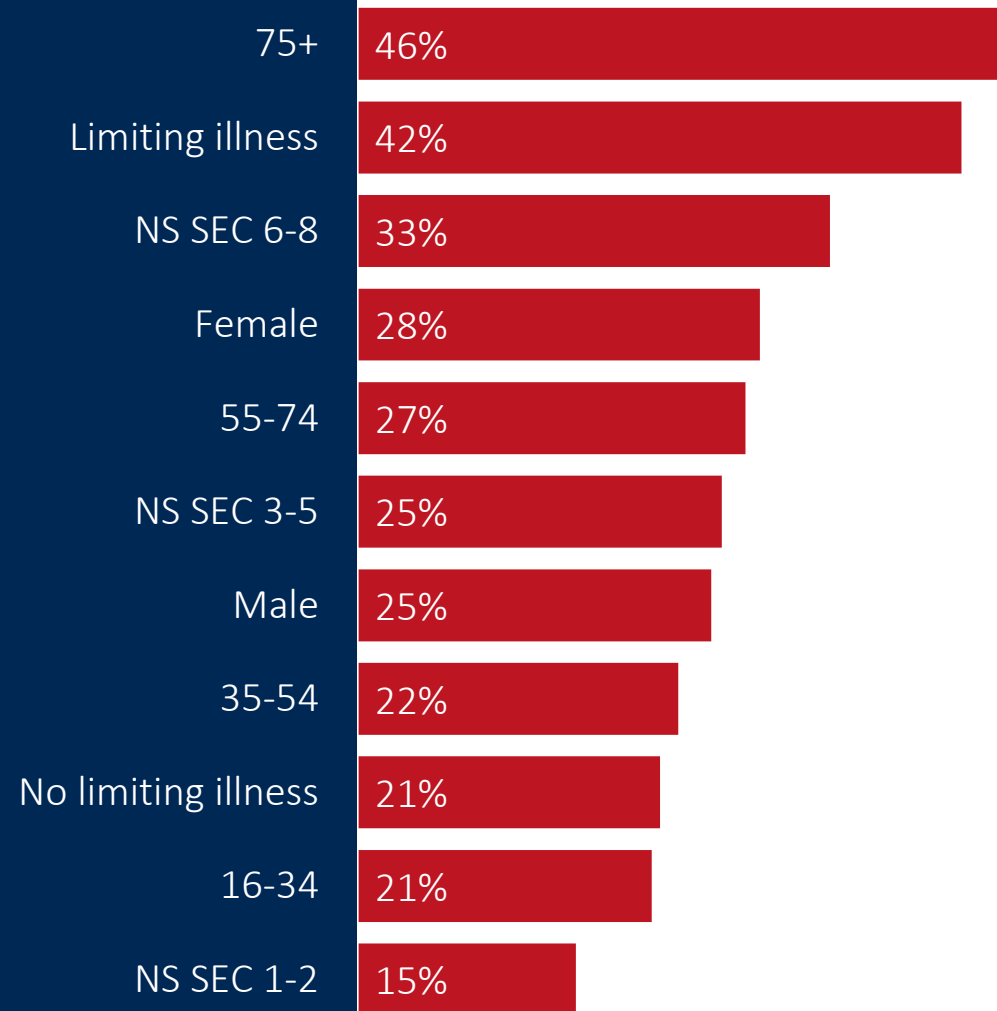


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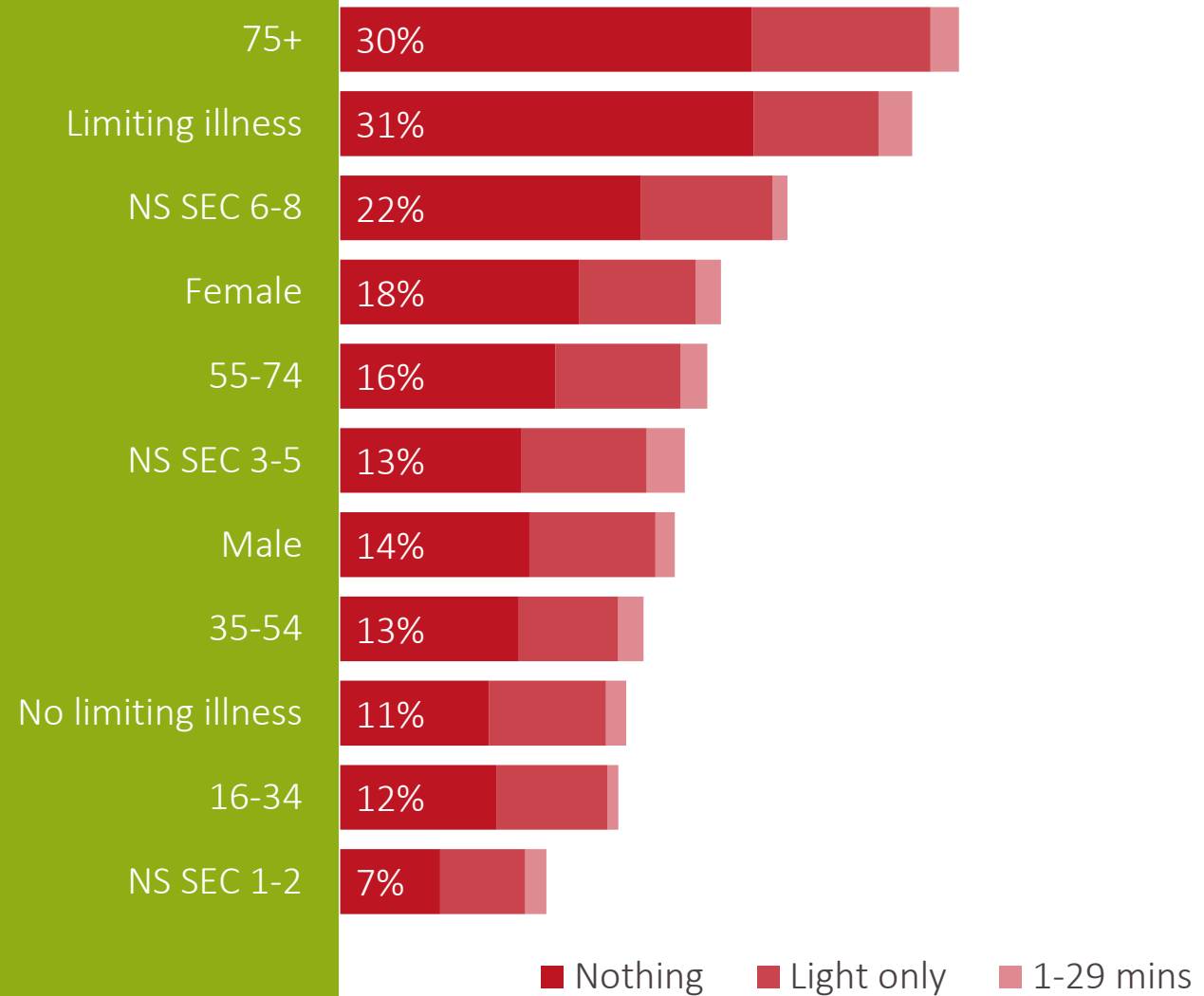


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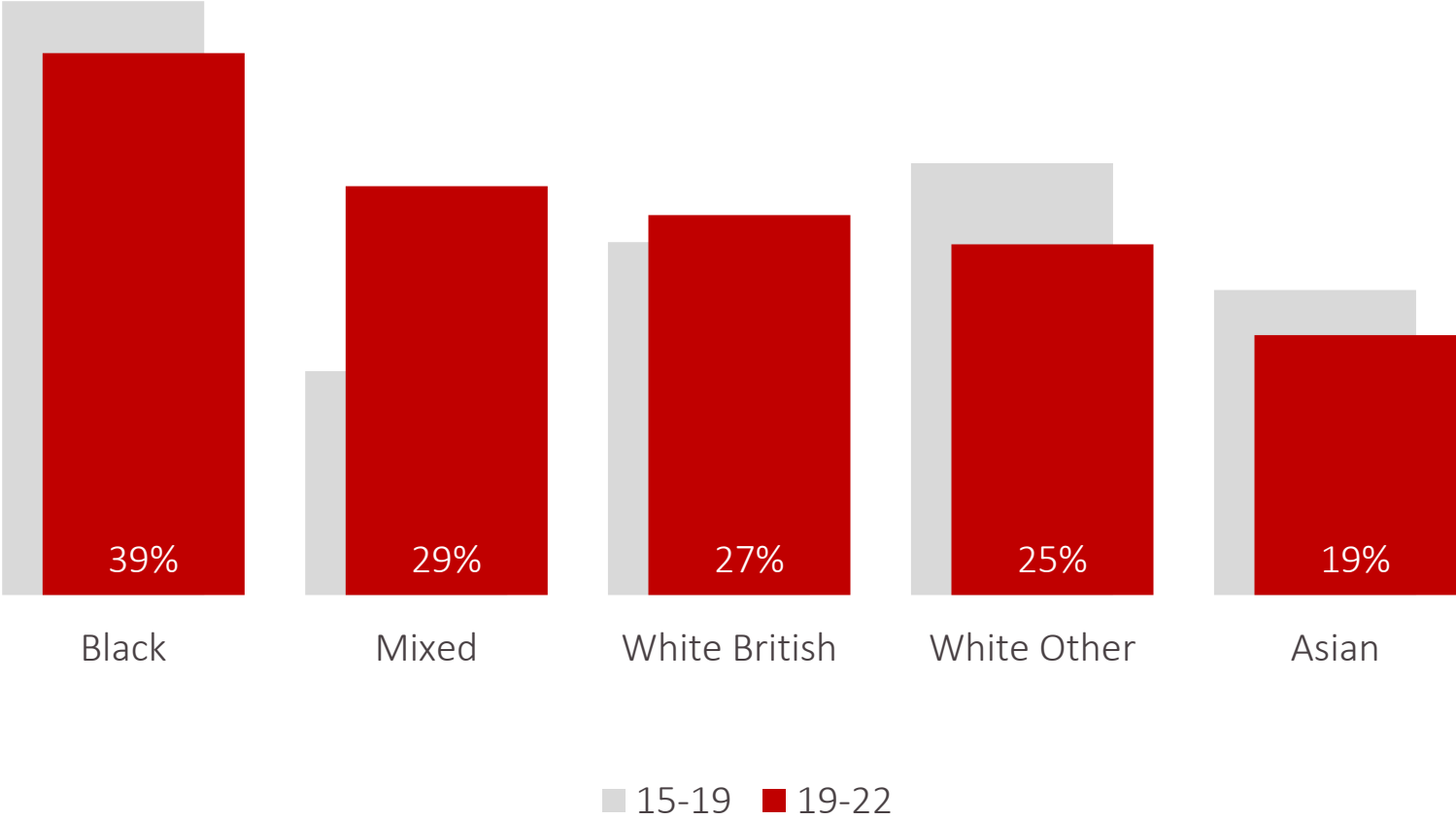
There are some **stark inequalities** in inactivity rates amongst our population



# Most inactive people do nothing



Our **Black** community experiences higher levels of inactivity



Data is for: Nottinghamshire County



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