



An insight into adult physical activity behaviour in Derby

Active Lives Adults Survey 2022-23

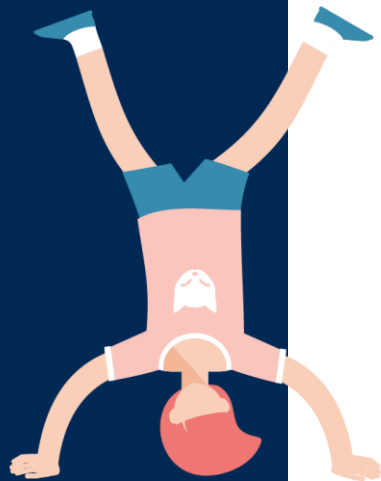
Sport England's National headline

Active Lives Adults Survey 2022-23

“ Long-term increase in activity levels positive but further action needed to tackle inequalities* ”

In a nutshell, there are “two million more adults getting active on a regular basis through sport and physical activity than in 2016*”

But the news isn't so positive for some demographic groups where inequalities continue to widen



Inequalities in our area

Social status



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

Ethnicity



Our **Asian** communities experience higher levels of inactivity than White British

Limiting illness



Adults with a **limiting illness or disability** are more than twice as likely to be inactive

Gender



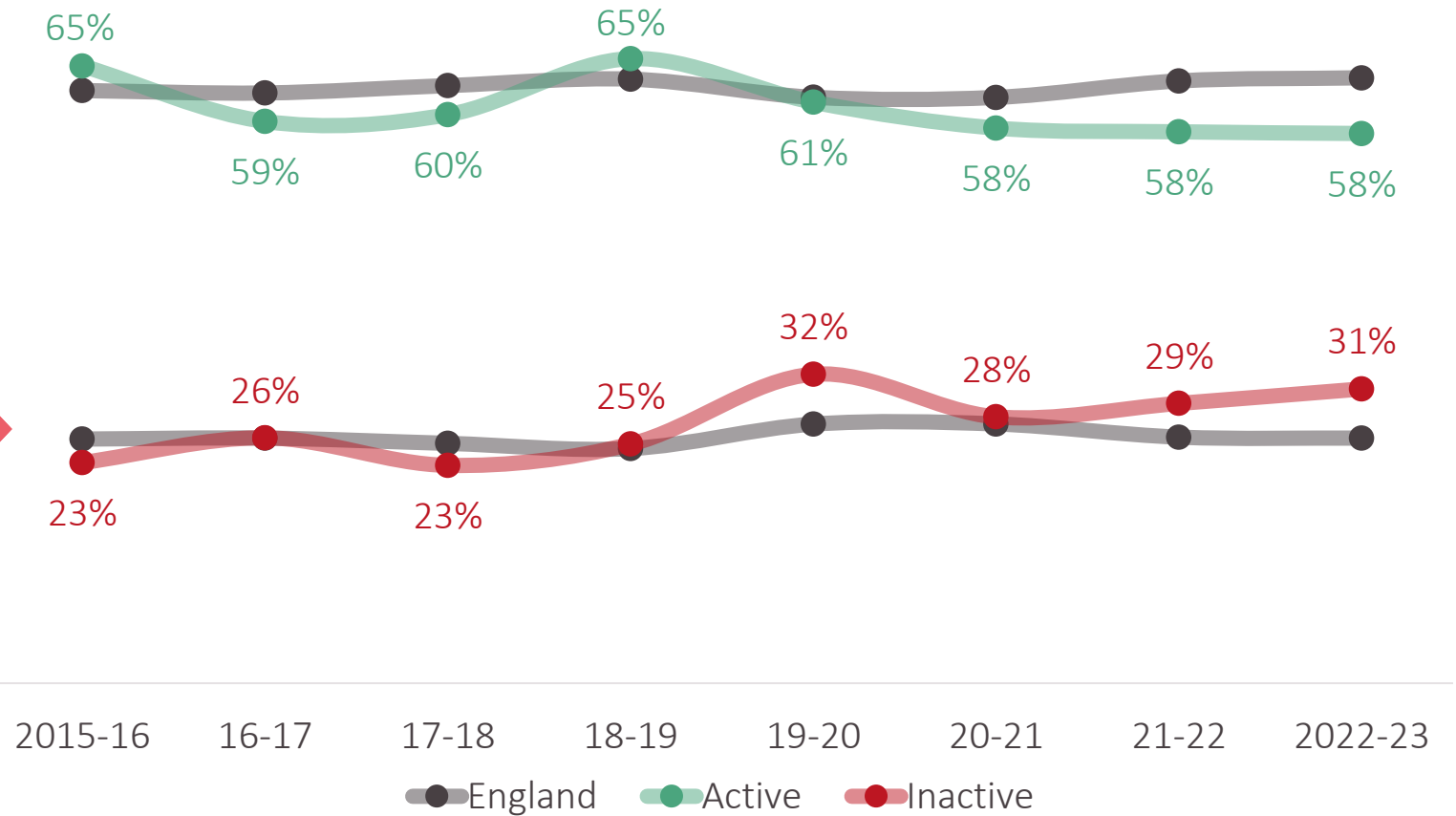
The gender inequality gap is at its widest

Currently, 31%
of adults are inactive

That's
64,000
people



Derby's **inactivity levels** have risen since 2015–16, with **nearly a third of adults now inactive**



Data is for: Derby

42,000
adults do
no activity at all
(20%)



But not all inactive
adults do nothing



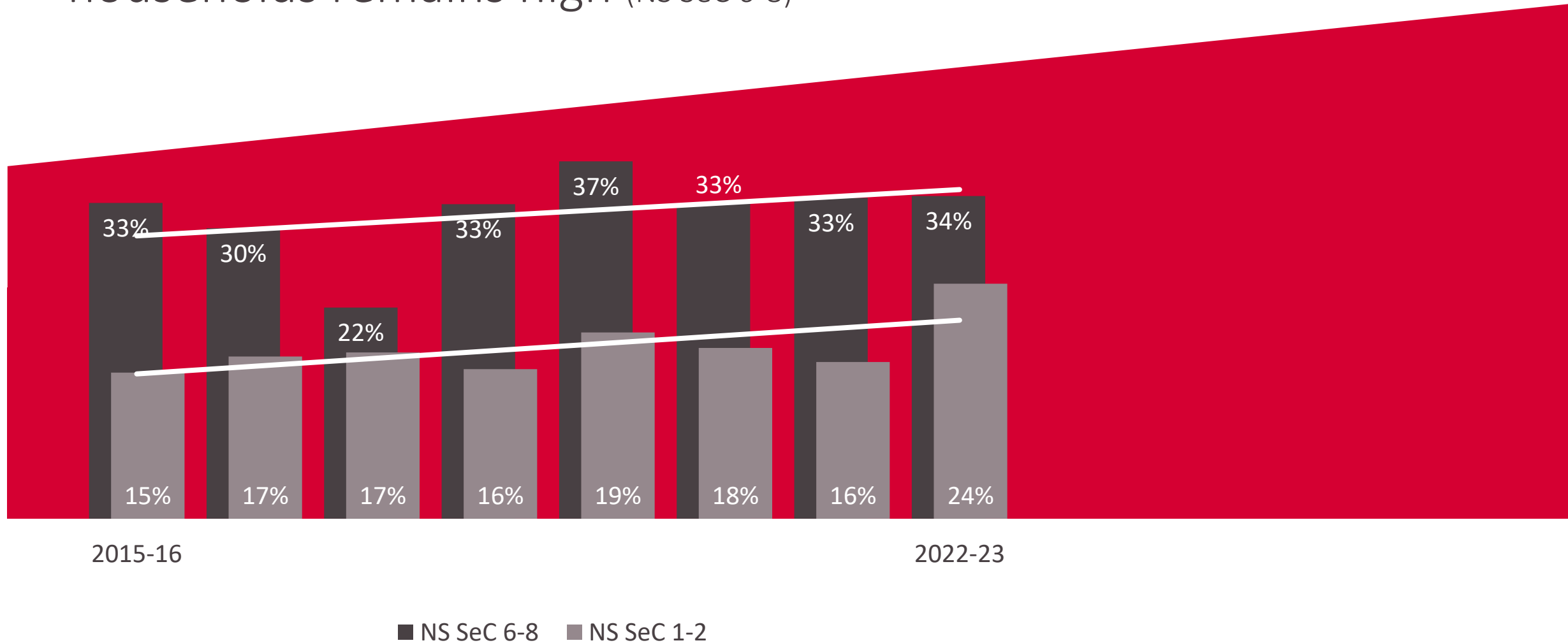
There are **20,000**
people missing the intensity
(10%)



There are **2,000**
people not active for long enough
(1%)

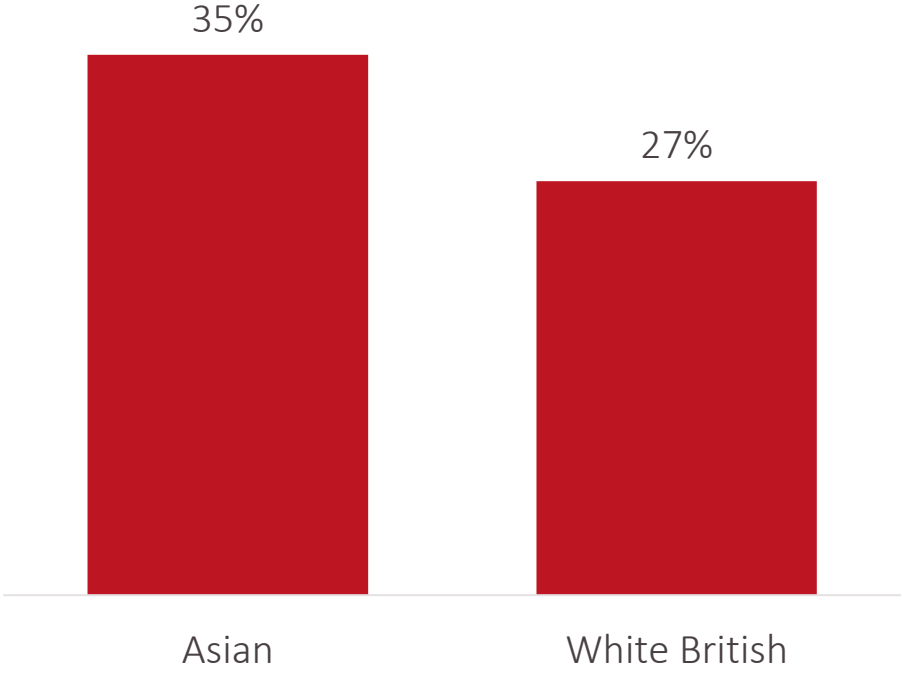
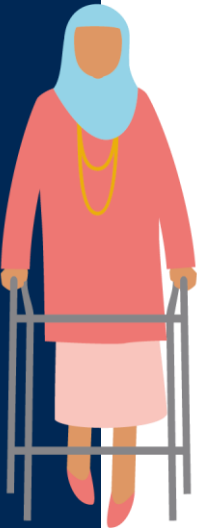


Inactivity in our **least affluent** households remains high (NS SeC 6-8)



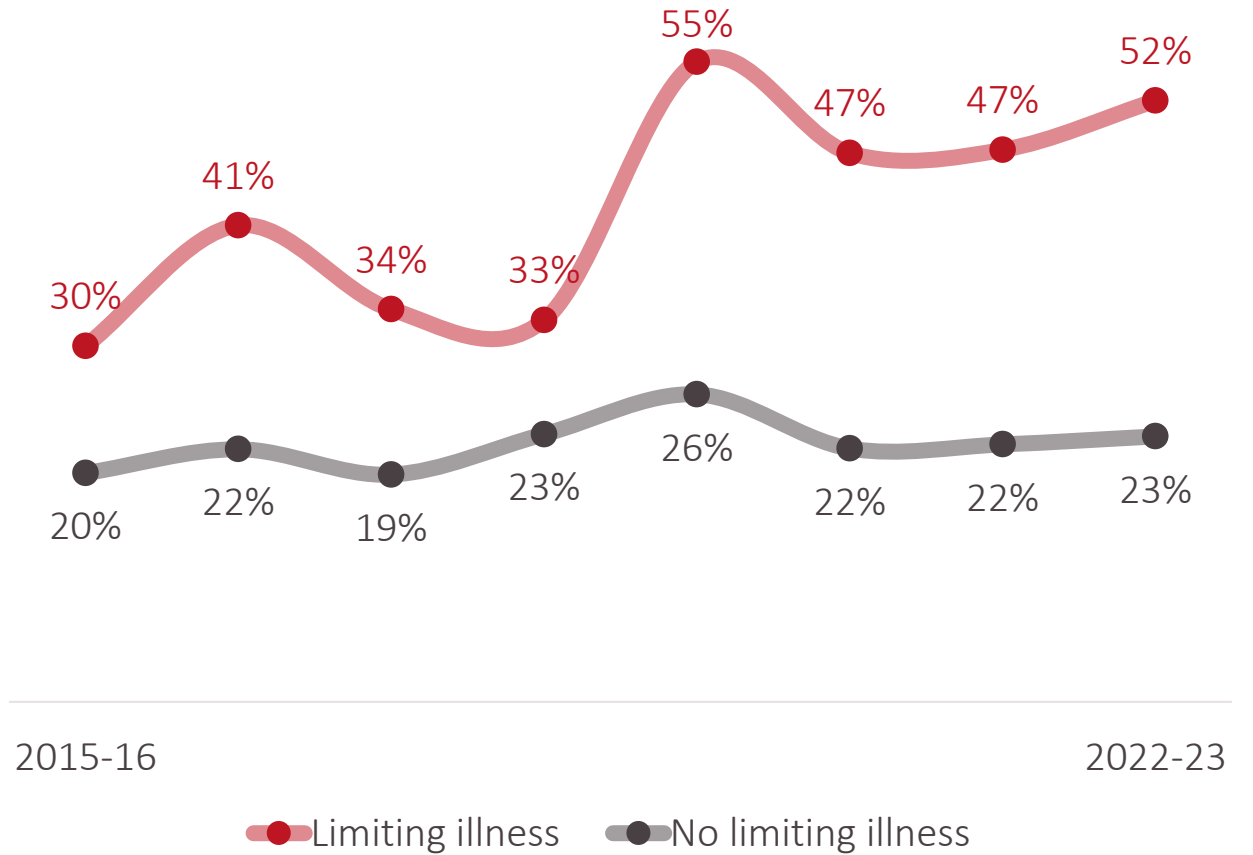
Data is for: Derby

Our Asian communities experience higher levels of inactivity



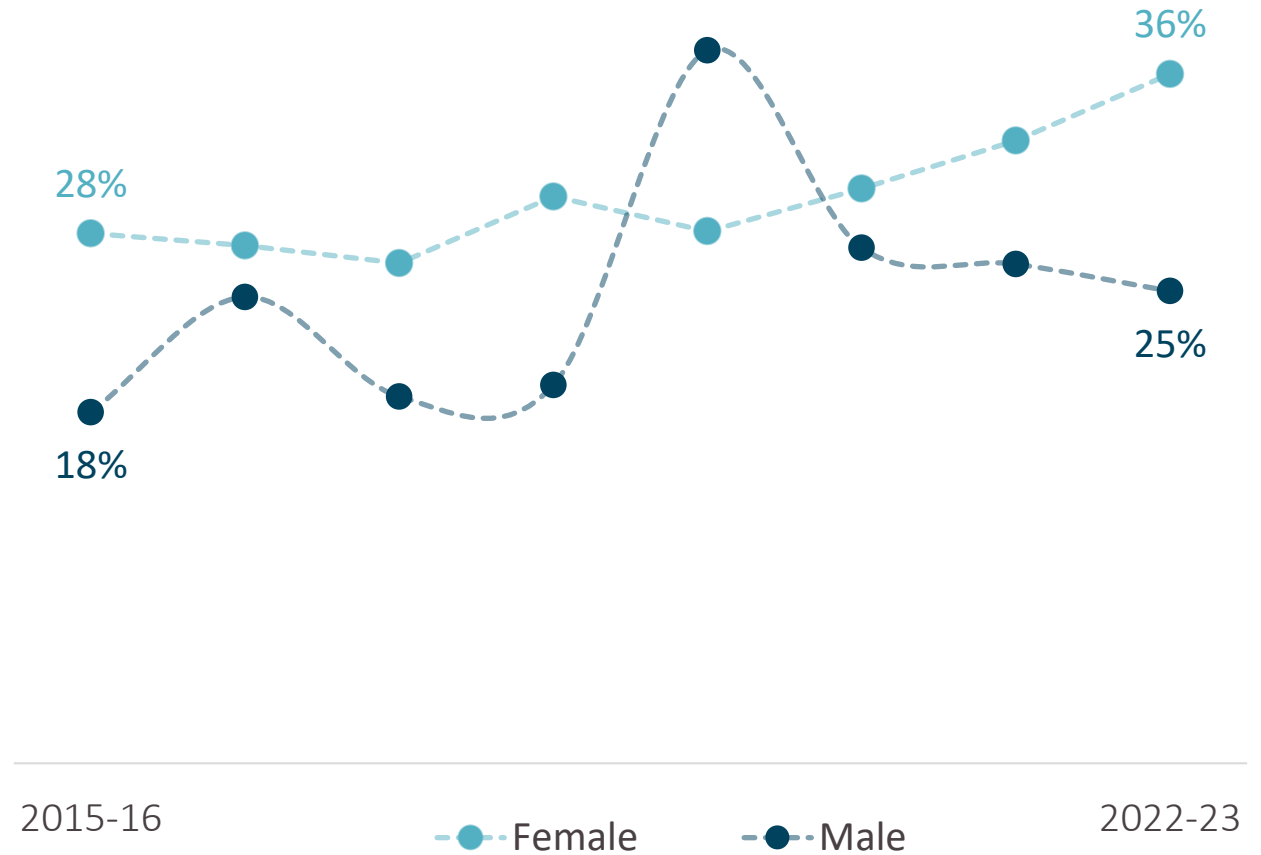
Adults with a **limiting illness or disability** are more than **twice** as likely to be **inactive**

The inequality gap between those with and without a limiting illness has widened over time

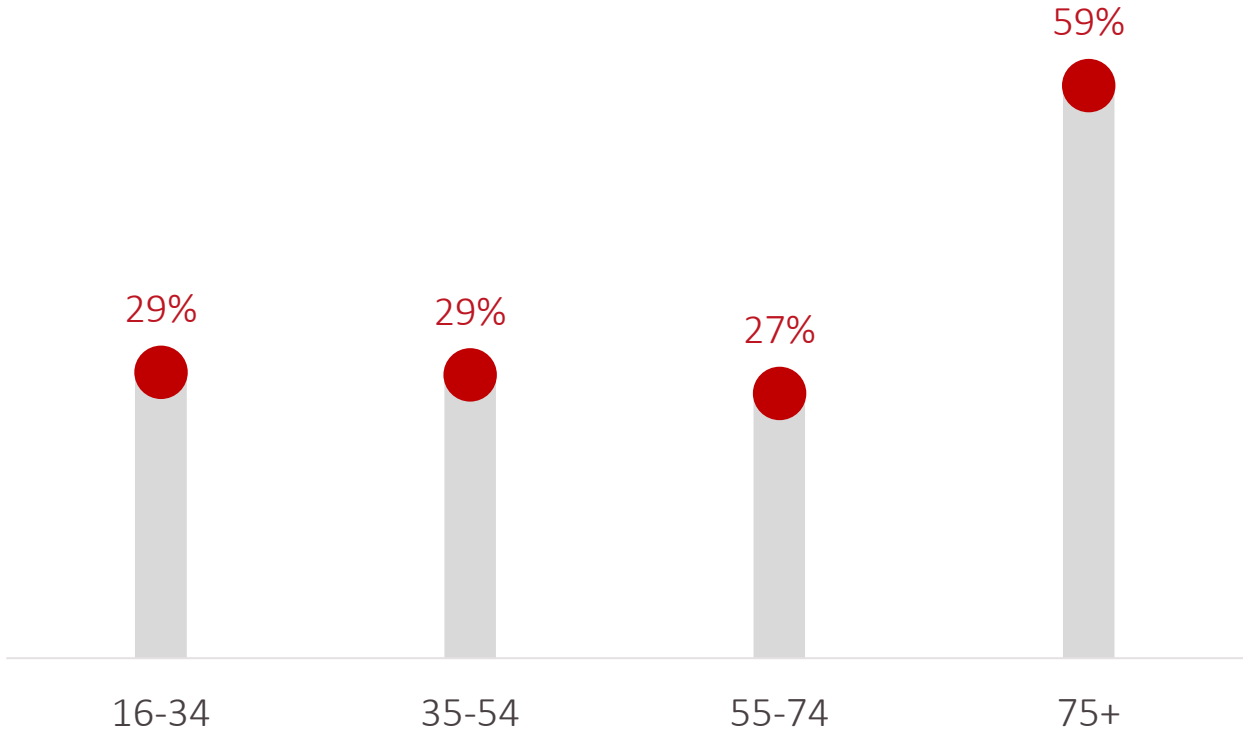


The gender inequality gap is at its widest

Inactivity rates for women have shown an upward trend over time



Inactivity increases sharply over the age of 75



Data is for: Derby



Source: Sport England Active Lives Survey 2022-23 (16+)
Measure: Physical activity levels (excluding gardening)



Over **4 in 10** adults living in the **most deprived** neighbourhoods are inactive (44%)

Compared to **2 in 10** adults living in the **least deprived** neighbourhoods (20%)



How do we measure activity?

We report on the number of **moderate intensity minutes** completed in the last week, based on activity type

Light

Light intensity minutes are excluded

Moderate

Moderate intensity equivalent (MIE) minutes means each 'moderate' minute counts as one minute

Vigorous

Any vigorous activity counts for double, so each vigorous minute counts as two moderate minutes

Please note: For some activities, intensity was assumed and not asked. Activities done by those aged 65 and over were assumed to be at least moderate

What activities do we measure?*



Gardening

Gardening is included in this section

*Only activity of at least 10 continuous minutes are counted



Walking for travel

Includes walking as a way to get from one place to another, such as the shops work or visiting friends*



Walking for leisure

Includes all other types of walking, dog walking, rambling and Nordic walking or just going for a stroll*



Cycling

Includes leisure and travel, track, road and mountain biking or racing, exercise bike or cycle class



Traditional sport

Includes team, water, combat and winter sports, swimming, athletics, golf, horse riding and gymnastics



Fitness activities

Includes gym activities (fitness machines and classes), weights, boxing and interval sessions

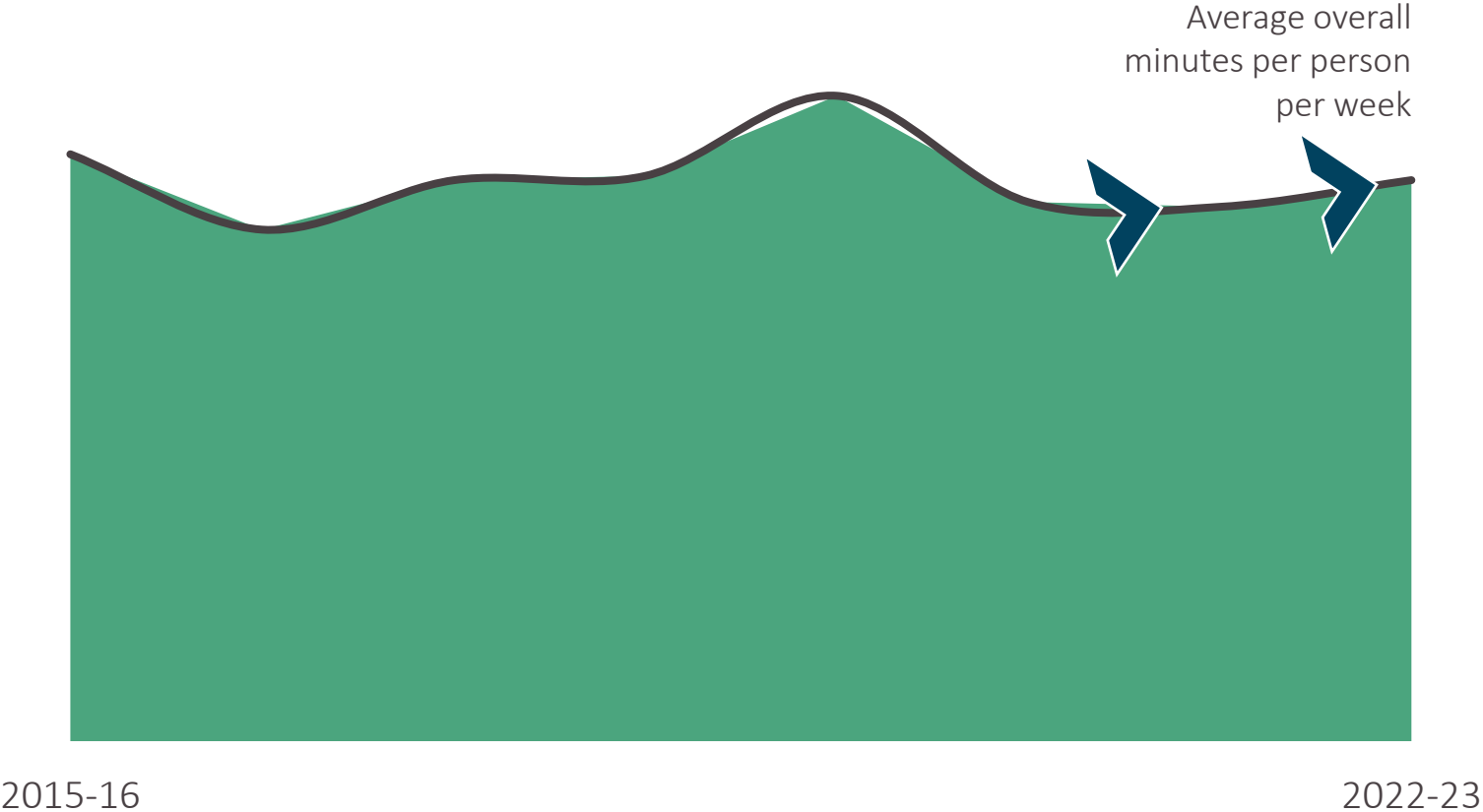


Dance

Covers all types of dance including artistic and creative dance (ballroom, ballet, contemporary etc)

*walking around shops is excluded

Activity minutes are recovering to near pre-pandemic levels

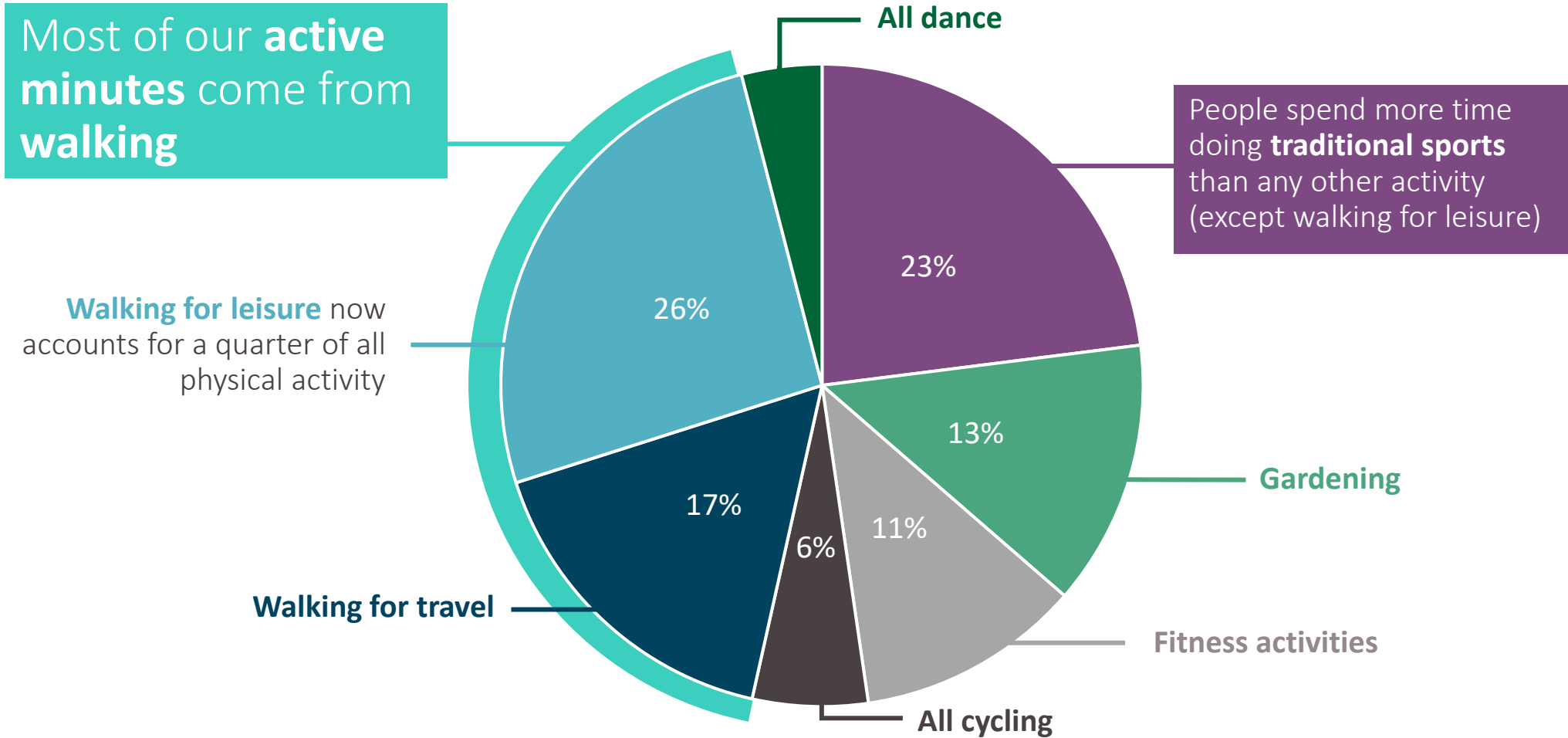


Data is for: Derby



Source: Sport England Active Lives Survey 2015-16 to 2022-23 (16+)
Measure: Physical activity levels (excluding gardening)

What does activity look like where we live?



Appendix

Sample size

Active Lives Adult

	15-16	16-17	17-18	18-19	19-20	20-21	21-22	22-23
All adults (aged 16+)	1,029	969	502	513	466	471	517	506
NS SEC 1-2	458	486	233	253	201	224	258	251
NS SEC 3-5	248	208	124	110	119	89	100	111
NS SEC 6-8	132	125	68	66	73	73	68	66
16-34	251	223	112	135	113	113	118	117
35-54	340	353	178	177	151	160	178	157
55-74	339	303	167	167	155	148	169	189
75+	96	85	39	32	44	48	48	42
Male	475	410	219	219	202	207	231	216
Female	553	559	282	291	259	260	282	286
No limiting illness	774	765	372	388	346	342	386	349
Limiting illness	195	146	98	81	97	98	103	118
Working full or part time	542	556	284	297	253	252	284	299
Unemployed	37	28	11	11	18	12	14	16
Not working	352	298	156	146	155	155	173	157
Student full or part time	43	46	18	36	21	22	22	13
White Other	36	49	22	36	21	16	26	17
Asian	84	63	31	42	24	54	60	61
Black	14	13	9	17	19	6	16	19
Mixed	20	10	7	10	5	14	7	11
Other ethnic group	2	7	4	1	2	4	0	0
White British	844	791	407	384	376	364	383	371
Minority ethnic group	156	142	73	106	71	94	109	108

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%

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

All adults (16+)



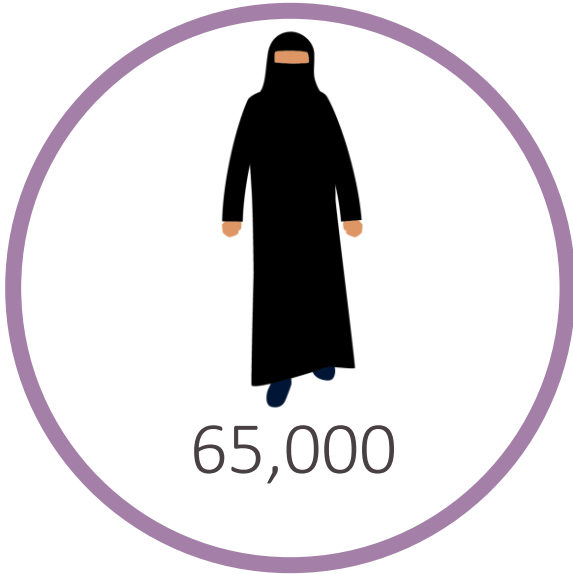
6%
increase*

Older adults (55+)



15%
increase

Minority ethnic groups



47%
increase

Data is for: Derby

How much physical activity should adults be doing?



The Chief Medical Officer's (CMO) guidelines recommend adults (aged 16+) engage in at least 150 minutes of moderate intensity activity each week (or 75 minutes of vigorous intensity)

Activity levels in this pack are presented as:

Active

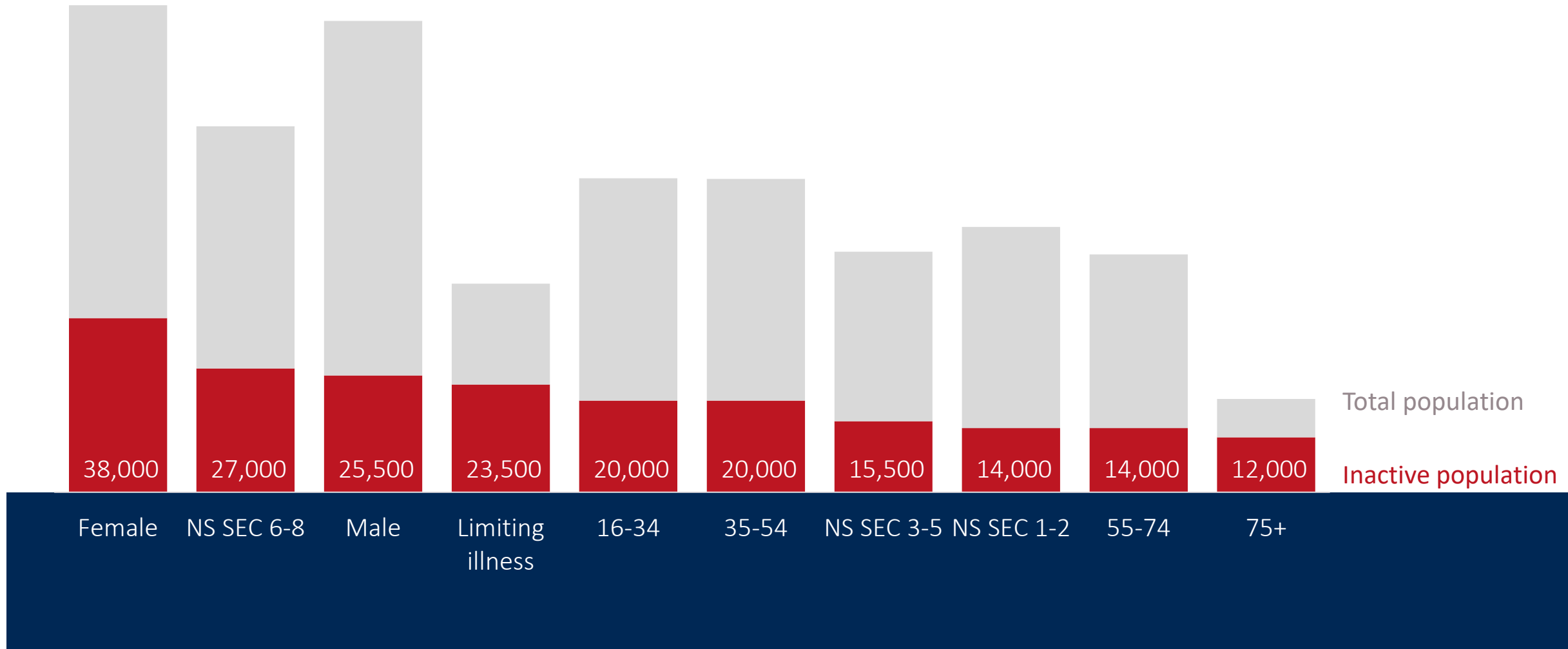
Those that are doing 150+ minutes of physical activity a week

Inactive

Those that are doing less than 30 minutes of physical activity a week

Please note: The majority of the data in this data pack will focus on the 'inactive' levels unless otherwise stated

Our **inactive population** in the context of the size of the demographic group

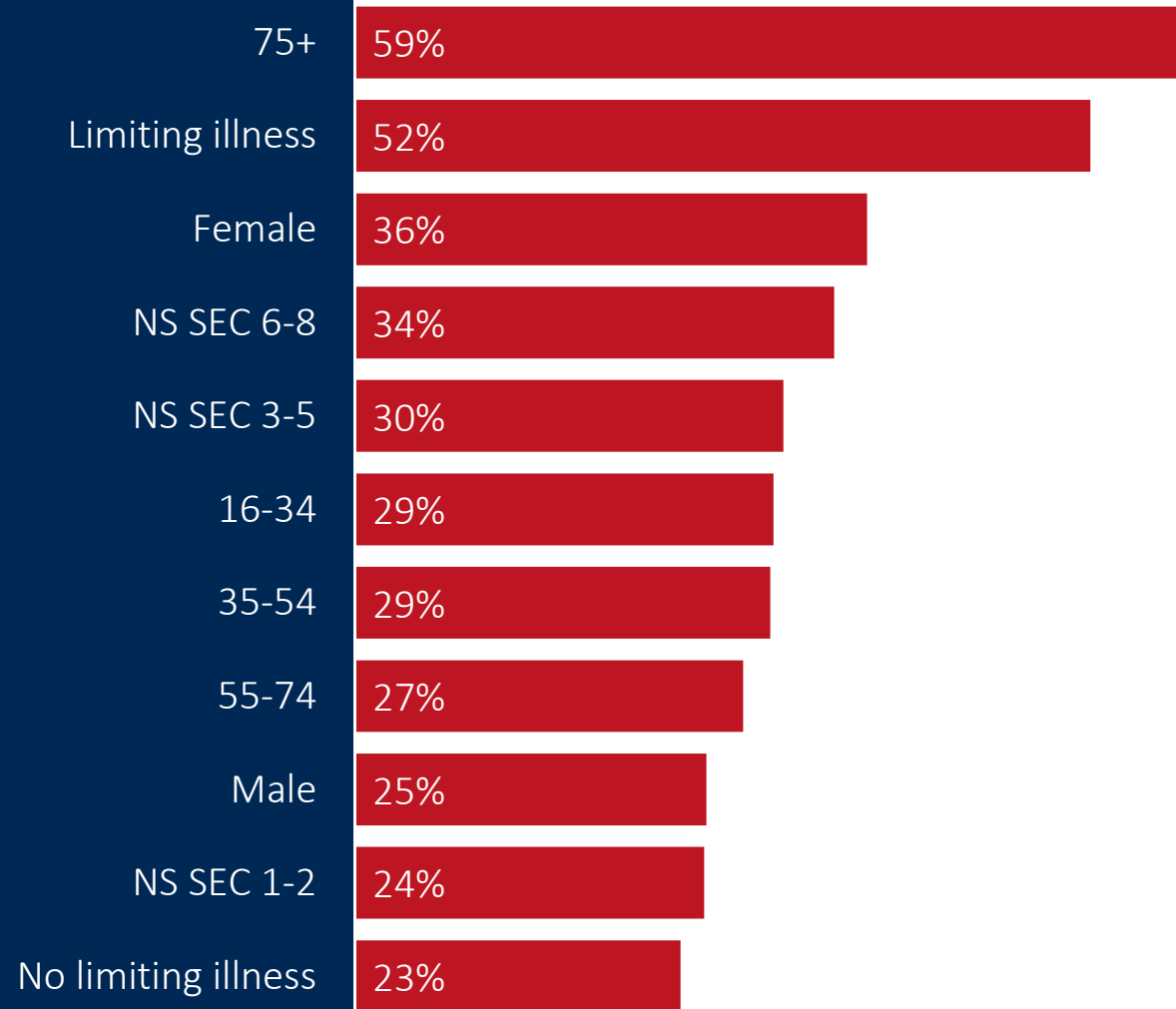


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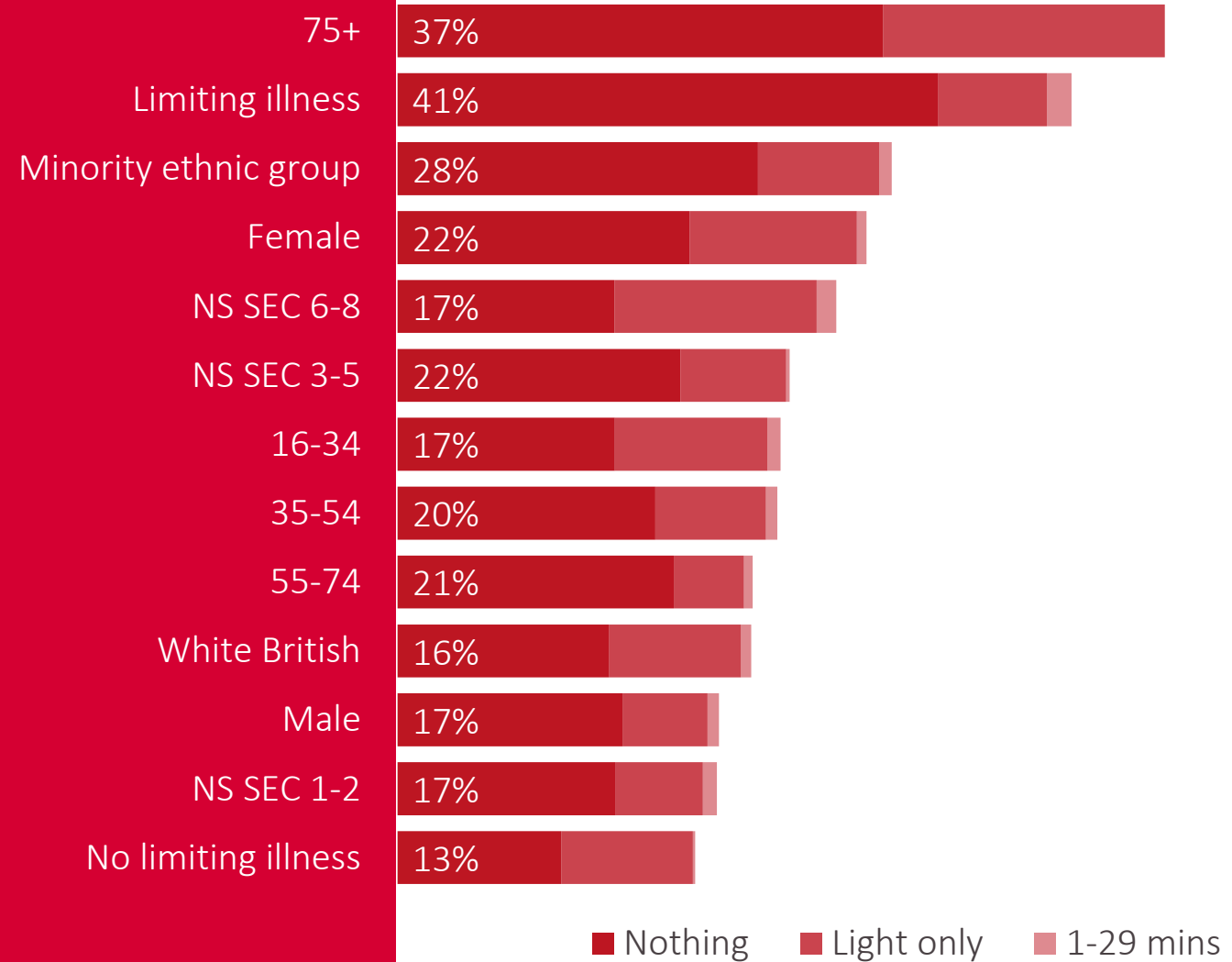


Source: Sport England Active Lives Survey 2022-23 (16+)
Measure: Physical activity levels (excluding gardening)

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



Most inactive people do no physical activity at all (nothing)



National update

There are **two million more adults getting active on a regular basis** through sport and physical activity than in 2016, despite the impacts of the coronavirus (Covid-19) pandemic and increased cost-of-living pressures.



The figures in the latest Active Lives Adult Survey report, show that between November 2022 and November 2023, 63.4% of the adult population met the Chief Medical Officers' guidelines of doing 150 minutes, or more, of moderate intensity physical activity a week. That's equivalent to 29.5m adults in England playing sport or taking part in physical activity every week.

This figure is largely unchanged from 12 months ago when 63.1% were active but means that, compared to when we first ran the survey between November 2015 and November 2016, there are two million more active adults – an increase of 1.3%.

National demographics

- Over the longer term, growth has been similar for both **men and women**, with 914,000 (1.4%) more active men and 831,000 (1.3%) more active women compared to November 2015-16. Despite this, neither men nor women have seen activity levels change compared to 12 months ago
- **Adults aged 75+** continue to drive the growth in activity levels. The increase of just over 100,000 (1.6%) adults aged 75+ who are active, compared to 12 months ago, is part of a long-term increase of just under 700,000 (9.4%) compared to seven years ago (Nov 15-16). Those aged 55-74 also have a long-term upward trend in the active proportion. For both age groups the latest result represents the highest result recorded over the last seven years.
- Activity levels remain unchanged compared to 12 months ago for those with a **disability or long-term health condition**. Before the pandemic, activity levels were increasing and we continue to see 4.2% more active adults with a disability or long-term health condition compared to seven years ago (Nov 15-16). This long-term growth is greater than for those without a disability or long-term health condition, where the proportion active is up by 1.9% over the same period.
- No **Black, Asian or minority ethnic group** is showing a reportable difference in the proportion who are active compared to November 2015-16. As a result, inequalities continue to widen as White British adults have seen activity levels increase over the same period (up 2.1%).
- There have been no reportable changes in activity levels by **social grade** compared to 12 months ago. Given this stability, we expect no further pandemic recovery for the least affluent (NS SEC 6-8) and the longer term trend of an increased gap in activity levels between the most and least affluent to continue. The most affluent (NS-SEC 1-2) have seen long-term growth, with those who are active increasing by 1.6% compared to seven years ago (Nov 15-16). In contrast, the least affluent (NS-SEC 6-8) have seen the proportion active drop by 2.2% over the same period.

Acknowledgements

This pack has been created by Press Red on behalf of Active Derbyshire

We have leveraged the power of AI to assist in crafting the narrative for this presentation, ensuring consistency in language and style

The AI-generated content has been carefully reviewed and curated by our team



For further information please contact us at
martin@pressred.co.uk or liz@pressred.co.uk

