



An insight into adult physical
activity behaviour in
Nottingham City

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** and **Black** communities experience higher levels of inactivity

Limiting illness



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

Gender



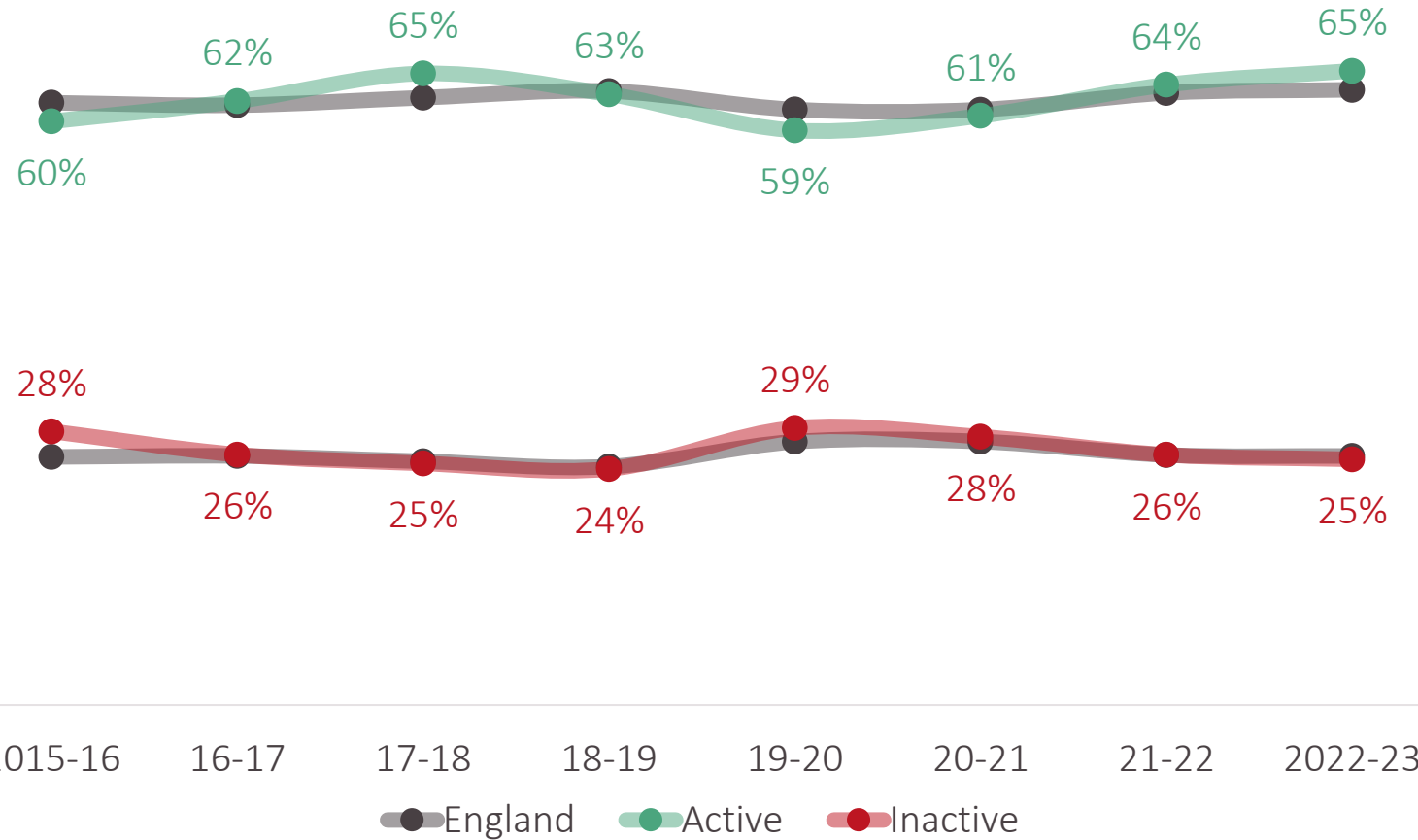
A **gender** inequality gap persists

Currently, 25%
of adults are inactive

That's
67,000
people



A quarter of our community are inactive



Data is for: Nottingham



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

44,000
adults do
no activity at all
(16%)



But not all inactive
adults do nothing



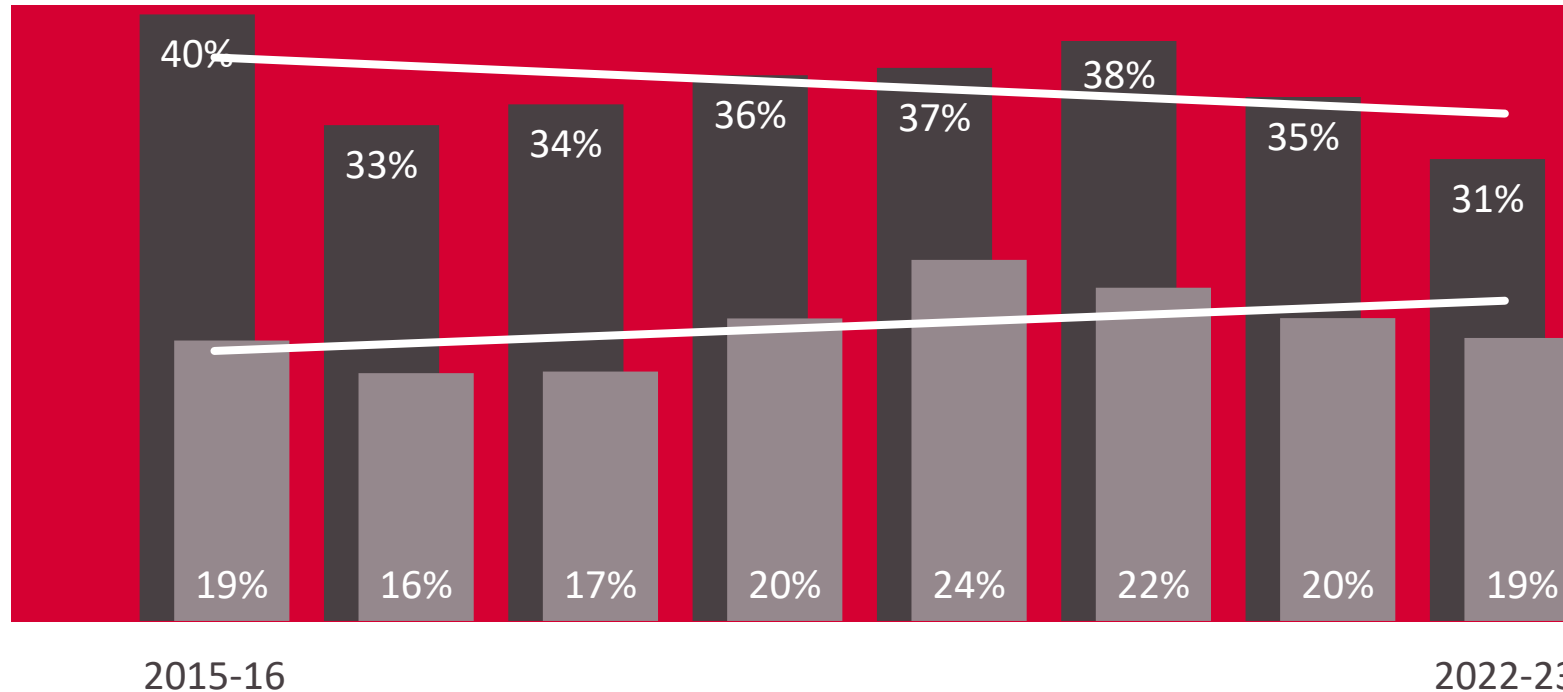
There are **20,000**
people missing the intensity
(8%)



There are **3,000**
people not active for long enough
(1%)



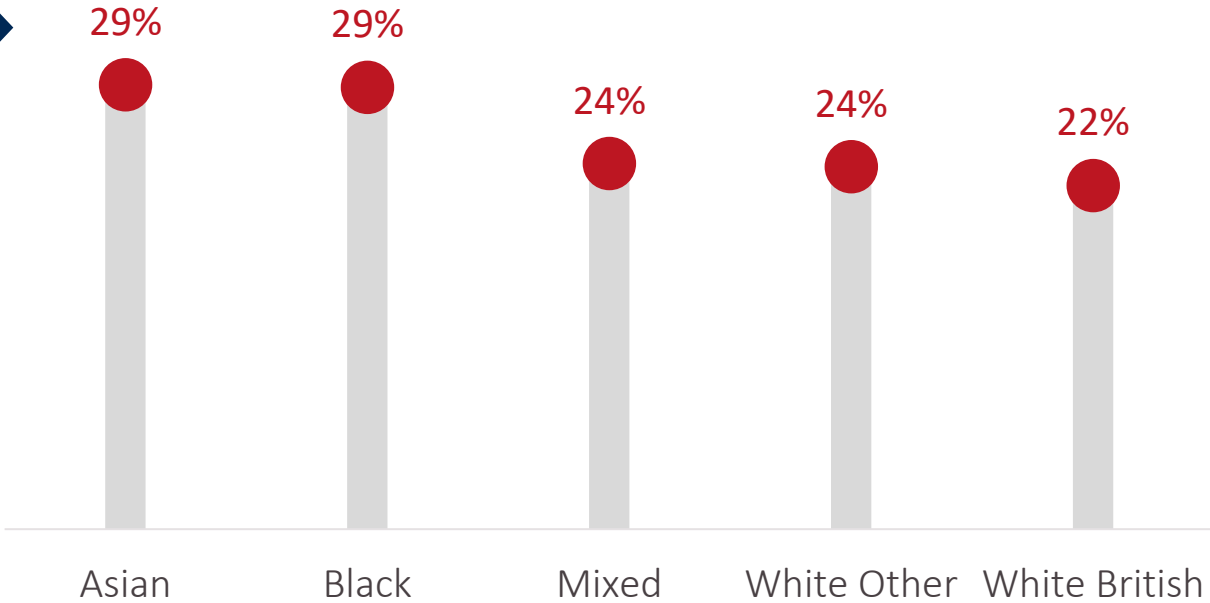
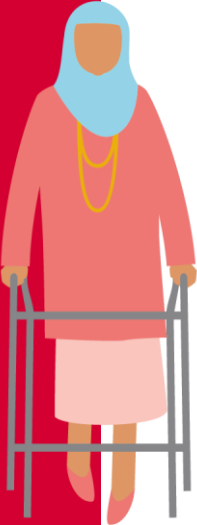
Inactivity in our **least affluent** households remains high (NS SeC 6-8)



The **inequality gap** between our least and most affluent has **narrowed over time**

■ NS SeC 6-8 ■ NS SeC 1-2

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



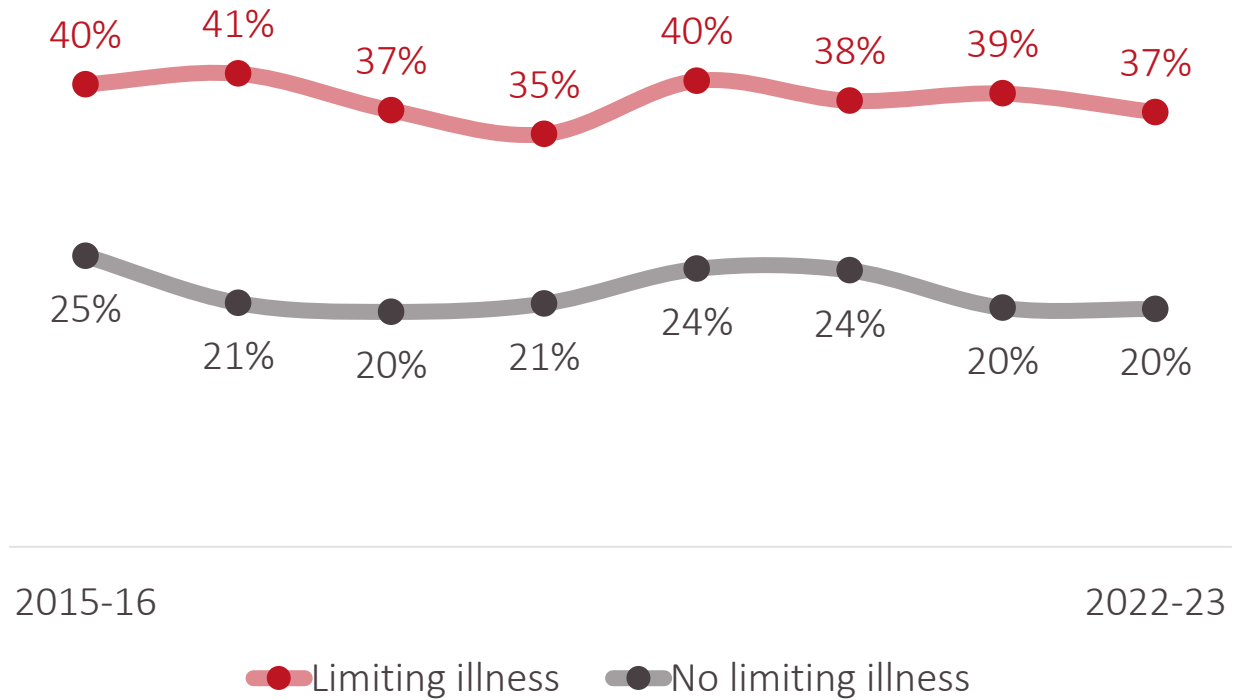
Data is for: Nottingham



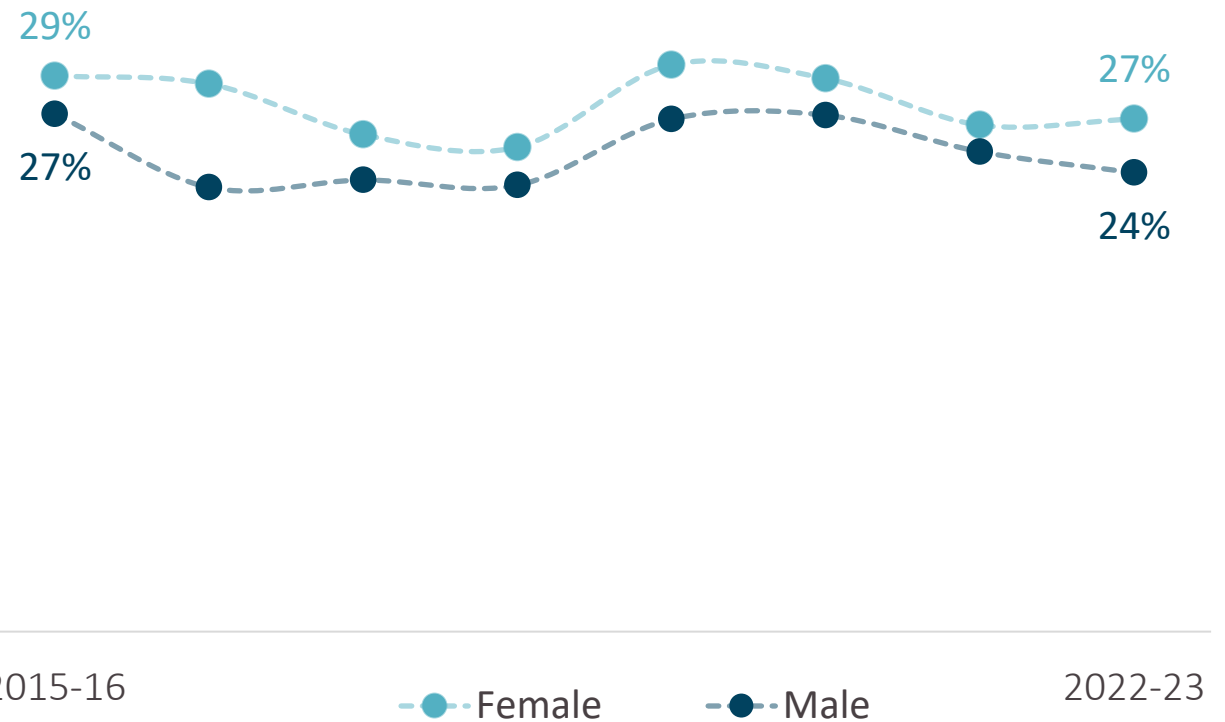
Source: Sport England Active Lives Survey 2022-23 (16+)
Measure: Physical activity levels (excluding gardening)

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

The inequality gap persists



A gender inequality gap persists with women experiencing higher inactivity levels than men

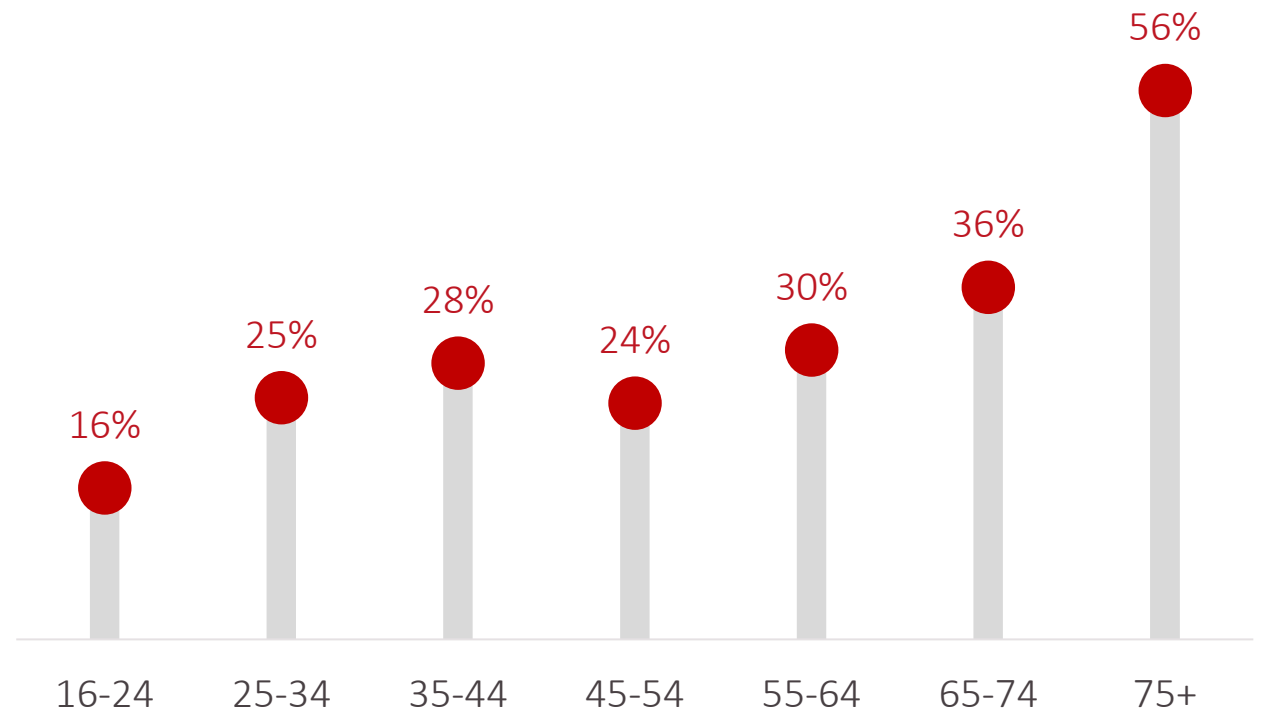


Data is for: Nottingham



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

Inactivity increases sharply after the age of 75

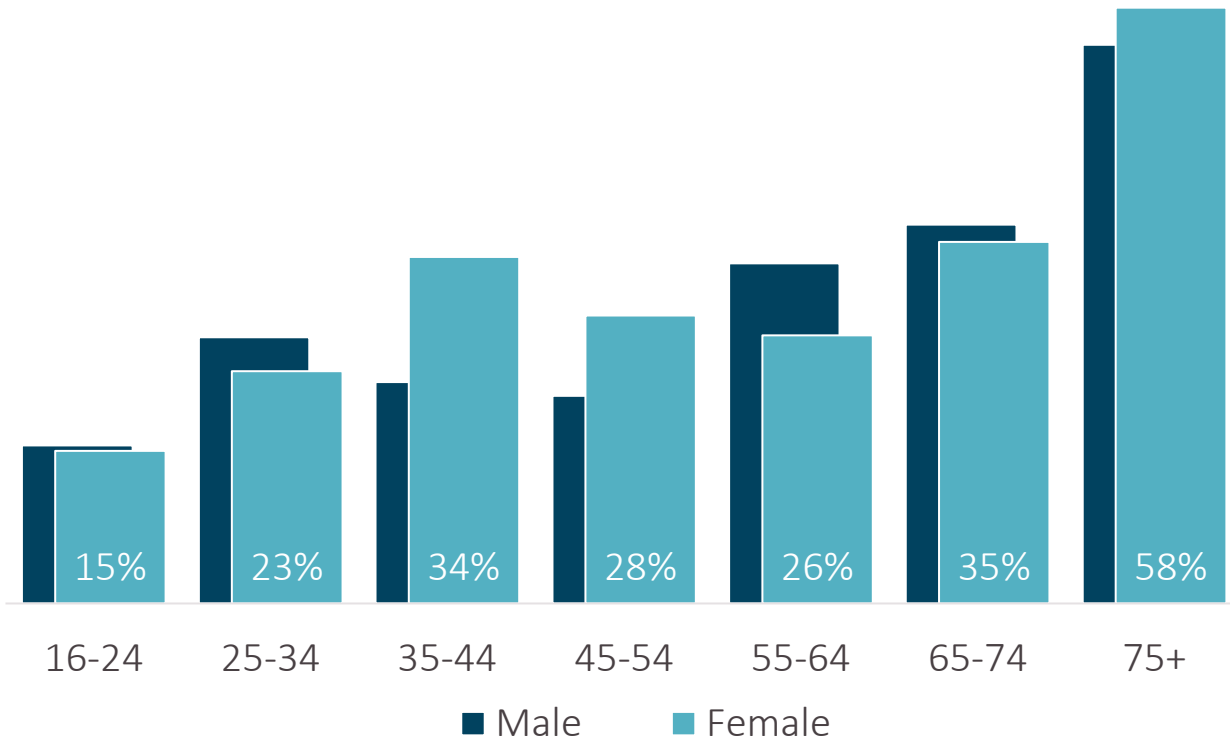


Data is for: Nottingham



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

Women have notably higher inactivity levels than men in the 35-54 age group



Data is for: Nottingham



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



Over **1 in 3** adults living in the **most deprived** neighbourhoods are inactive (31%)



Compared to **1 in 5** 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

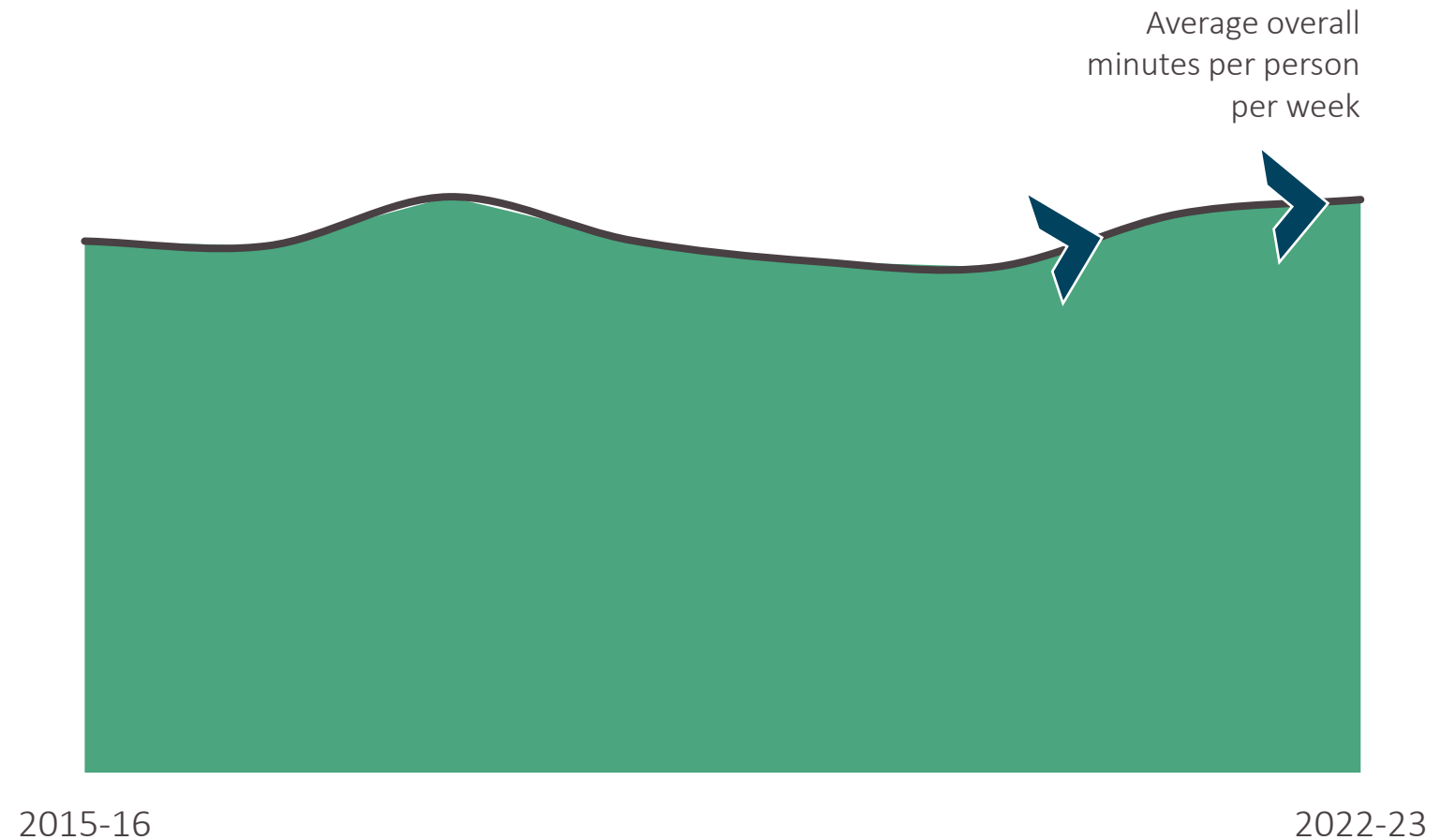


Dance

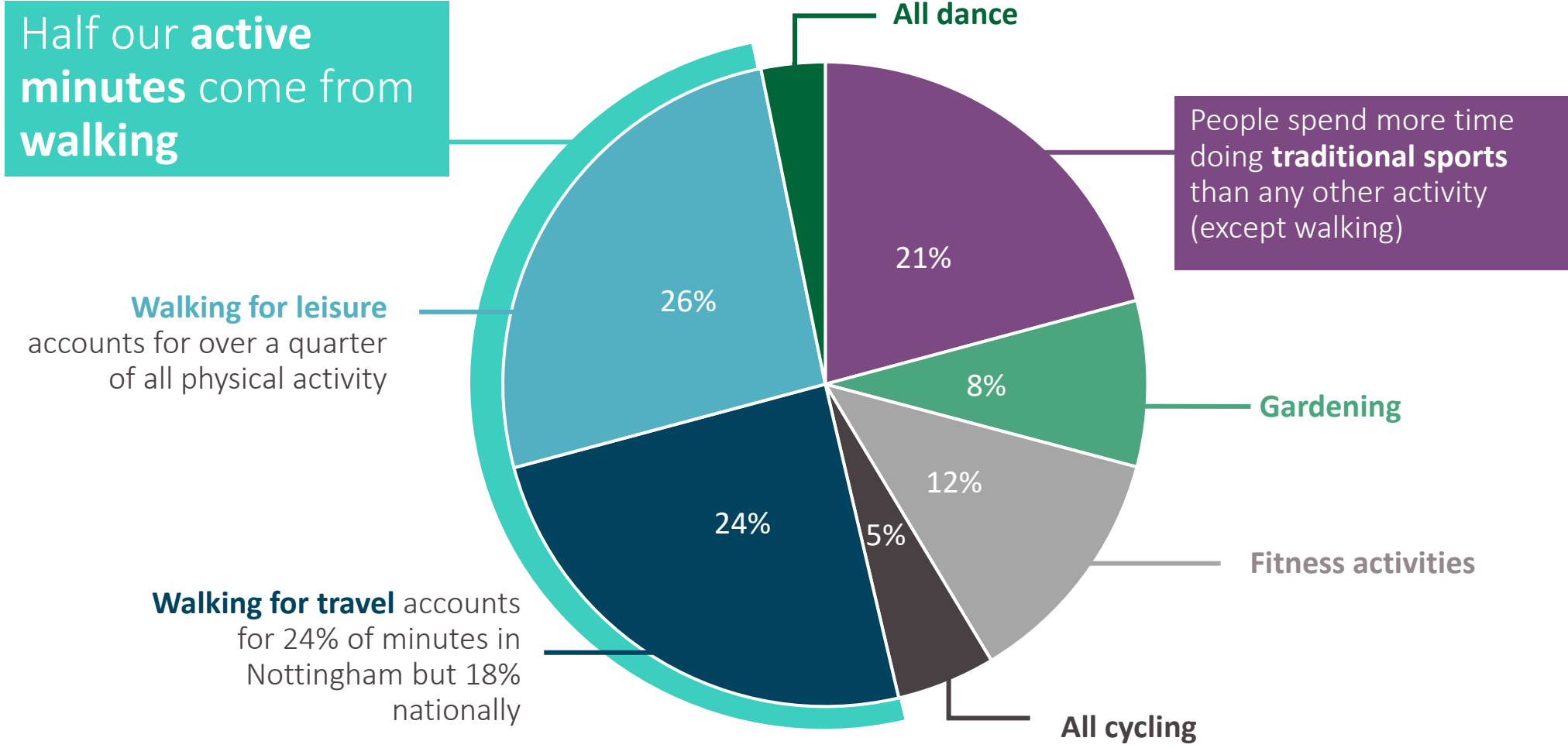
Covers all types of dance including artistic and creative dance (ballroom, ballet, contemporary etc)

*walking around shops is excluded

Activity minutes
have rebounded
to pre-pandemic
levels



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+)	1,998	1,987	1,979	1,992	2,009	2,019	2,012	1,984
NS SEC 1-2	812	798	838	857	816	860	851	855
NS SEC 3-5	420	446	420	418	436	371	391	396
NS SEC 6-8	355	339	343	318	318	336	315	337
16-34	611	624	644	709	635	686	691	634
35-54	664	643	672	663	666	603	627	623
55-74	580	579	521	481	547	562	535	601
75+	125	124	122	113	137	160	146	119
Male	850	886	853	869	869	878	856	862
Female	1,143	1,098	1,120	1,112	1,119	1,130	1,132	1,094
No limiting illness	1,521	1,466	1,475	1,471	1,408	1,447	1,403	1,396
Limiting illness	349	389	370	389	443	445	451	437
Working full or part time	1,036	1,086	1,068	1,101	1,062	1,052	1,085	1,057
Unemployed	101	79	99	102	113	102	97	113
Not working	591	514	523	458	512	547	501	503
Student full or part time	177	200	180	212	201	212	218	184
White Other	129	143	154	179	154	162	172	121
Asian	179	141	130	158	160	174	201	237
Black	70	108	89	100	106	109	123	129
Mixed	44	52	51	53	67	72	63	49
Other ethnic group	30	24	30	26	37	32	34	31
White British	1,440	1,414	1,418	1,362	1,360	1,353	1,309	1,302
Minority ethnic group	452	468	454	516	524	549	593	567

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%

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

All adults (16+)



260,000

6%
increase*

Older adults (55+)



70,000

12%
increase

Minority ethnic groups



100,000

31%
increase

Data is for: Nottingham

Source: Census 2021, Census 2011
*Change between Census 2011 and 2021

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

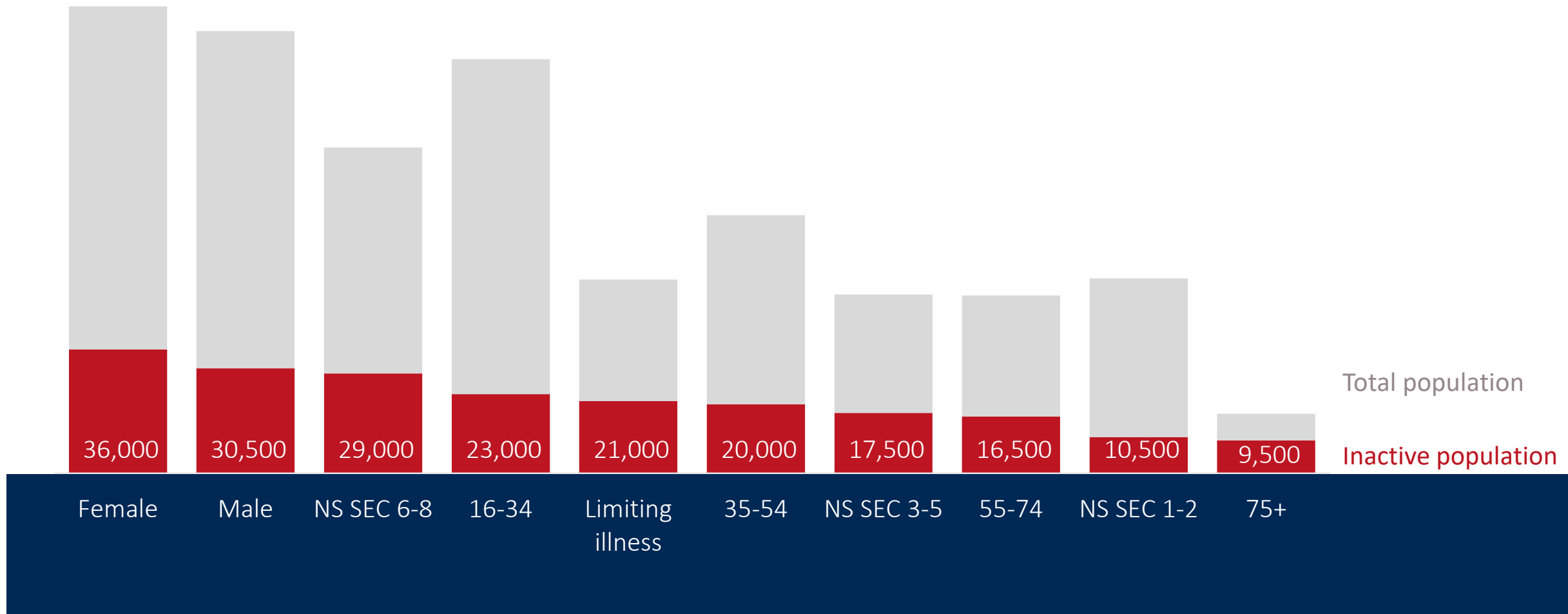
Those that are doing 150+ minutes of physical activity a week

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

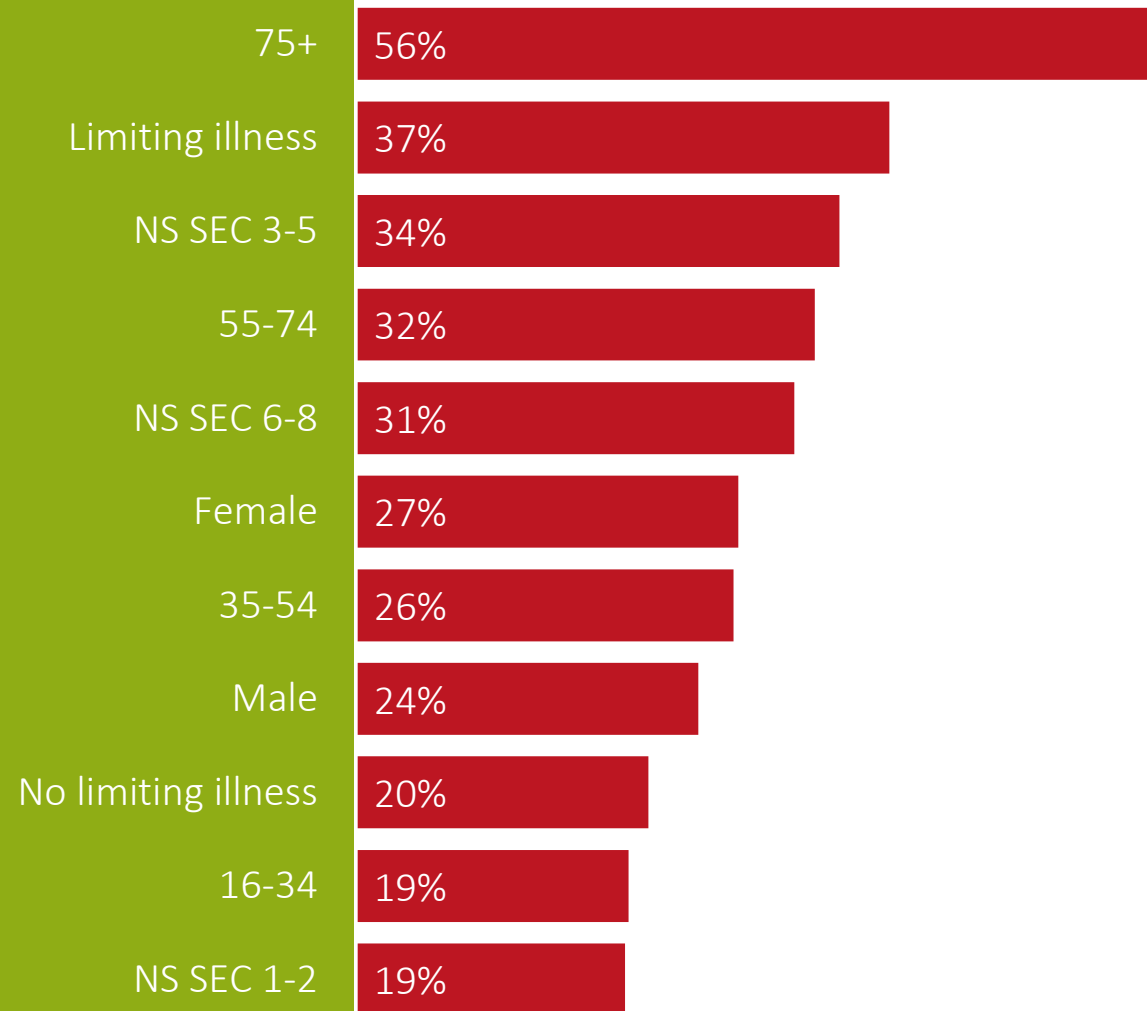


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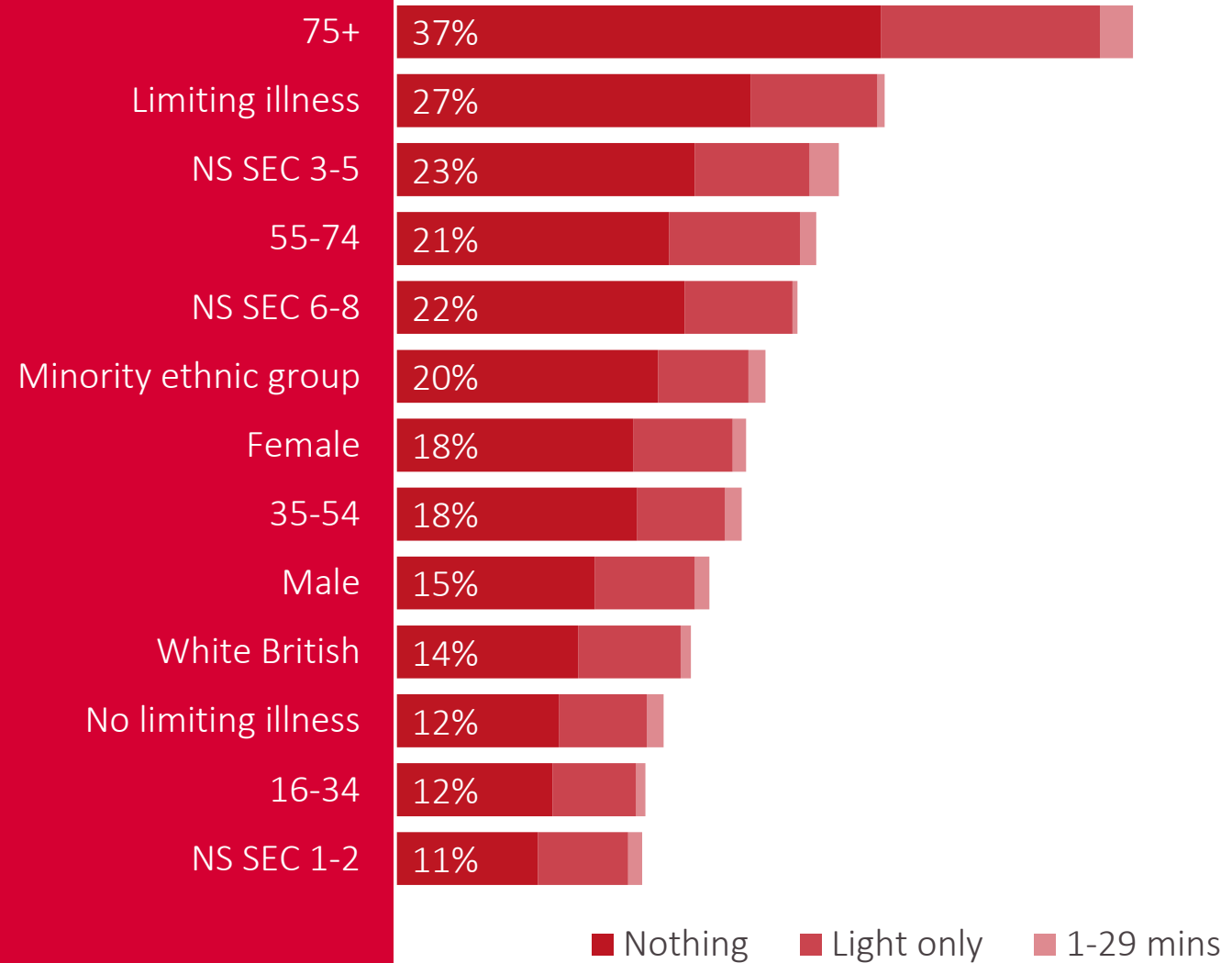


Source: Sport England Active Lives Survey 2022-23 (16+)
Measure: Physical activity levels (excluding gardening)

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

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

