



An insight into adult physical activity behaviour in Nottinghamshire County

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)

Gender



The inequality gap has closed in recent years, but **women** remain more likely to be inactive

Limiting illness



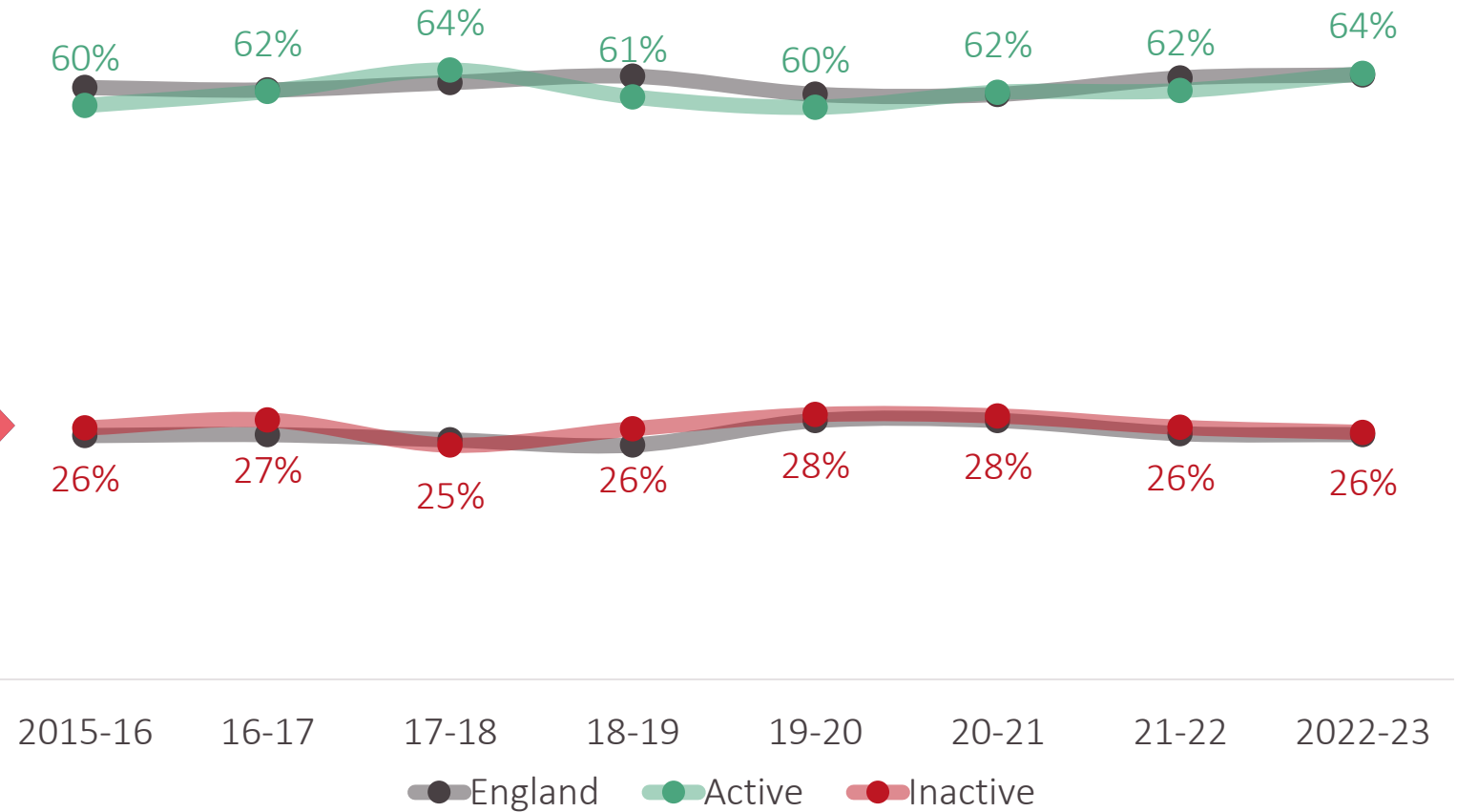
The inequality gap between those with and without a **limiting illness** persists but has narrowed over time

Currently, 26%
of adults are inactive

That's
176,000
people



A quarter of our community are inactive



Data is for: Nottinghamshire



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

105,000
adults do
no activity at all
(16%)



But not all inactive
adults do nothing



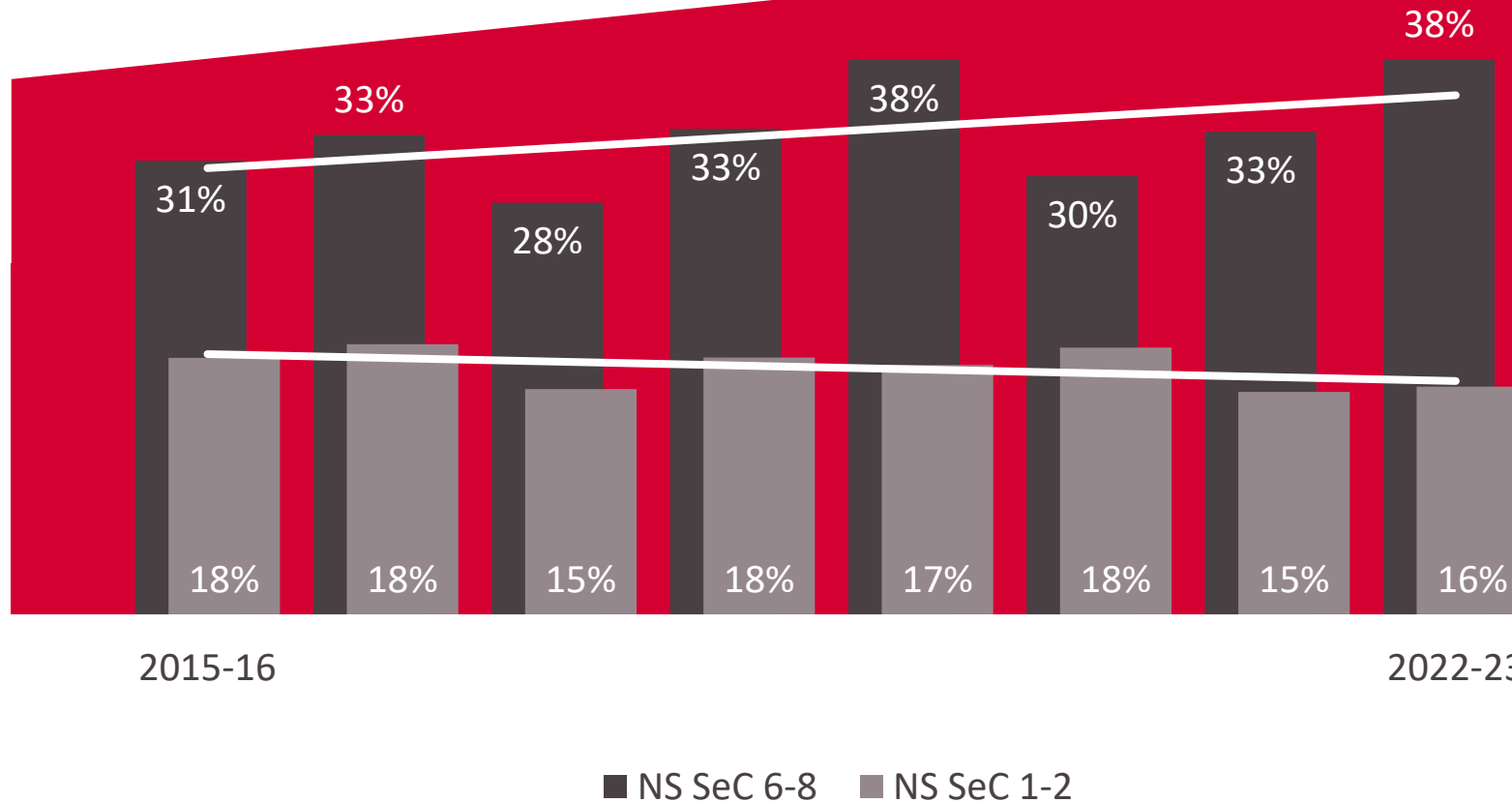
There are **62,000**
people missing the intensity
(9%)



There are **9,000**
people not active for long enough
(1%)



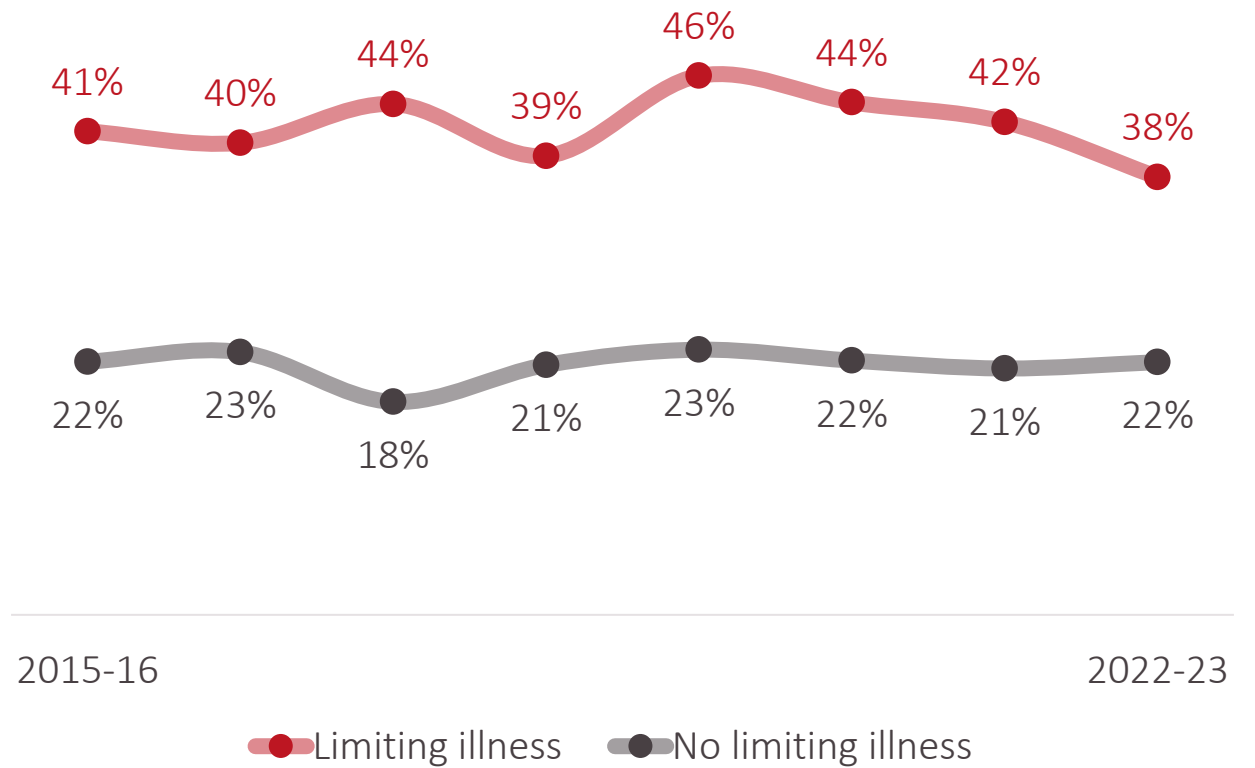
Our **least affluent** households are twice as likely to be inactive (NS SeC 6-8)



There is a clear and growing **inequality gap** between our least and most affluent households

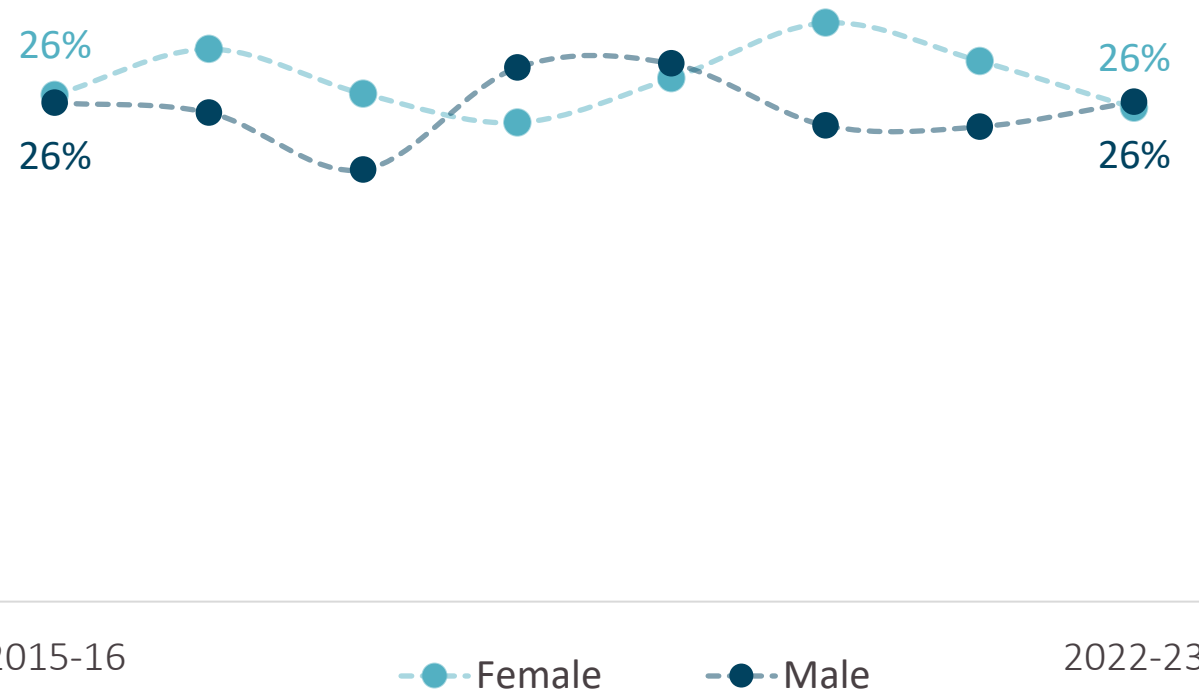
Adults with a **limiting illness or disability** are **more likely to be inactive**

The inequality gap persists but has narrowed over time



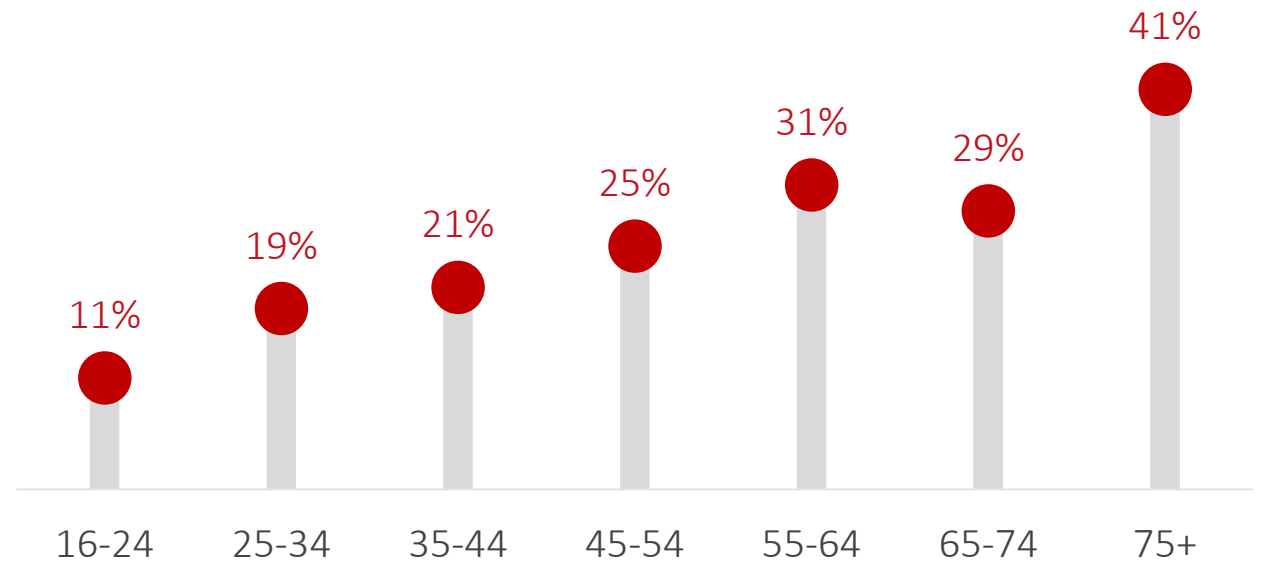
Inactivity rates have fluctuated for both men and women over time

The inequality gap has closed in recent years, but women remain more likely to be inactive



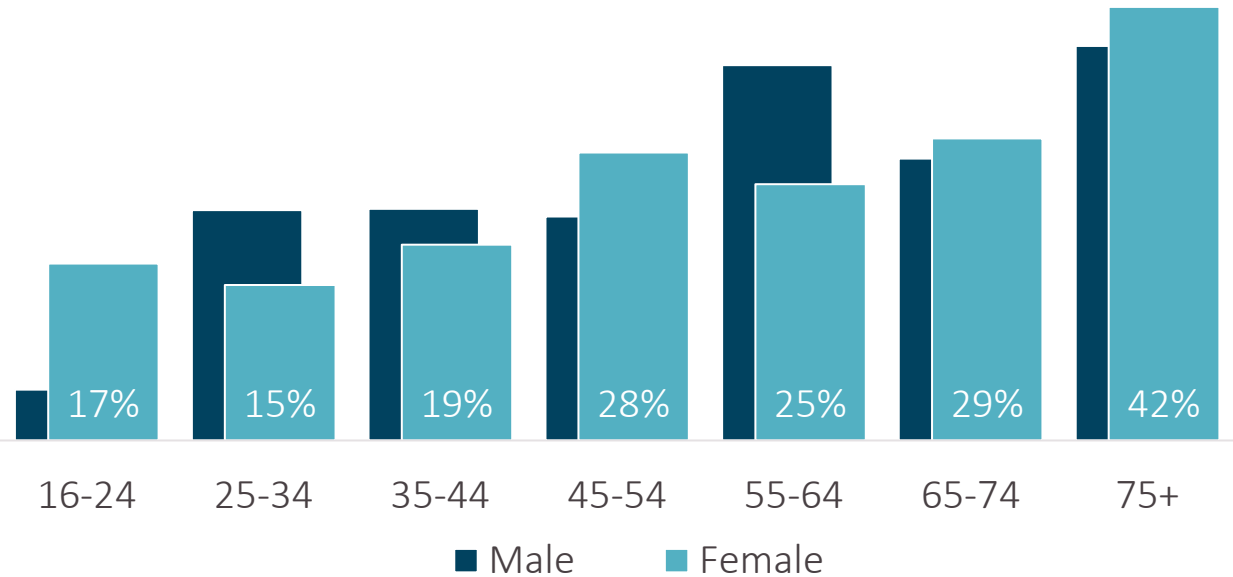
Inactivity increases with age

However, there is a slight dip in inactivity for adults aged 65-74



Women over the age of 65 have higher inactivity levels than men

Men's inactivity is notably higher in the 55-64 age group



Data is for: Nottinghamshire



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 (34%)



Compared to **1 in 5** adults living in the **least deprived** neighbourhoods (21%)



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

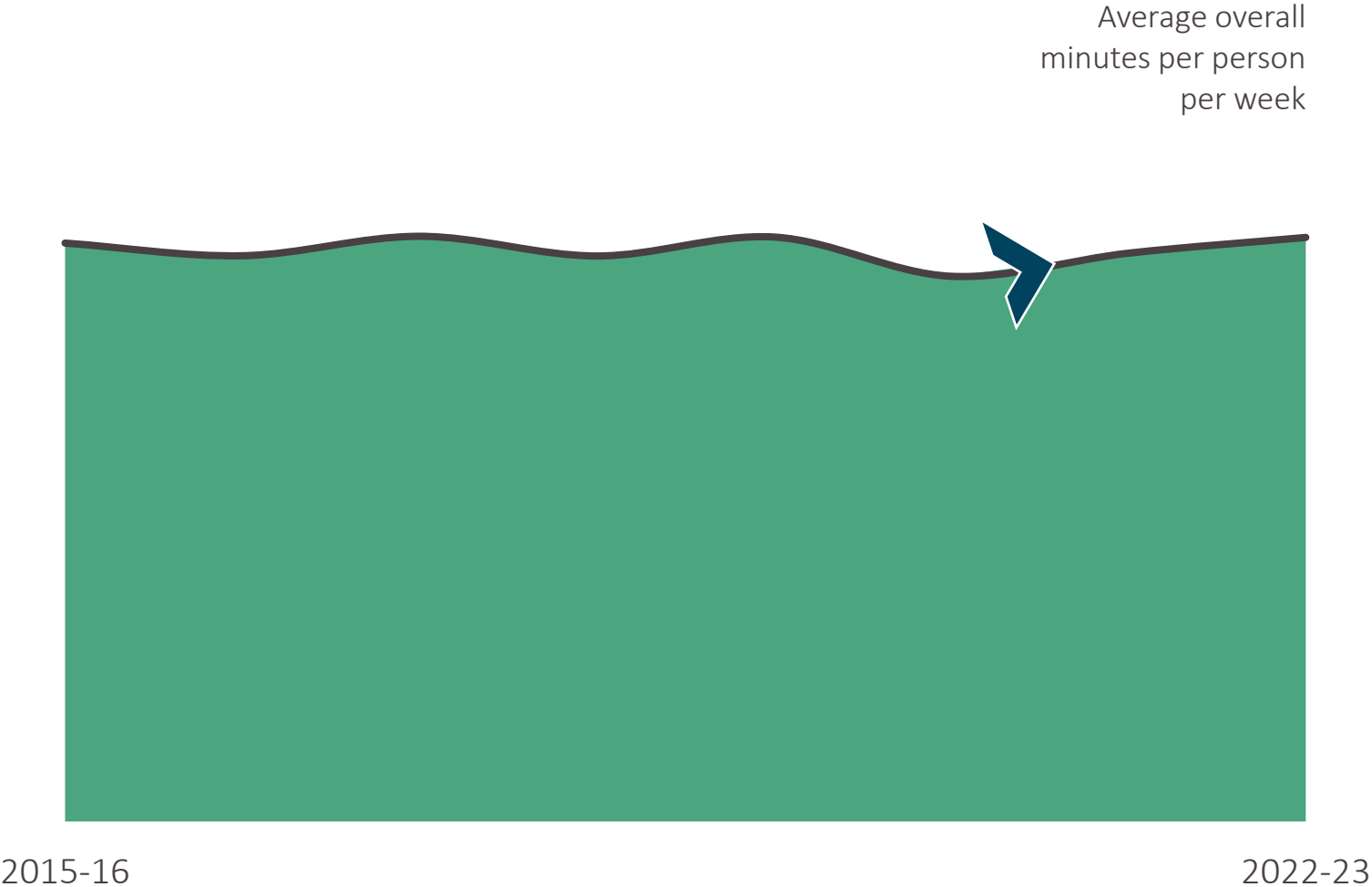


Dance

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

*walking around shops is excluded

Activity minutes
have returned to
pre-pandemic
levels

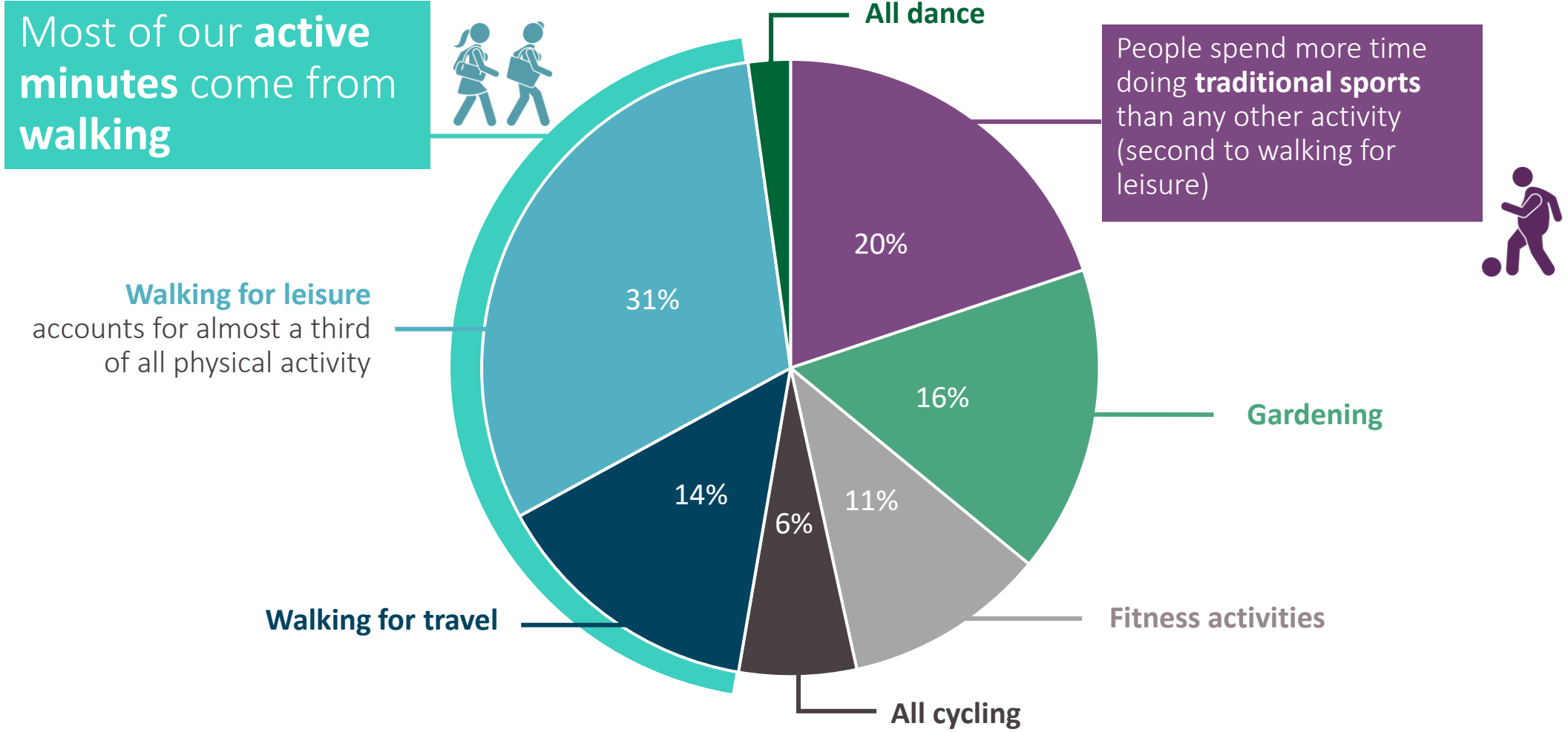


Data is for: Nottinghamshire



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+)	3,510	3,419	3,562	3,453	3,519	3,408	3,593	3,403
NS SEC 1-2	1,592	1,602	1,657	1,607	1,658	1,554	1,641	1,544
NS SEC 3-5	865	864	890	808	842	811	826	787
NS SEC 6-8	449	450	465	453	416	452	467	420
16-34	571	595	560	630	603	616	609	515
35-54	1,117	1,101	1,105	1,035	1,139	1,013	1,122	1,009
55-74	1,452	1,358	1,527	1,389	1,373	1,385	1,404	1,427
75+	344	337	341	371	373	383	438	431
Male	1,612	1,510	1,604	1,540	1,533	1,485	1,602	1,548
Female	1,889	1,905	1,952	1,899	1,968	1,913	1,974	1,842
No limiting illness	2,661	2,562	2,694	2,564	2,711	2,535	2,613	2,532
Limiting illness	655	659	672	698	639	673	786	680
Working full or part time	1,813	1,780	1,838	1,759	1,936	1,816	1,918	1,793
Unemployed	63	79	82	81	98	94	73	67
Not working	1,382	1,294	1,359	1,310	1,178	1,255	1,344	1,292
Student full or part time	103	96	101	109	104	90	90	94
White Other	107	114	118	105	117	117	114	139
Asian	49	52	50	56	62	65	80	81
Black	26	13	24	26	23	17	26	40
Mixed	15	21	27	17	24	30	35	24
Other ethnic group	12	9	4	22	7	9	10	15
White British	3,214	3,087	3,228	3,132	3,189	3,101	3,252	3,027
Minority ethnic group	209	209	223	226	233	238	265	299

Adult population breakdown

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

	Nottinghamshire	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%

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

All adults (16+)



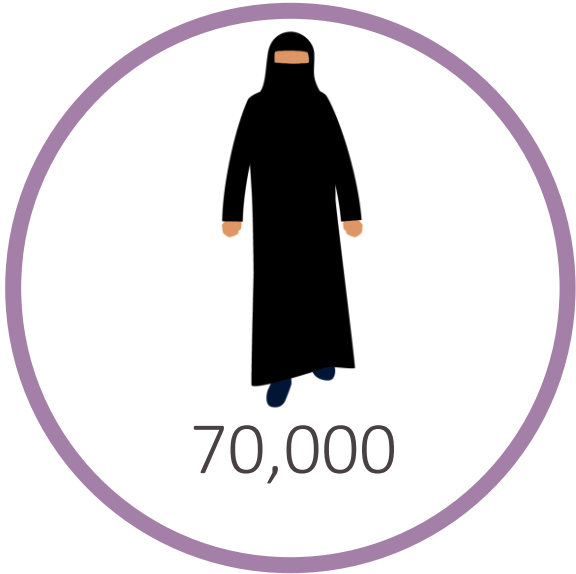
6%
increase*

Older adults (55+)



18%
increase

Minority ethnic groups



67%
increase

Data is for: Nottinghamshire

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

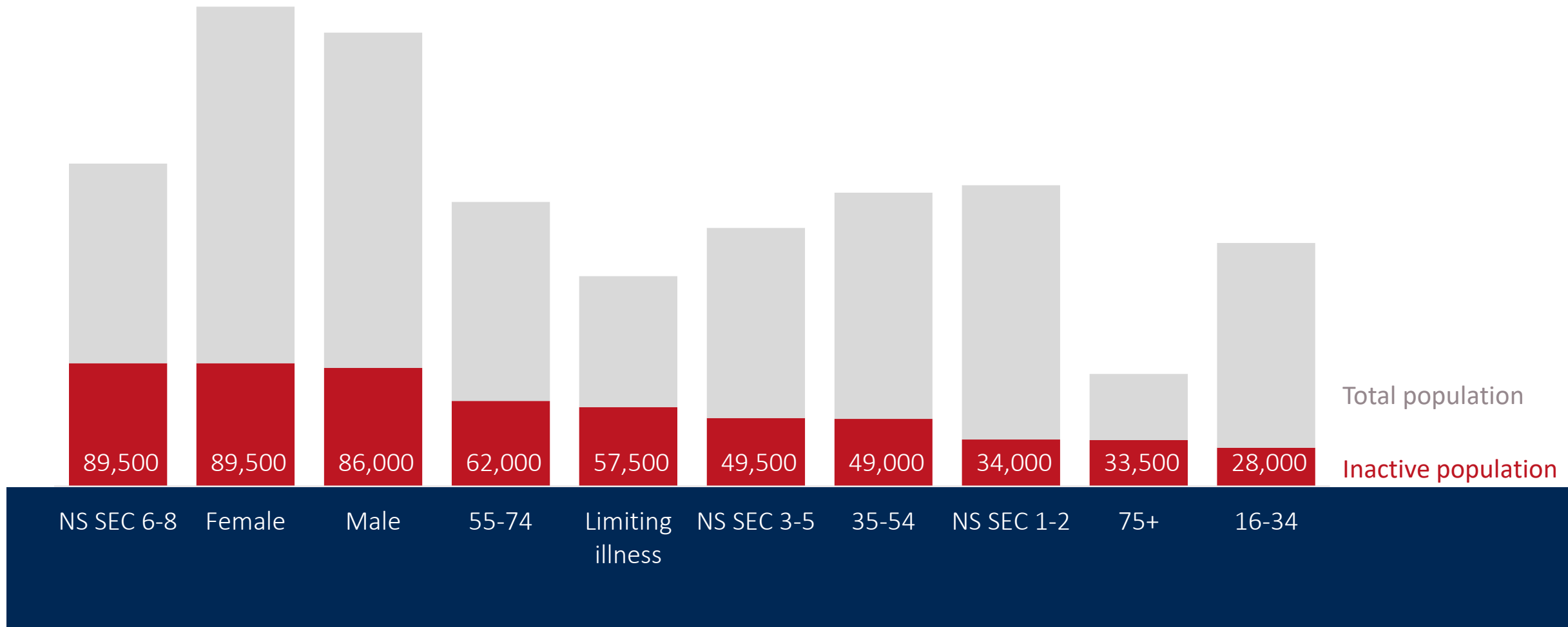
Those that are doing 150+ minutes of physical activity a week

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

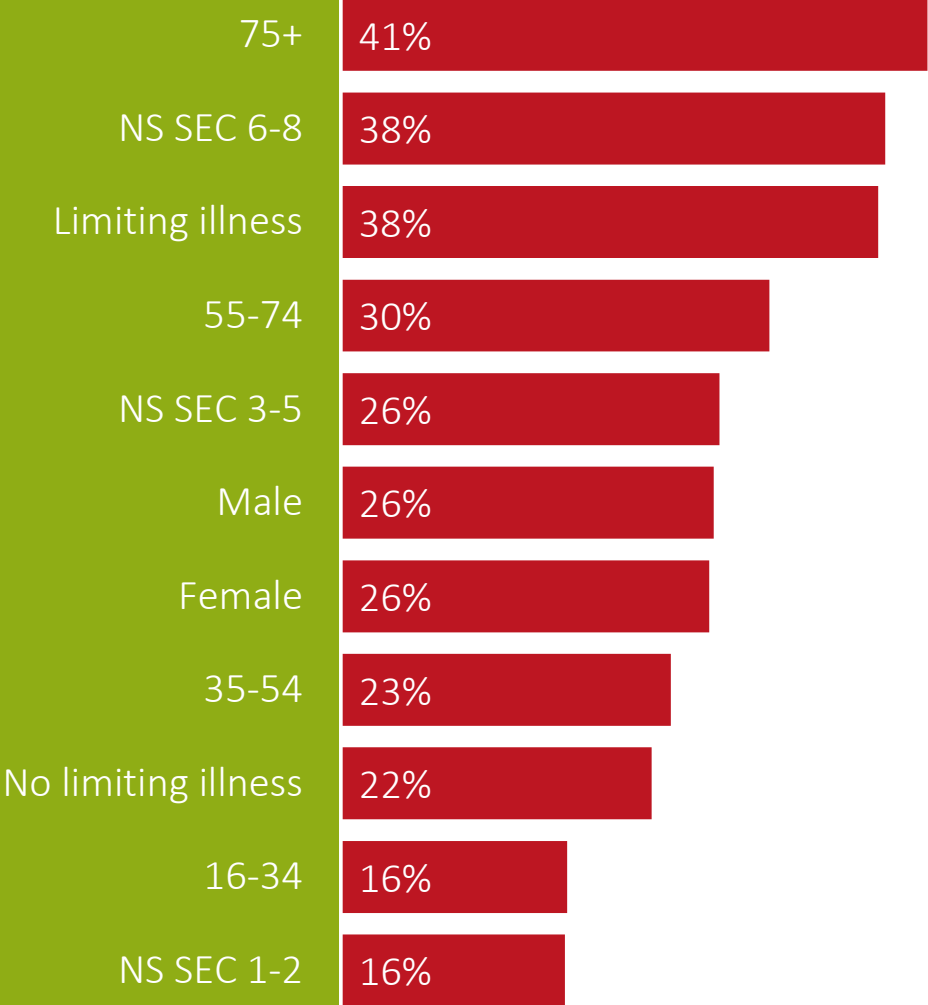


Data is for: Nottinghamshire



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

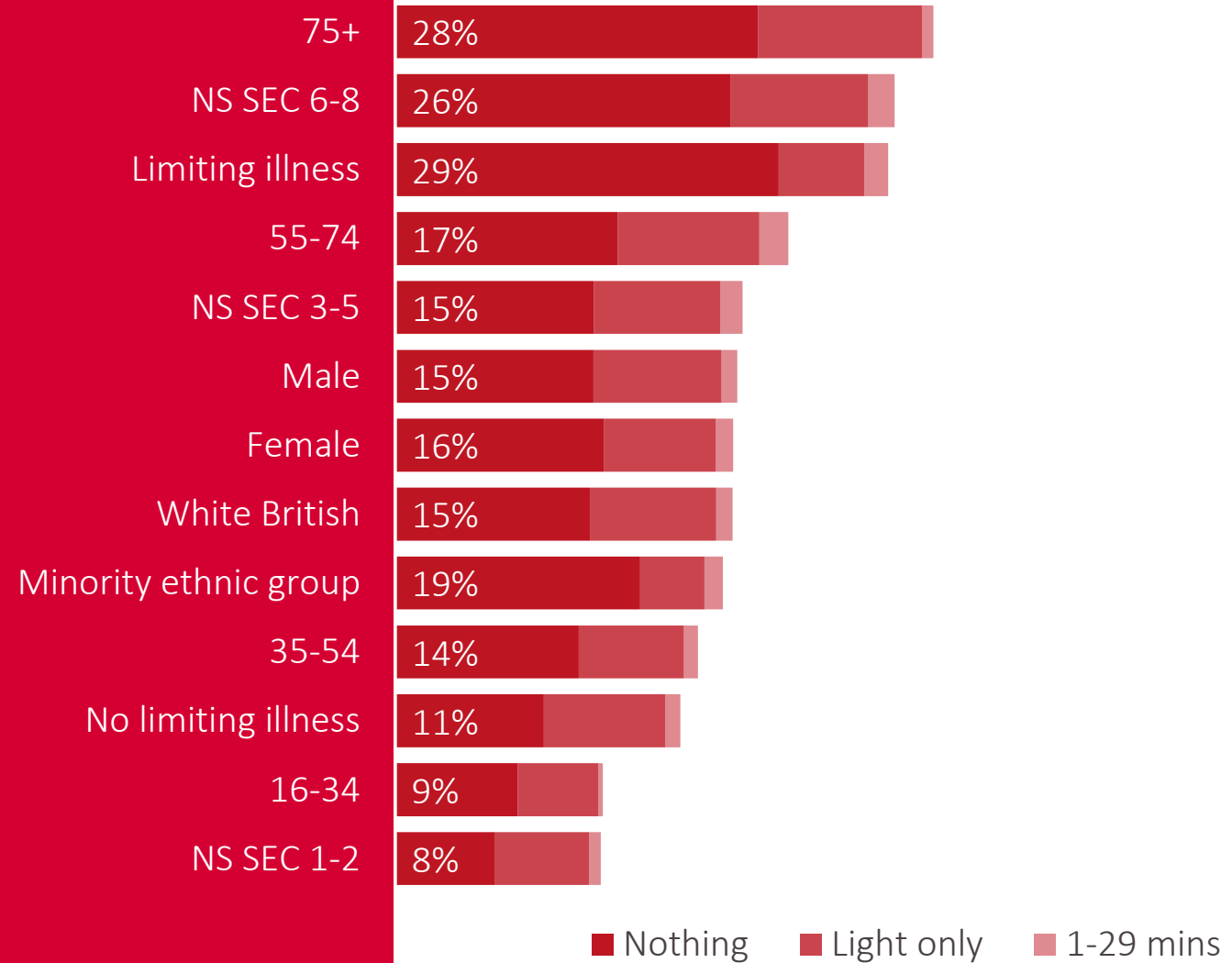


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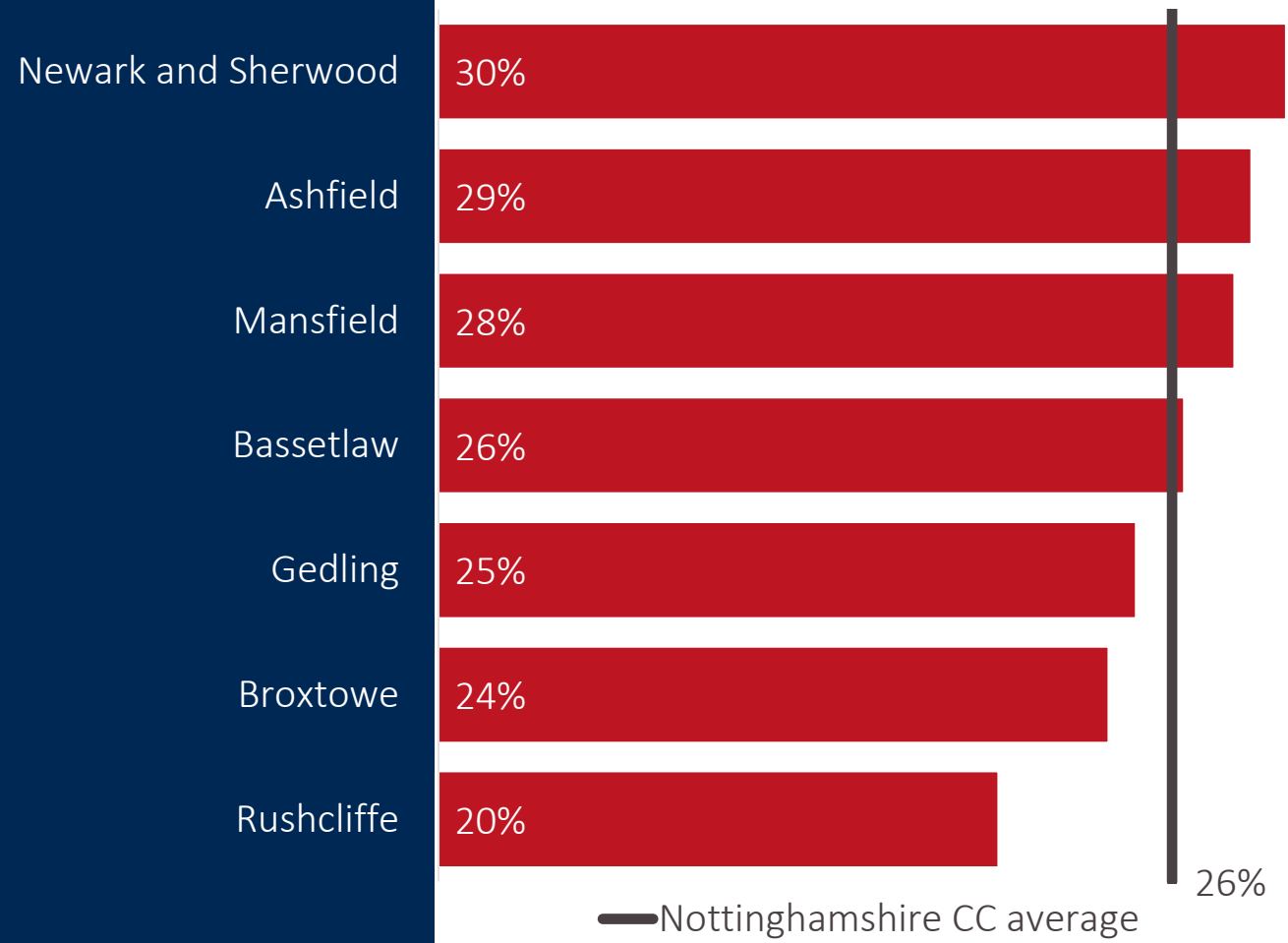


Source: Sport England Active Lives Survey 2022-23 (16+)
Measure: Physical activity levels (excluding gardening)

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



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



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

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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

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