



Nottingham and Nottinghamshire  
Adult Active Lives Headlines  
November 2023-2024

# National update

The number of people playing sport and taking part in physical activity in England is at the highest level on record, according to the latest Active Lives Adult Survey Report

The new figures show that, between November 2023 and November 2024, 63.7% 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 30 million adults in England playing sport or taking part in physical activity every week – up more than 2.4m from when the survey results were first published in 2016.

The number of inactive adults, those doing less than 30 minutes of activity a week, is down, with this number falling by 121,000 in the last 12 months.

This reflects significant progress, especially considering the huge disruption caused by the Covid-19 pandemic.



# National demographics

Over the longer term, growth has been similar for both men and women, with 1.8% more active men and 1.5% more active women compared to baseline. Despite this, neither men nor women have seen a statistically reportable change in activity levels compared to 12 months ago, although women have seen a small drop in those who are inactive over the same period.

**Adults aged 55-74 and 75+** continue to see a slight but steady increase in activity levels over the last 3 years. The latest result represents an increase of 1.1% of adults aged 55-74 who are active, compared to 12 months ago. This is part of a long-term increase of 6.4% compared to baseline. While adults aged 75+ have seen no statistically reportable change in the proportion active compared to 12 months ago, there has been a long-term increase of 9.4% compared to baseline.

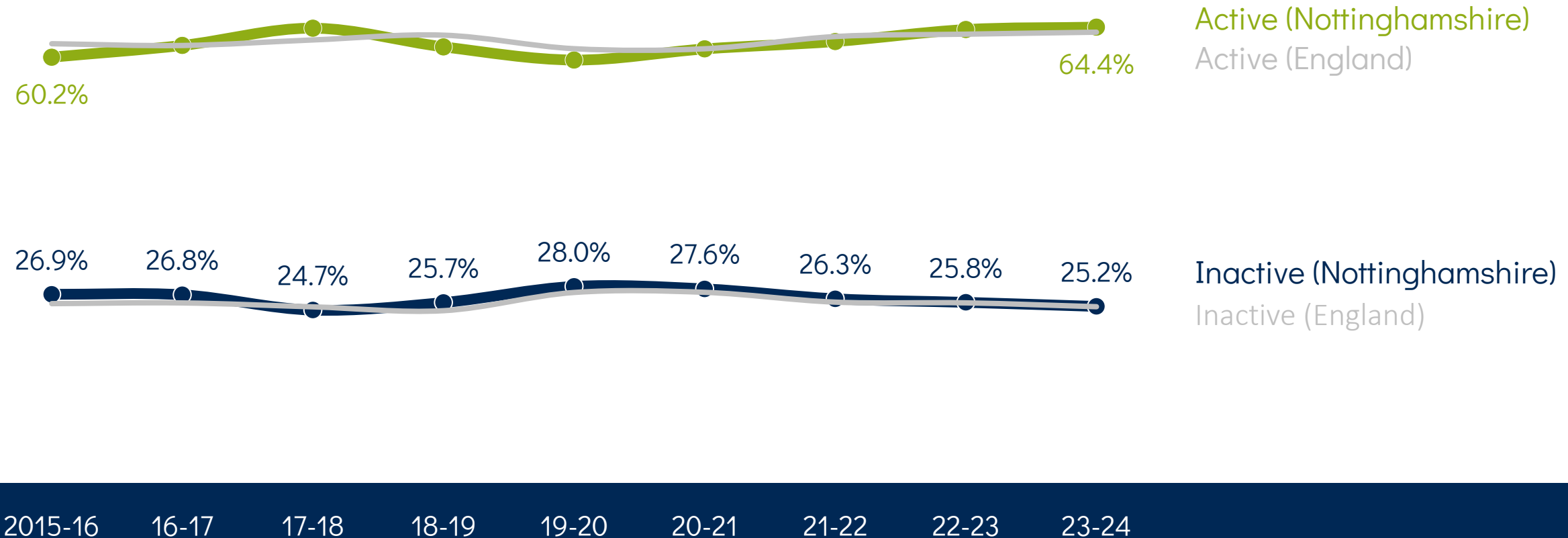
While the proportion active remains unchanged compared to 12 months ago for those with a **disability or long-term health condition**, the proportion who are inactive has fallen slightly. Before the pandemic, activity levels were increasing and, as such, there are 4.8% more active adults with a disability or long-term health condition compared to baseline. This long-term growth is greater than for those without a disability, where the proportion active is up by 2.2% over the same period.

There has been no statistically reportable change in the proportion who are active for any **Black, Asian or minority ethnic group** compared to baseline.

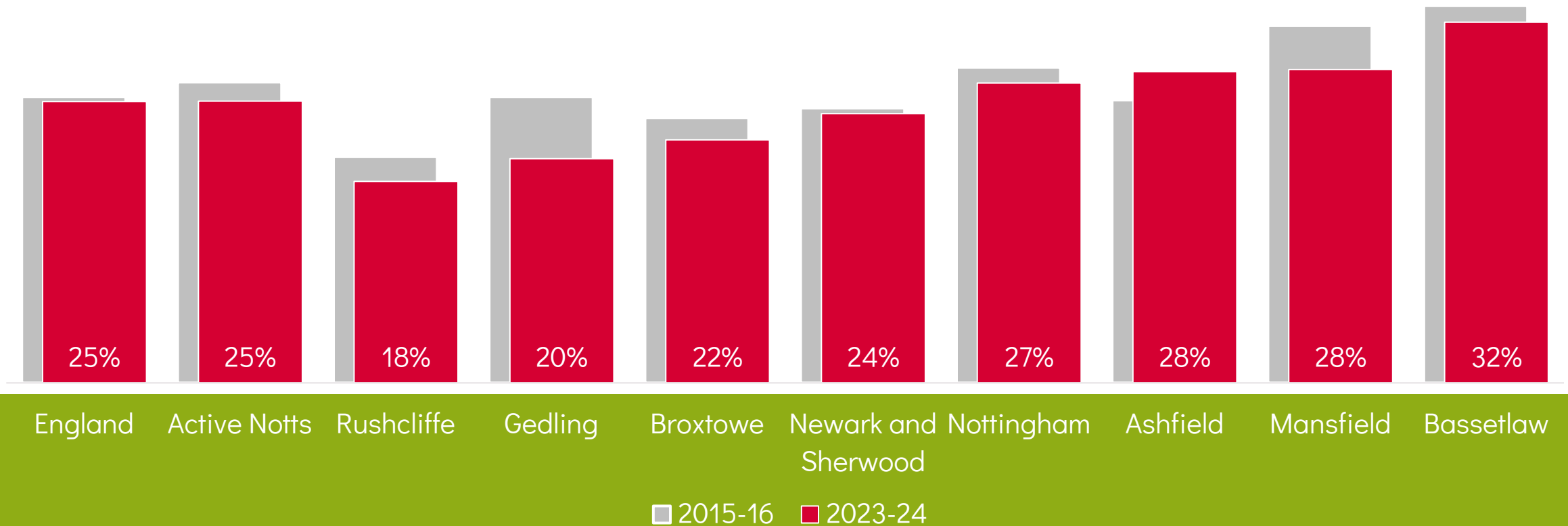
This is also true for **social grade** compared to 12 months ago. However, there has been long-term growth in activity levels among the most affluent (NS-SEC 1-2), with those who are active increasing by 1.6% compared to baseline. In contrast, among the least affluent (NS-SEC 6-8) the proportion active dropped by 2.5% over the same period. There is an increased gap between the two.



# Physical inactivity in Nottinghamshire is decreasing



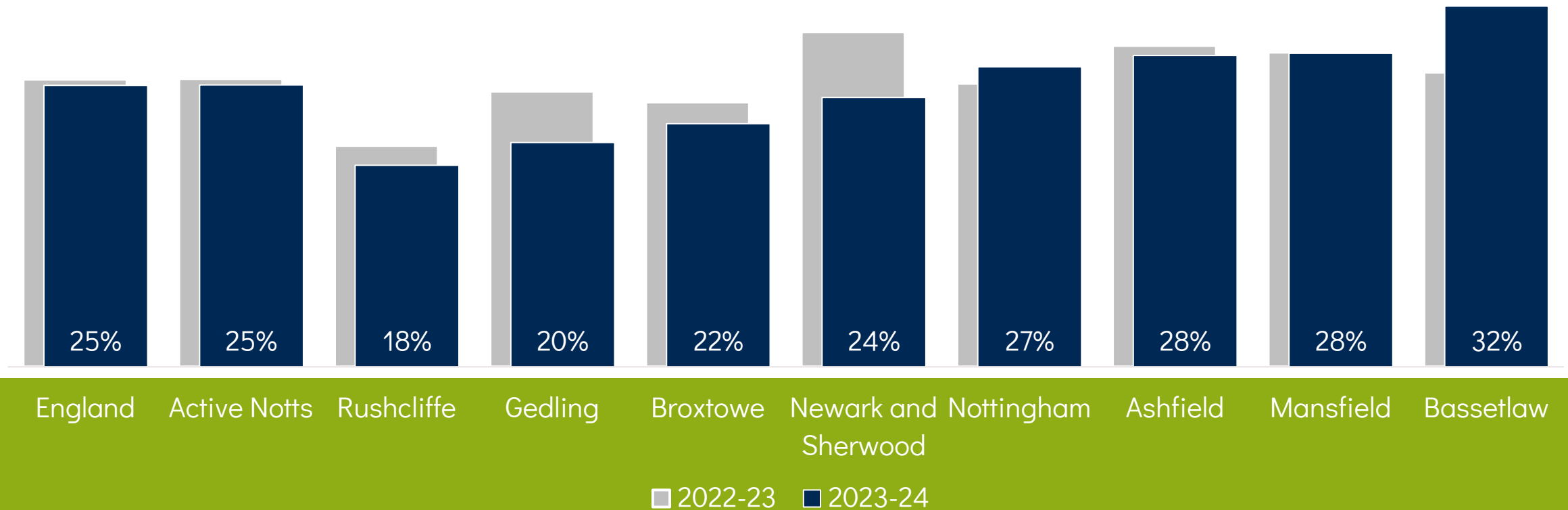
## Inactivity compared to 2015-16 (baseline)



# Absolute change Nov 2015-16 to Nov 2023-24

	Inactive		Fairly Active		Active	
England	-0.4%	Significant decrease	-1.2%	Significant decrease	1.6%	Significant increase
Active Notts	-1.7%	No change	-2.5%	Significant decrease	4.2%	Significant increase
Ashfield	2.5%	No change	-5.4%	Significant decrease	2.9%	No change
Bassetlaw	-1.5%	No change	-2.5%	No change	4.0%	No change
Broxtowe	-2.0%	No change	-3.2%	No change	5.2%	No change
Gedling	-5.5%	No change	-0.6%	No change	6.2%	No change
Mansfield	-3.9%	No change	-0.3%	No change	4.2%	No change
Newark and Sherwood	-0.5%	No change	-0.4%	No change	0.9%	No change
Nottingham	-1.4%	No change	-1.7%	No change	3.1%	No change
Rushcliffe	-2.2%	No change	-7.1%	Significant decrease	9.3%	Significant increase

# Inactivity compared to 2022-23 (previous 12 months)



# Change in last 12 months Nov 2022-23 to Nov 2023-24

	Inactive		Fairly Active		Active	
England	-0.5%	Significant decrease	0.3%	No change	0.3%	No change
Active Notts	-0.6%	No change	0.2%	No change	0.3%	No change
Ashfield	-0.9%	No change	-1.3%	No change	2.2%	No change
Bassetlaw	5.9%	No change	-3.0%	No change	-2.9%	No change
Broxtowe	-1.9%	No change	-0.6%	No change	2.5%	No change
Gedling	-4.6%	No change	1.0%	No change	3.6%	No change
Mansfield	-0.1%	No change	1.3%	No change	-1.2%	No change
Newark and Sherwood	-5.9%	No change	4.4%	No change	1.5%	No change
Nottingham	1.5%	No change	0.6%	No change	-2.1%	No change
Rushcliffe	-1.8%	No change	-1.1%	No change	2.9%	No change



# Summary



- Over the last 12 months, inactivity rates in Nottinghamshire have decreased by 0.6pp to 25.2%. Nationally, this has reduced by 0.5pp to 25.1%
- Inactivity in Nottinghamshire is lower than baseline (2015-16 26.9%)
- Bassetlaw has seen the biggest increase in inactivity levels in the last 12 months (up 5.9pp) but remains lower than baseline (down 1.5pp)