



*An insight into adult physical activity  
in Derby City*

Active Lives Adults Survey 2023-24

The current landscape for  
physical activity in our area



This data pack analyses physical activity over a one-year period (November 2023 to November 2024), but the findings must be interpreted within the broader context of societal changes during this timeframe.



Keep these things in mind when looking at the key messages:

- Demographic shifts are ongoing
- Economic pressures have intensified inequality gaps

# What do we mean by 'demographic shifts'?

Generally, our populations are growing, ageing and becoming more diverse.

This shift towards an ageing population in particular is moving more people into age groups we know are more likely to be inactive.

The adult population (16+) is estimated at **220,000**

Continuing a steady upward trend 



20% are estimated to be aged 65 or older and showing gradual growth over time

That's **44,500** people



# What 'economic pressures' are intensifying inequality gaps?

Income disparities continue to widen, with lower-income individuals and households experiencing disproportionate impacts from rising living costs, employment instability, and wages that haven't kept pace with inflation. This economic squeeze is pushing **more people into lower income brackets** – who we know are more likely to be inactive.

More than 35,500 people are now claiming **universal credit**



An increase of almost 6,000 this year that continues the rising trend

Economic inactivity among working age adults stands at almost 24%, with **6% classified as long-term sick** (around 10,000)



The number of children (aged under 16) living in **relative low-income families** has increased this year as



part of a continuing trend, now exceeding **17,000** children.

An estimated 9,000 people are unemployed

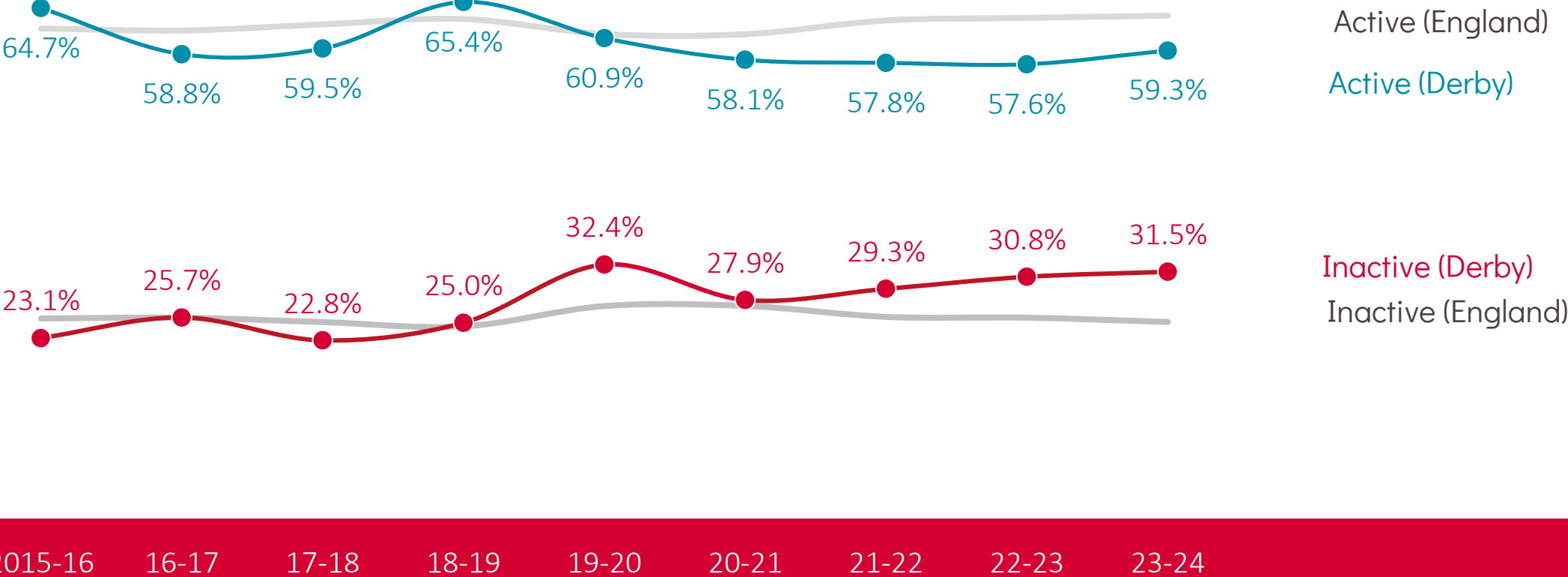


An in-year rise of more than **1,500 people**



Physical activity

# Physical inactivity in Derby City continues to rise



Data is for: Derby City

Source: Sport England Active Lives Survey 2023-24 (16+)  
Measure: Physical activity levels (excluding gardening)

Currently, 31%  
of adults are inactive



That's  
69,000  
people

48,000 adults  
do no activity at all  
(22%)

But not all inactive  
adults do nothing

There are 19,000  
people missing  
the intensity  
(9%)



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



# Some communities experience inactivity more than others

## Limiting illness

Inactivity levels for adults with a limiting illness or disability remains high



## Gender

The gender inequality gap persists



## Ethnicity

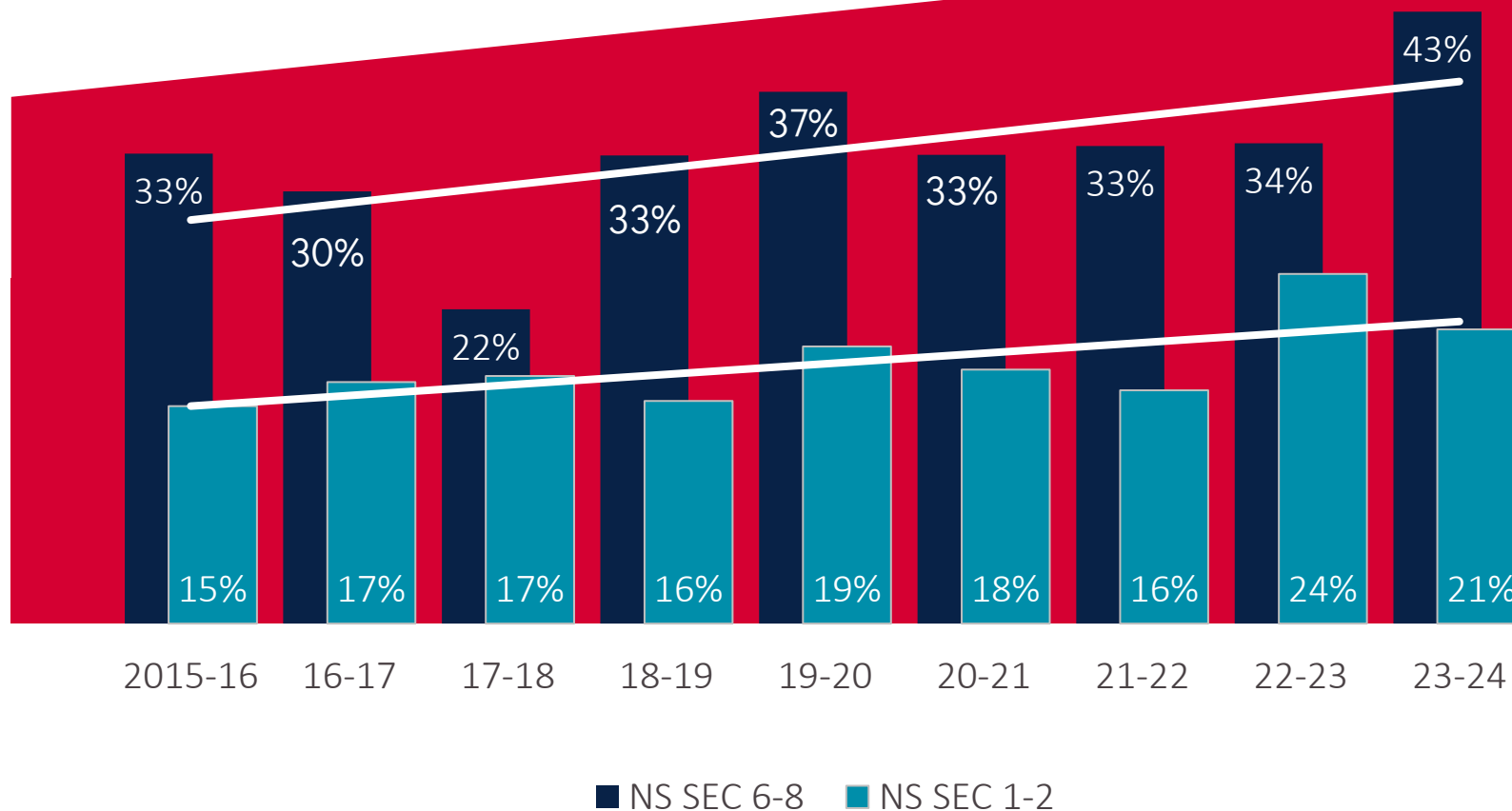
Our Asian communities experience higher levels of inactivity



## Social status

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

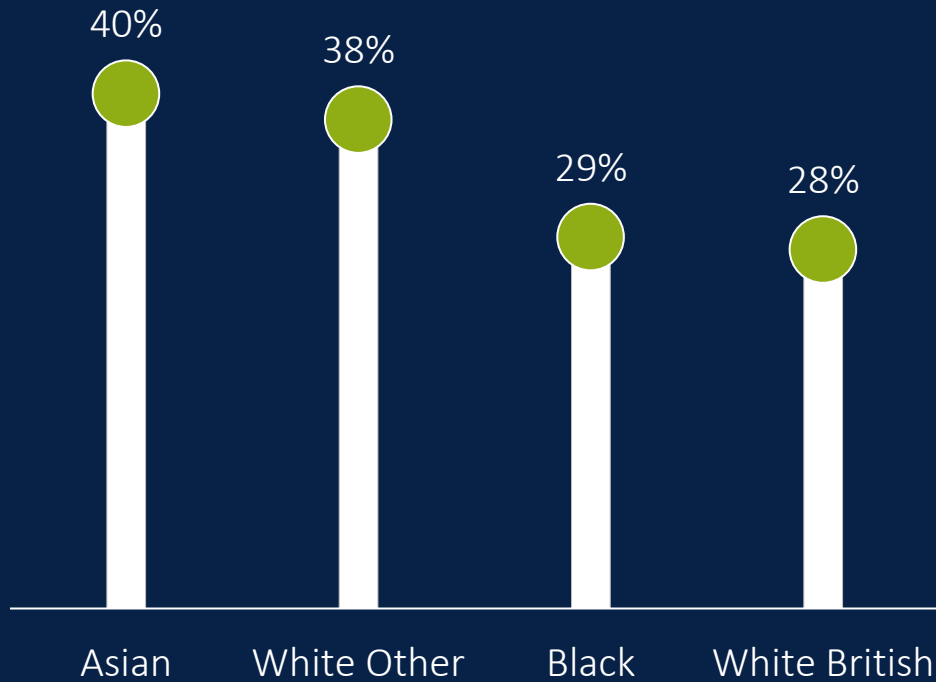
Our **least affluent** households are twice as likely to be inactive (NS SeC 6-8)



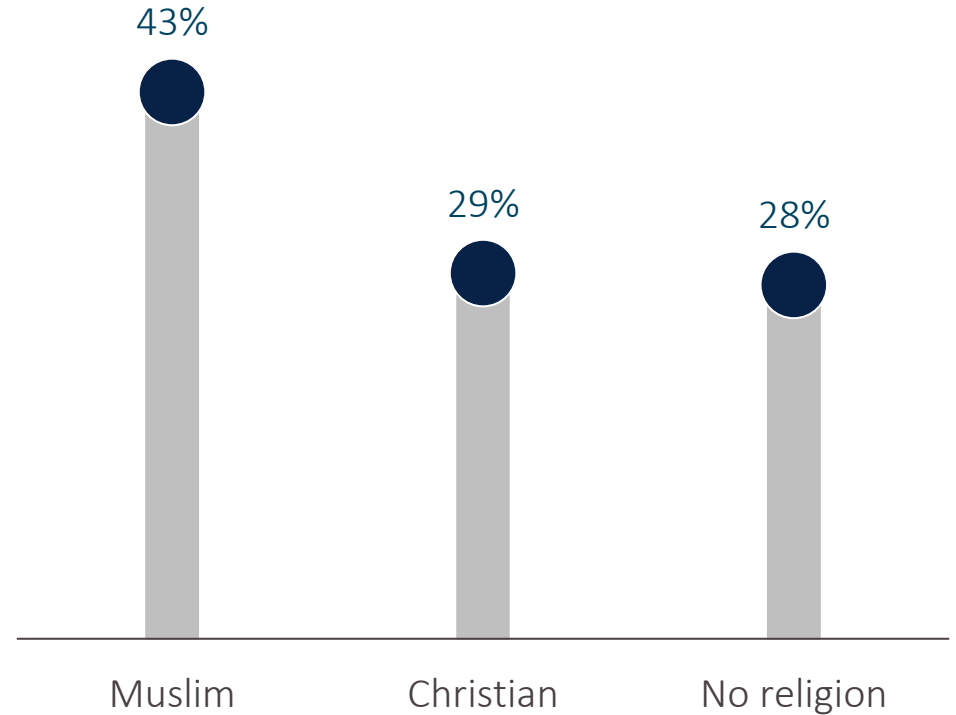
There is a clear **inequality gap** between our least and most affluent households



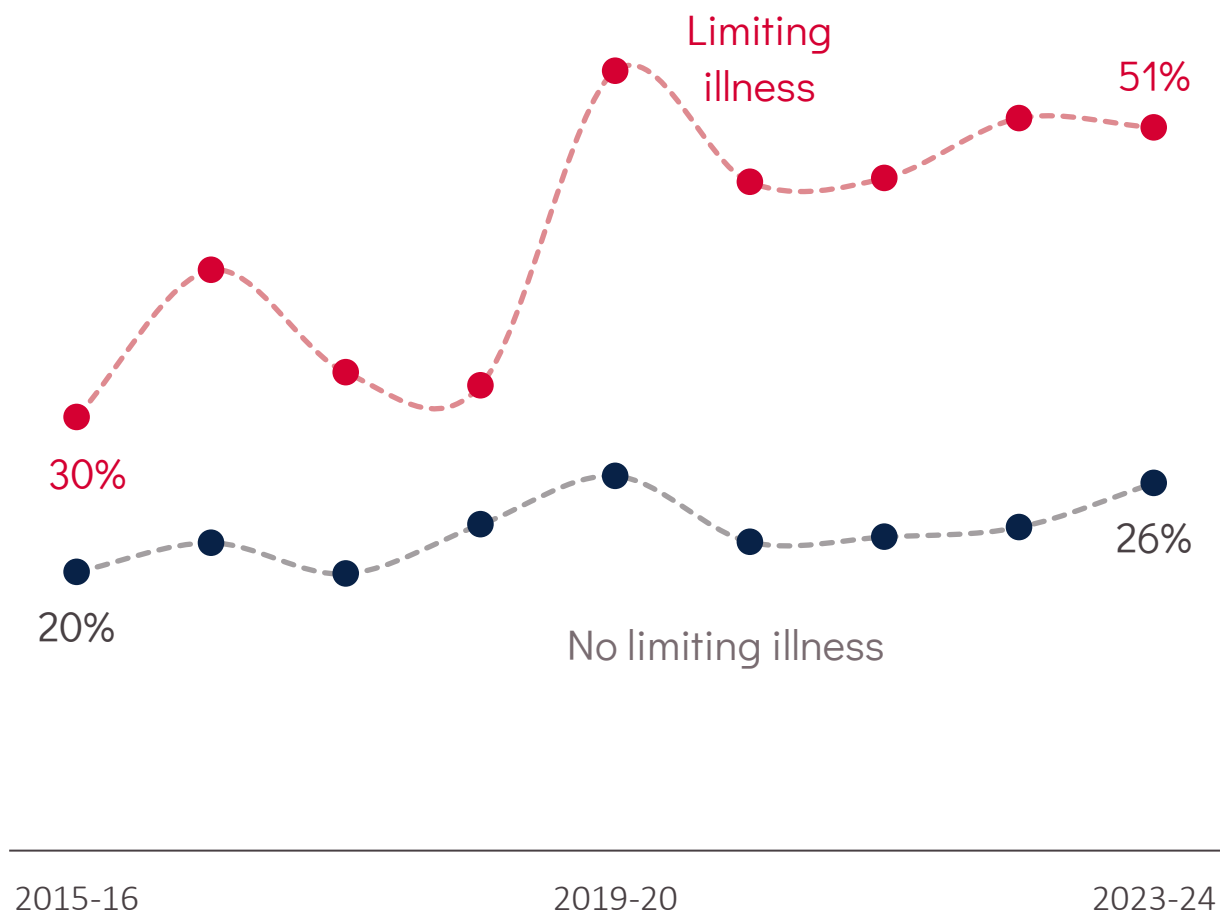
Our Asian community experience higher levels of inactivity



Our Muslim community experience higher levels of inactivity

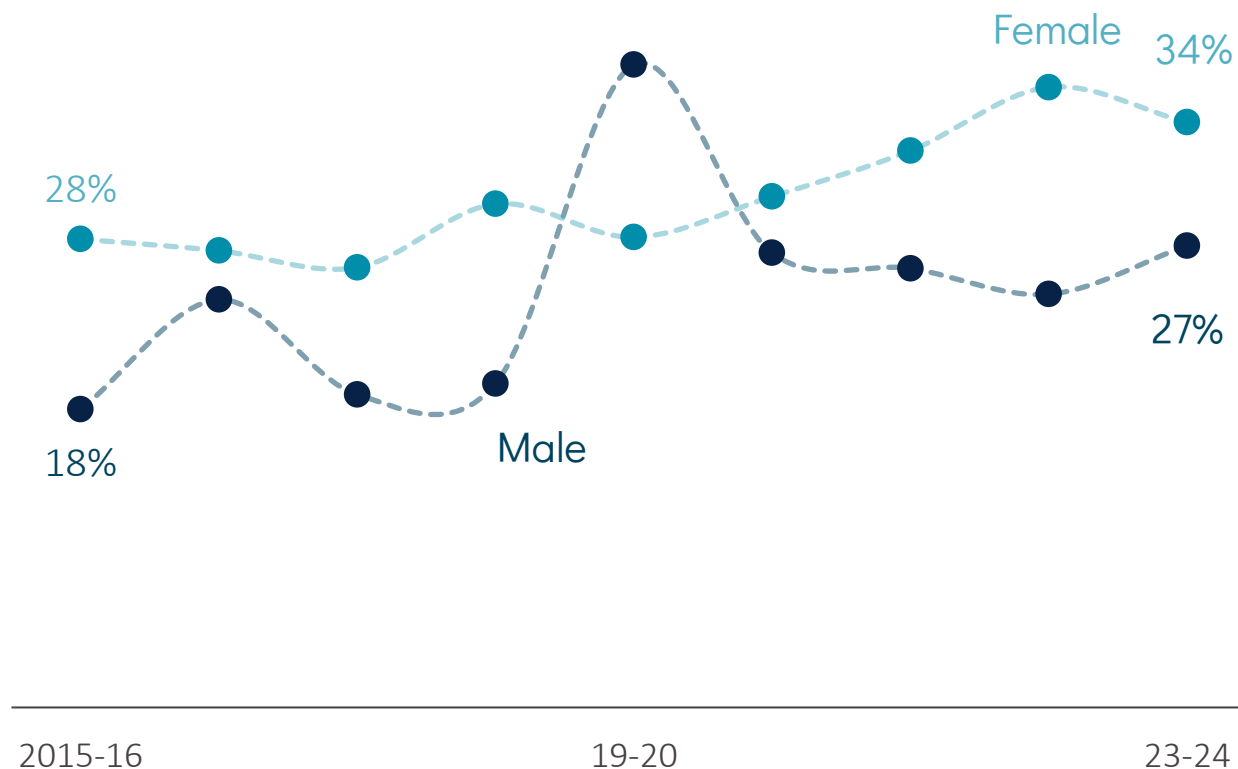


There is a persistent gap in **inactivity levels** between adults with a limiting illness and those without



# The gender inequality gap persists

Inactivity shows rising trends for both men and women



# Inactivity is high across the life course



16-24

25%

25-34

34%

35-44

30%

45-54

32%

55-64

33%

65-74

25%

75+

47%

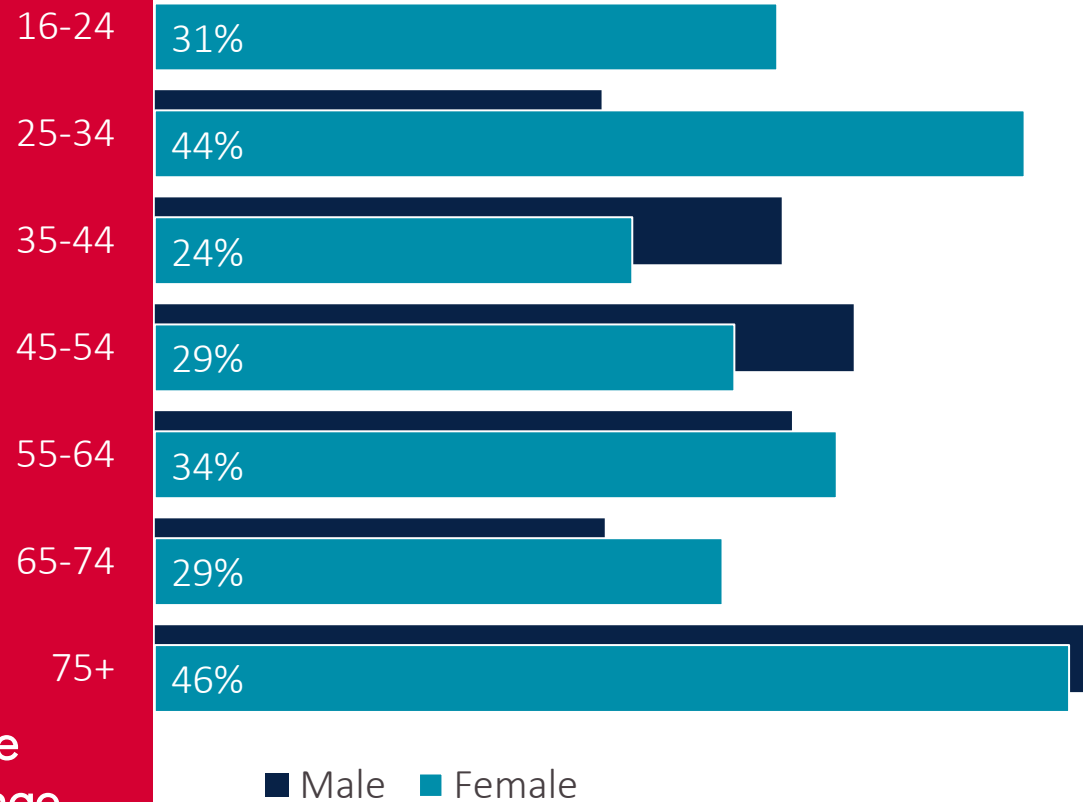
Age range

All adults (aged 16+), 31%

# Women are driving high inactivity levels in those aged under 35



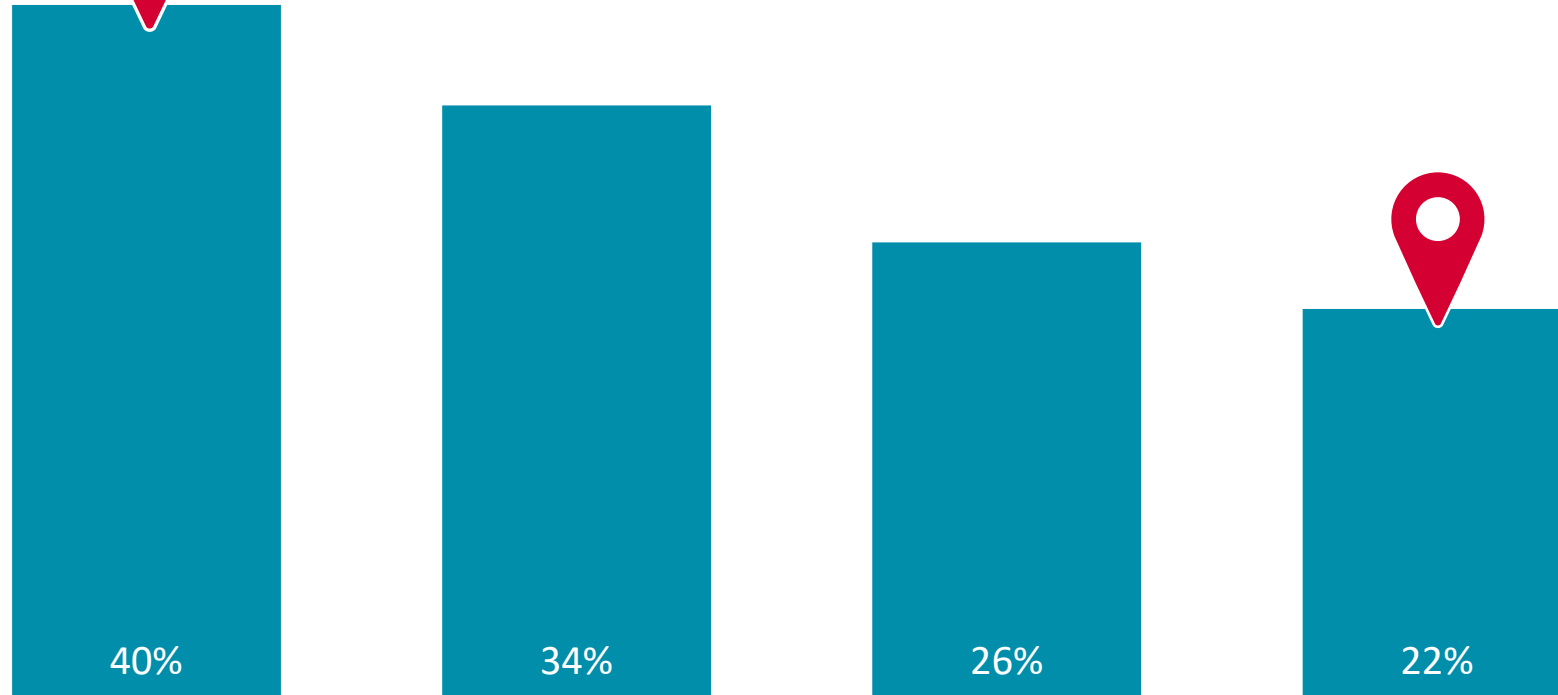
Age range



# Where we live makes a difference



Inactivity is twice as high in our more deprived communities...



...compared to our least deprived communities

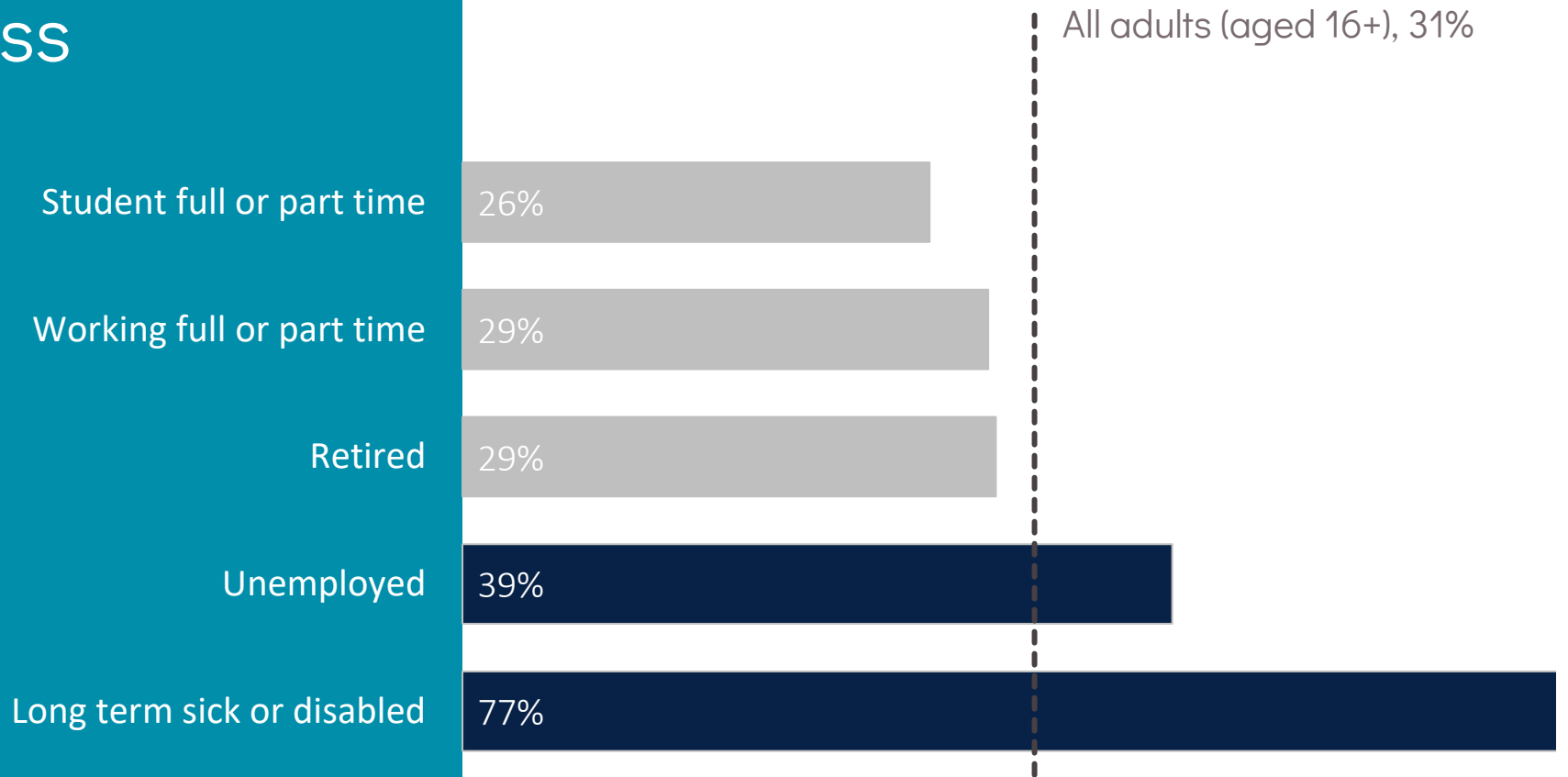
Most deprived quartile

Second most deprived quartile

Second least deprived quartile

Least deprived quartile

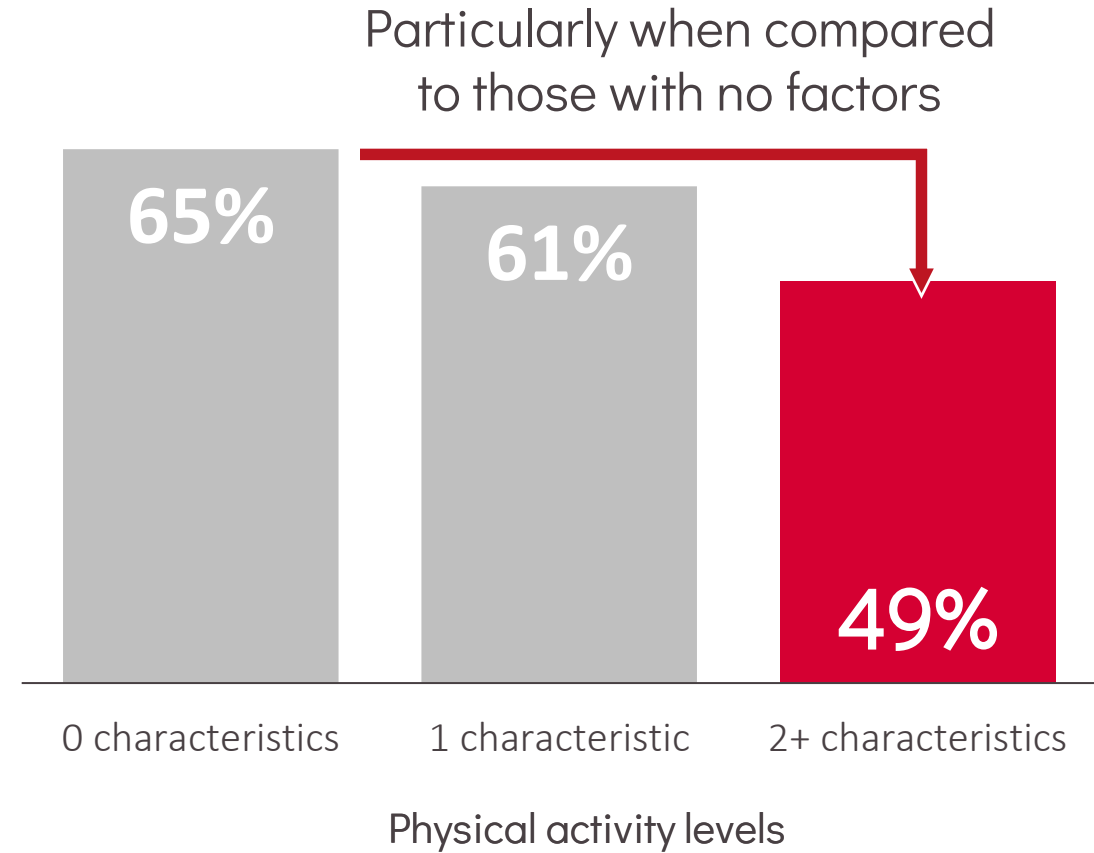
# Inactive rates are highest for those outside of the workforce due to sickness or disability





Inequalities metric

When we look at **activity levels**, we can see how having 2 or more factors can dramatically reduce our ability to be active



The image features a dark blue background with several decorative teal-colored swirls. One swirl is in the top left corner, another is a large loop in the bottom center, and a third is a long, sweeping curve on the right side. The text 'Active minutes' is written in a teal, cursive font on the left side.

Active minutes

# How do we measure activity?

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



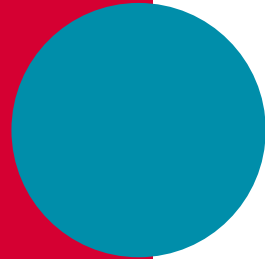
## Light

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



## Walking for travel

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



## Traditional sport

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



## Walking for leisure

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



## Fitness activities

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



## Cycling

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



## Dance

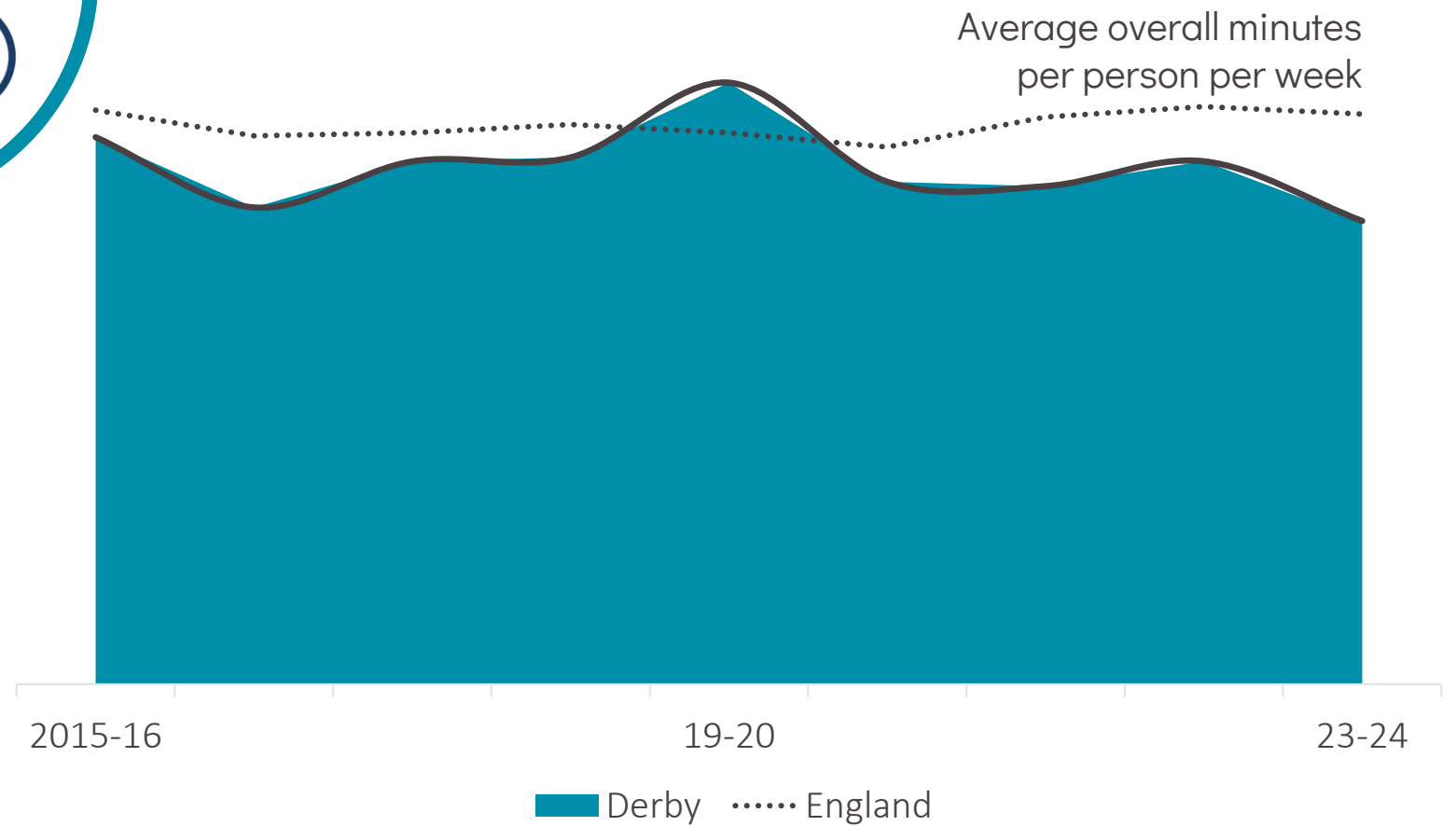
Covers all types of dance including artistic and creative dance (ballroom, ballet, contemporary etc)

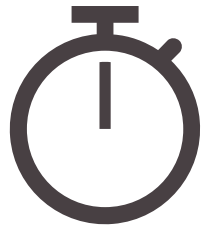
\*Only activity of at least 10 continuous minutes are counted

\*walking around shops is excluded

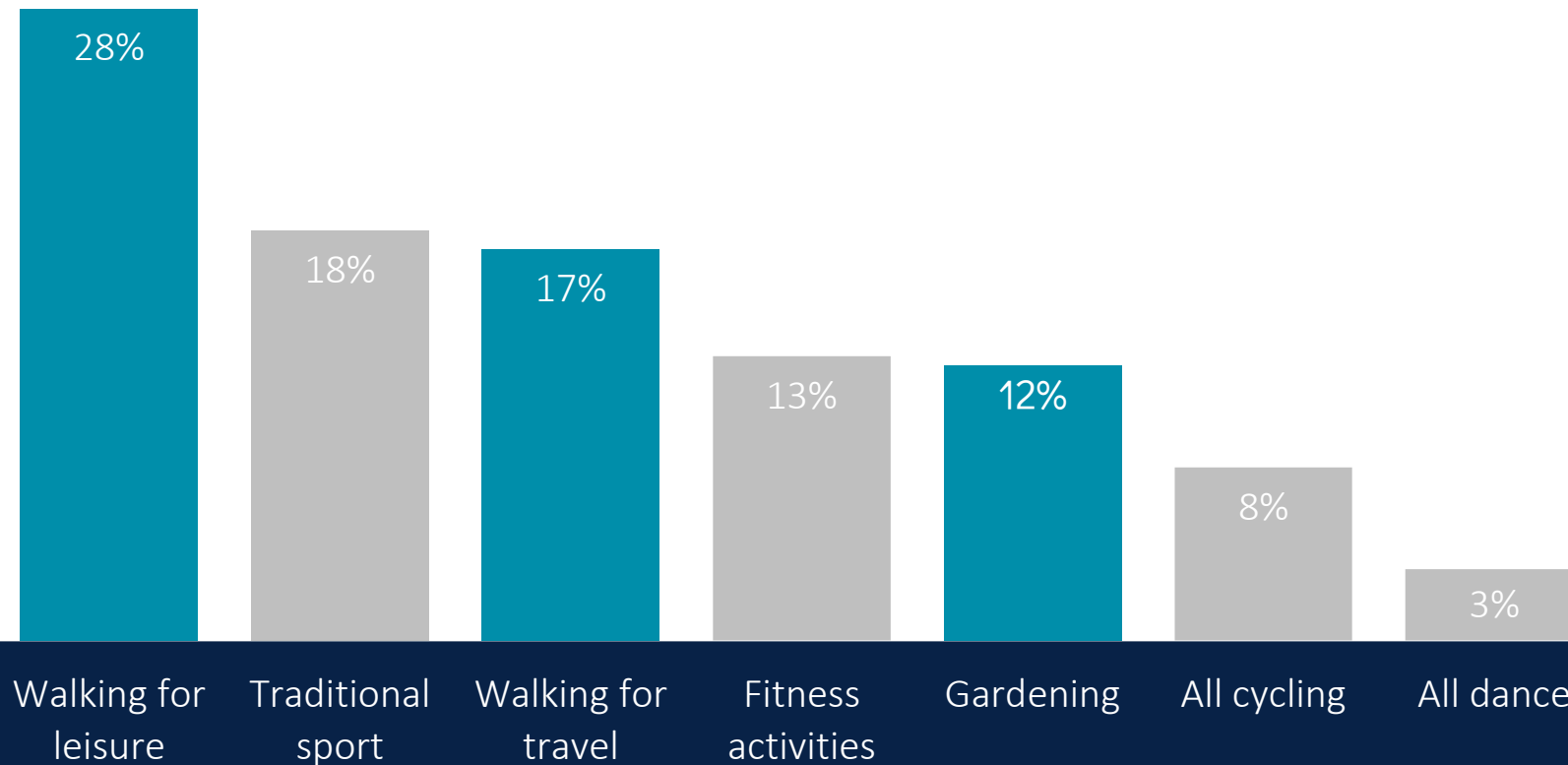


Time spent being active has declined in the last 4 years

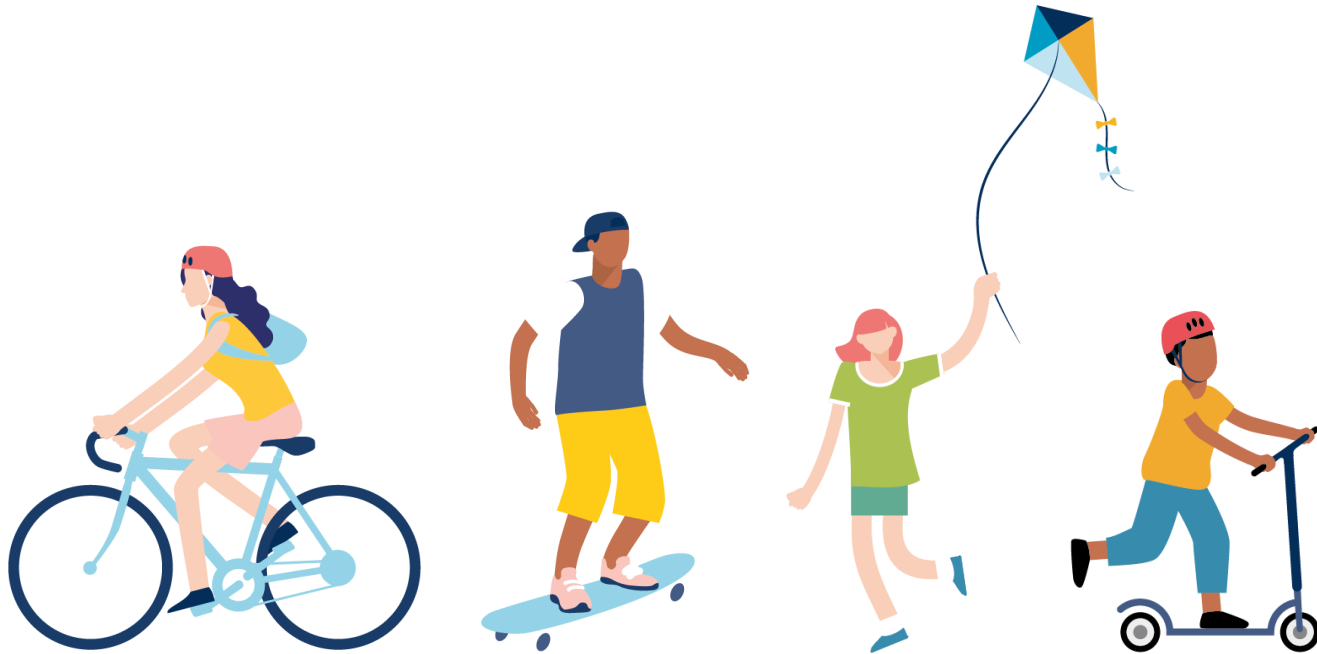




We spend over half our active time **walking** or **gardening**



79% of our active minutes are outside

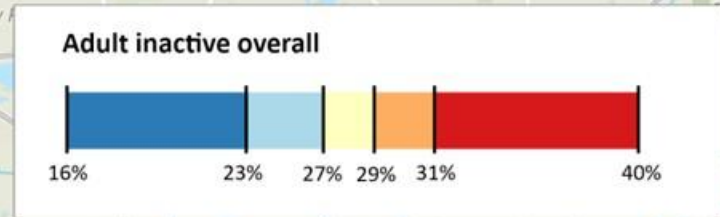


Compared to 75% in England

# Inactive Overall (Adults) Small Area Estimates Nov 22/23

by Lower Super Output Area (LSOA), Source: Sport England

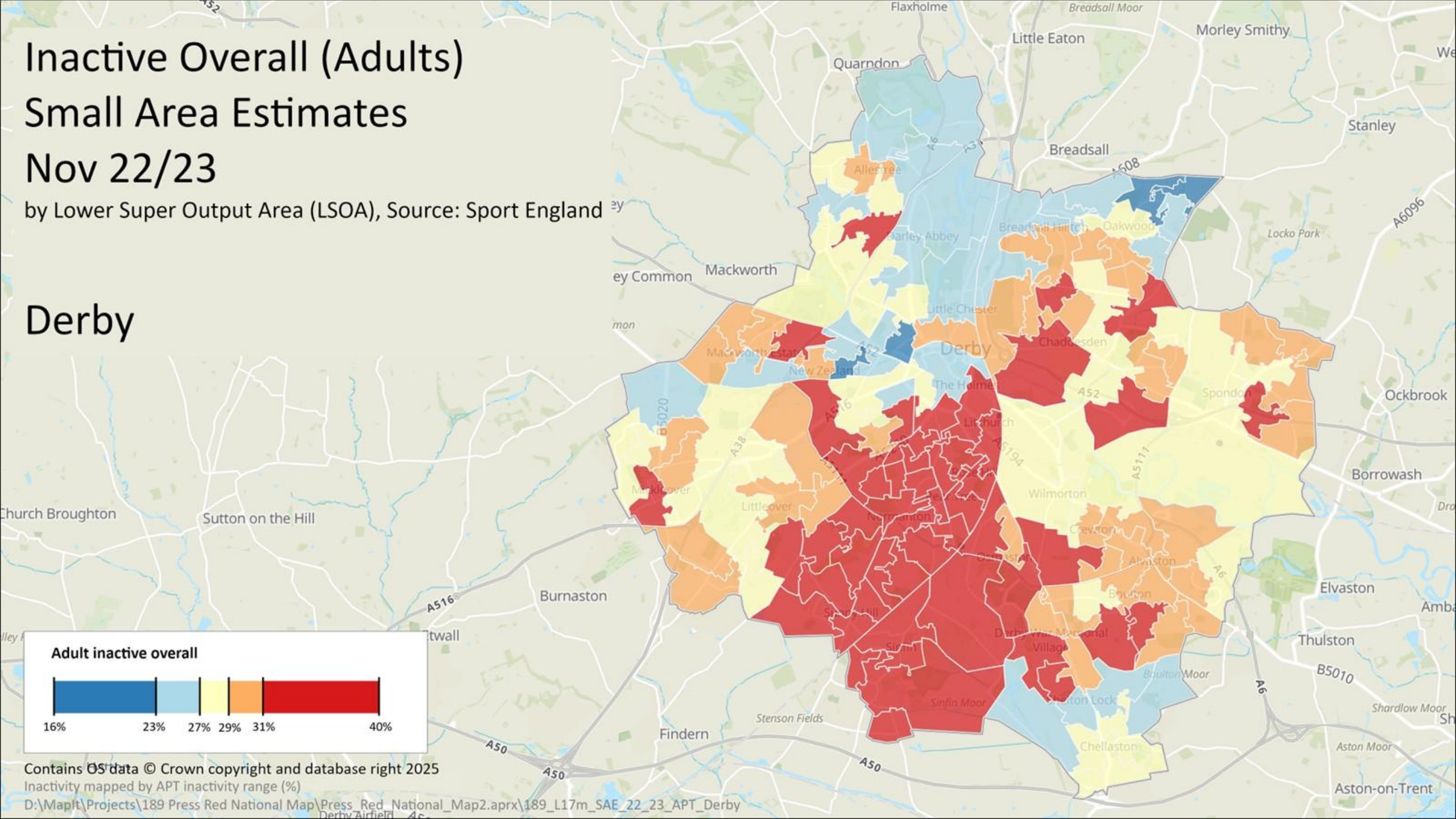
## Derby



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Inactivity mapped by APT inactivity range (%)

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# Appendix

Physical activity over the years



# Adult population breakdown

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

	Derby	England
No limiting illness	78%	80%
Limiting illness	22%	20%
16-34 years	33%	30%
35-54 years	33%	32%
55-74 years	25%	27%
75+ years	10%	11%
NS SeC 1-2	28%	33%
NS SeC 3-5	25%	27%
NS SeC 6-8	38%	32%
Asian	14%	9%
Black	4%	4%
Mixed	2%	2%
White British	69%	75%
White Other	8%	8%
Working full or part time	59%	61%
Unemployed	3%	3%
Not working	38%	36%

# Acknowledgements

This pack has been created by Press Red



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