

*An insight into adult physical activity in
Nottinghamshire CC*

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

705,000

Continuing a steady upward trend 



26% are estimated to be aged 65 or older and showing sustained growth over time

That's 185,000 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 78,000 people are now claiming **universal credit**



An increase of around 12,000 this year that continues the rising trend

Economic inactivity among working age adults stands at more than 18%, with around

6% classified as long-term sick (around 29,000)



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 **32,000** children.

An estimated 19,300 people are unemployed

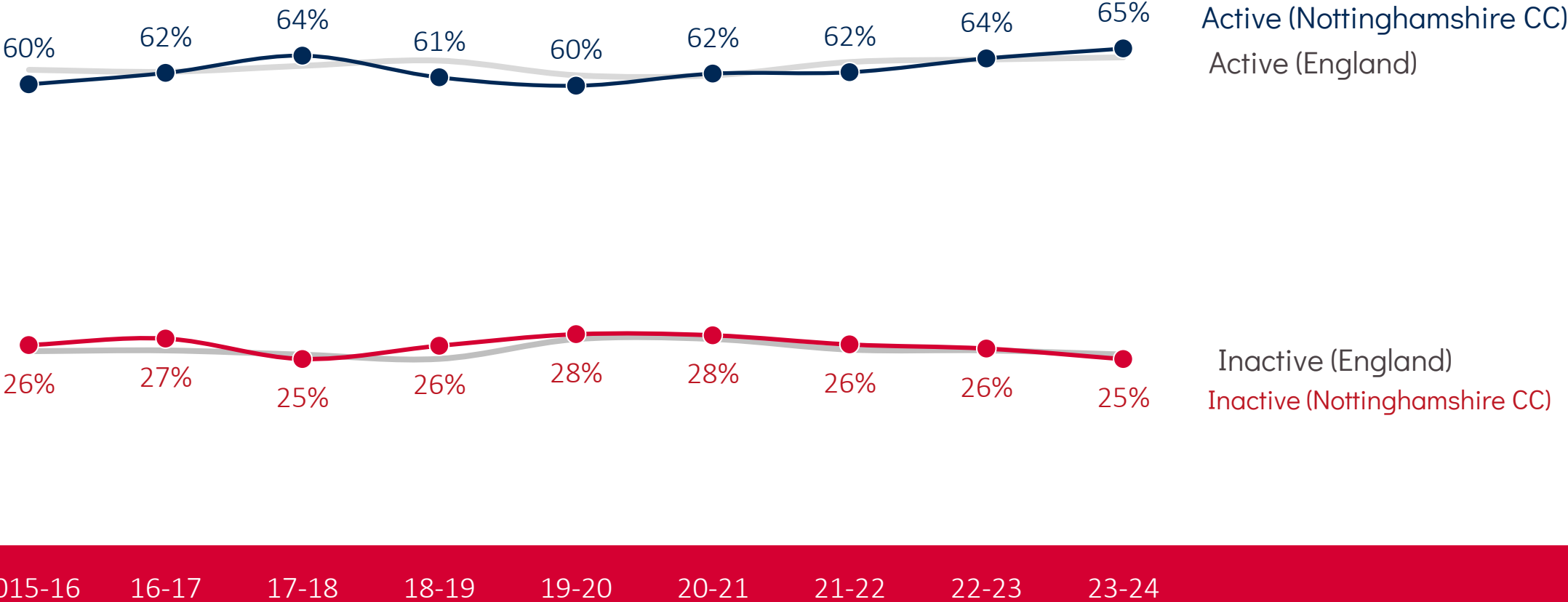


An in-year rise of more than **4,000 people**

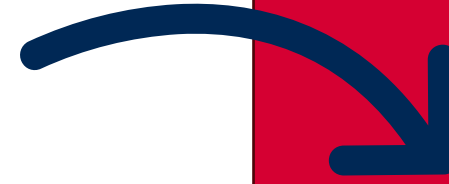
Physical Activity



A quarter of our community are **inactive**



Currently, 25%
of adults are inactive



That's
173,000
people

110,000 adults
do no activity at all
(16%)

But not all inactive
adults do nothing



Data is for: Nottinghamshire CC

There are 57,000
people missing
the intensity
(8%)



There are 6,000
people not active
for long enough
(1%)



Source: SE ALS 2023-24 (16+) and ONS Persons by single year of age
for local authorities in England, mid-2024
Measure: Physical activity levels (excluding gardening)

Some communities experience inactivity more than others



Gender

The gender inequality gap has closed in recent years



Limiting illness

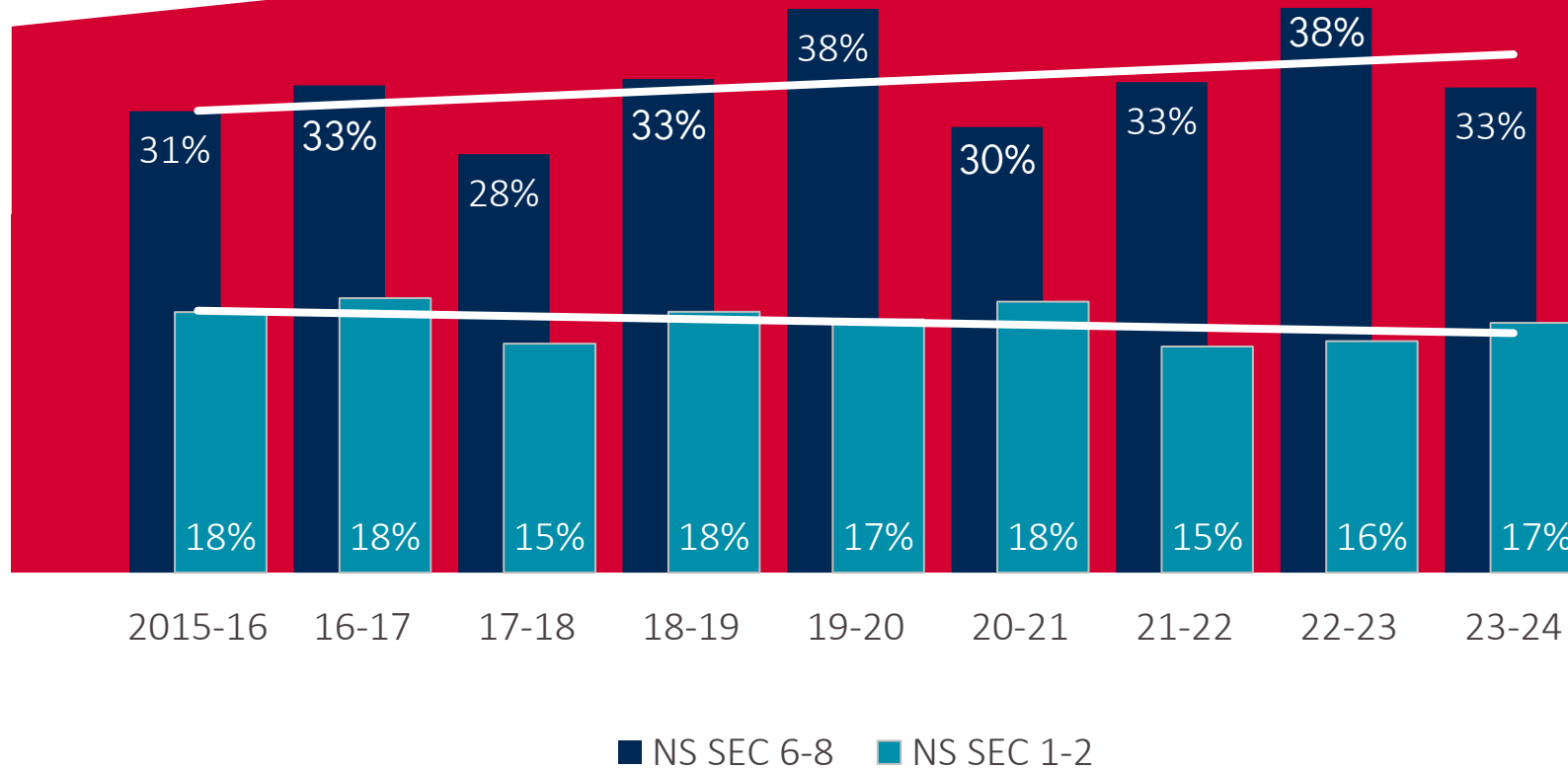
Inactivity for adults with a limiting illness or disability remains high



Social status

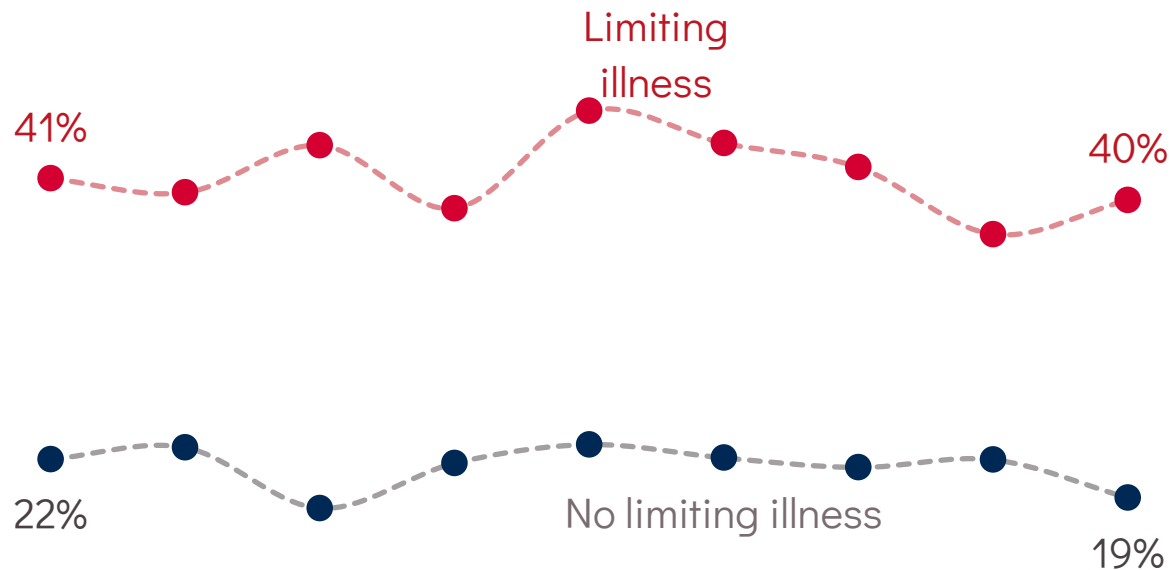
Our least affluent households are twice as likely to be inactive (NS SeC 6-8)

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

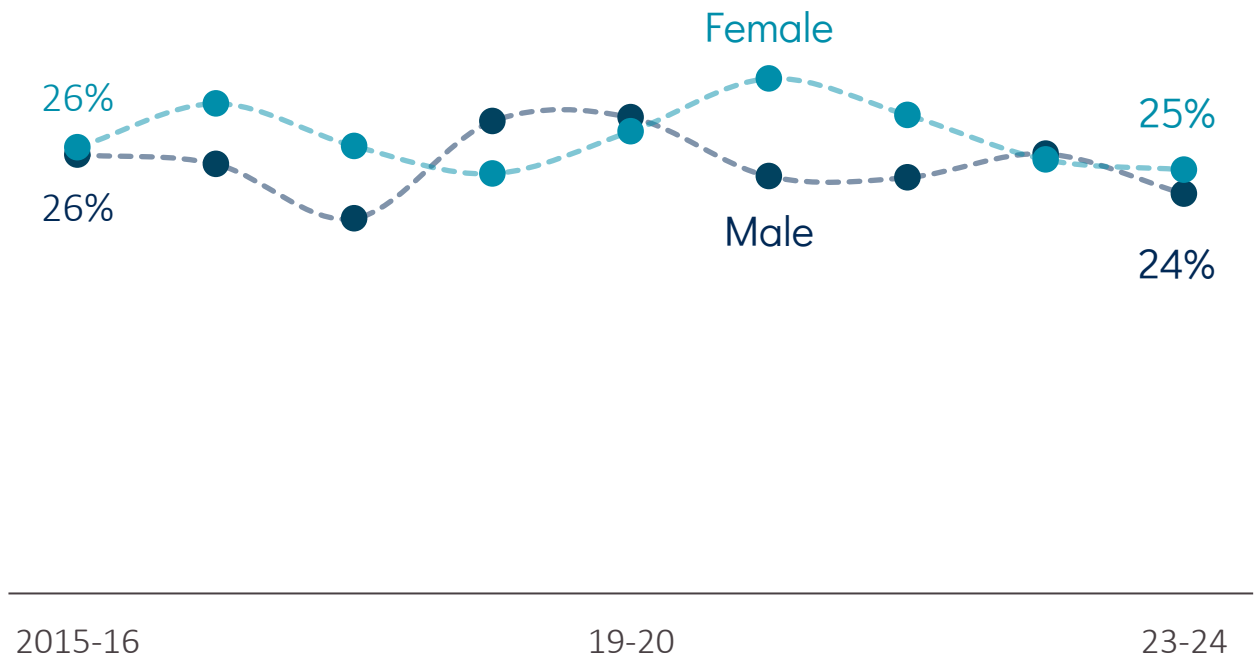


There is a clear **inequality gap** between our least and most affluent households

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



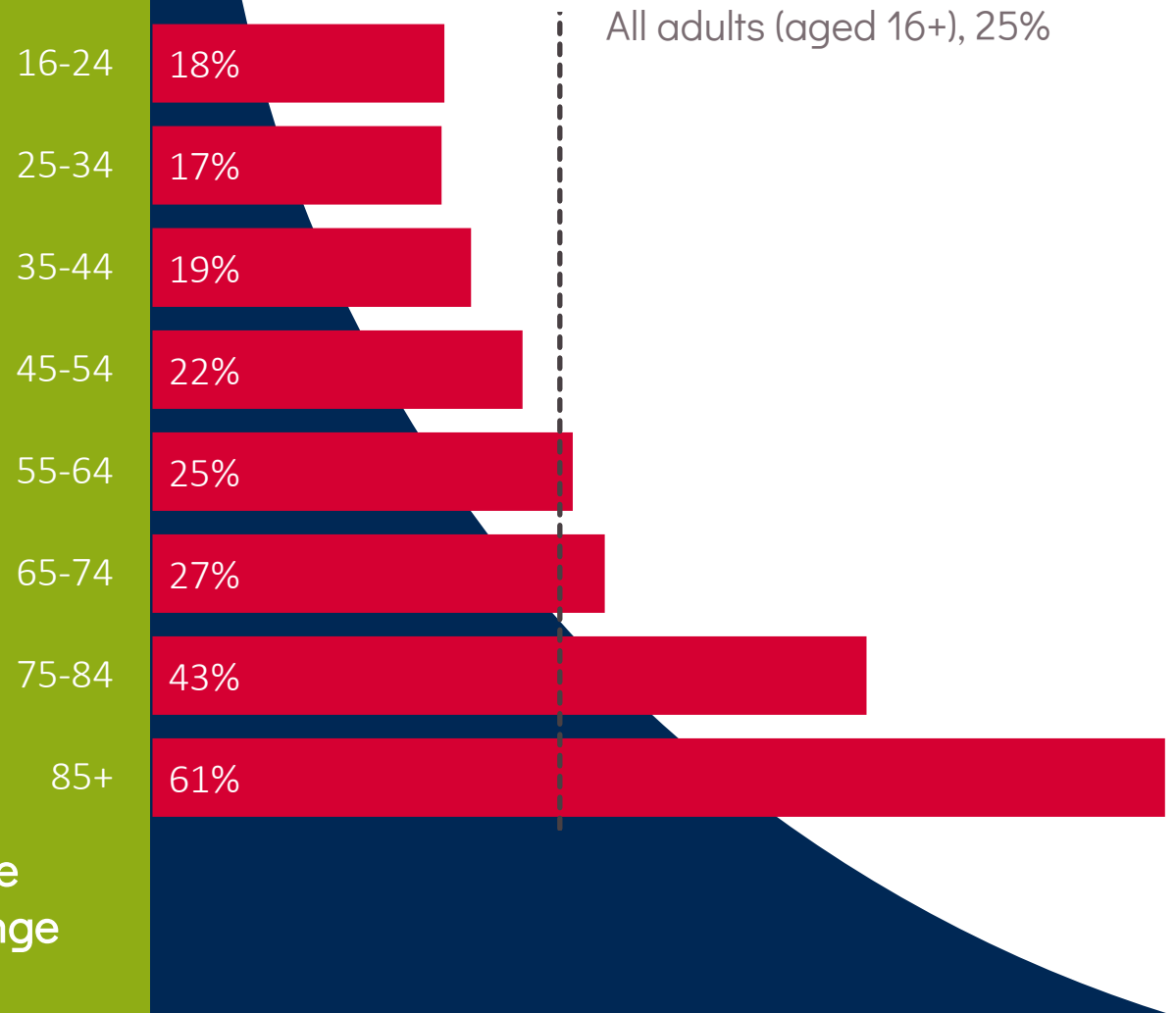
The gender inequality gap has closed in recent years



Inactivity increases over the life course



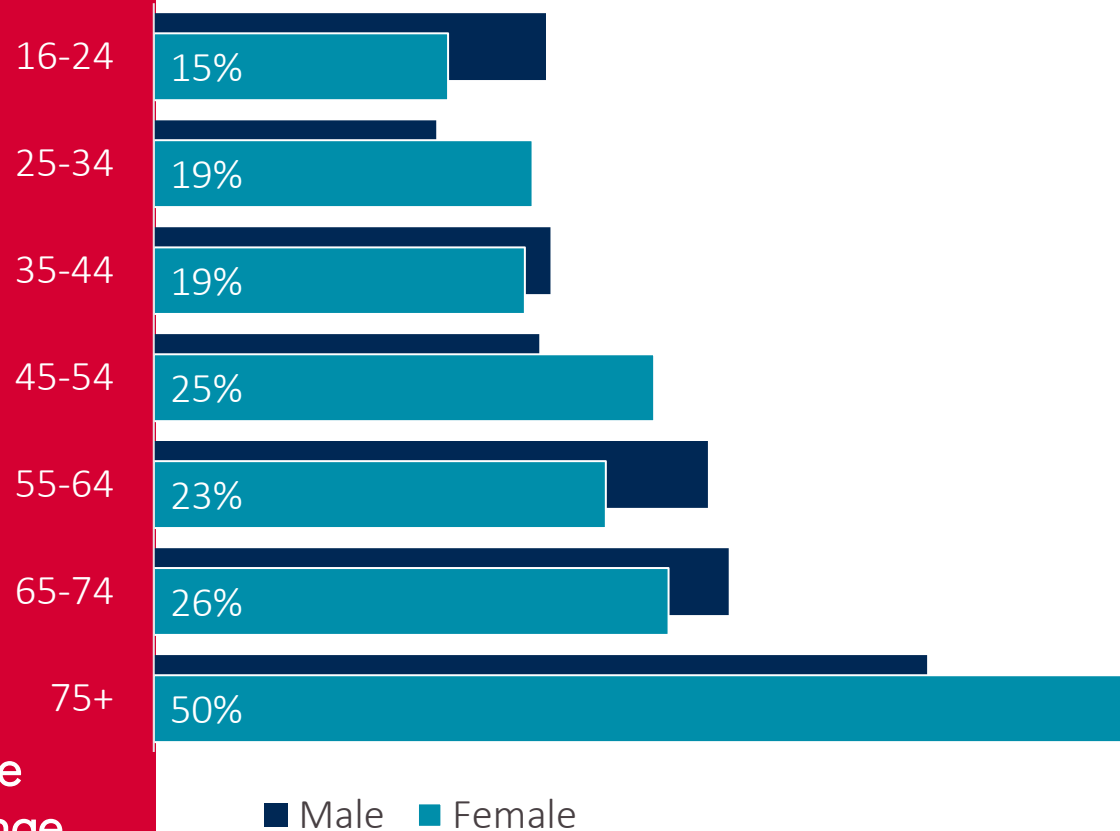
Age range



Women have higher inactive levels than men over the age of 75



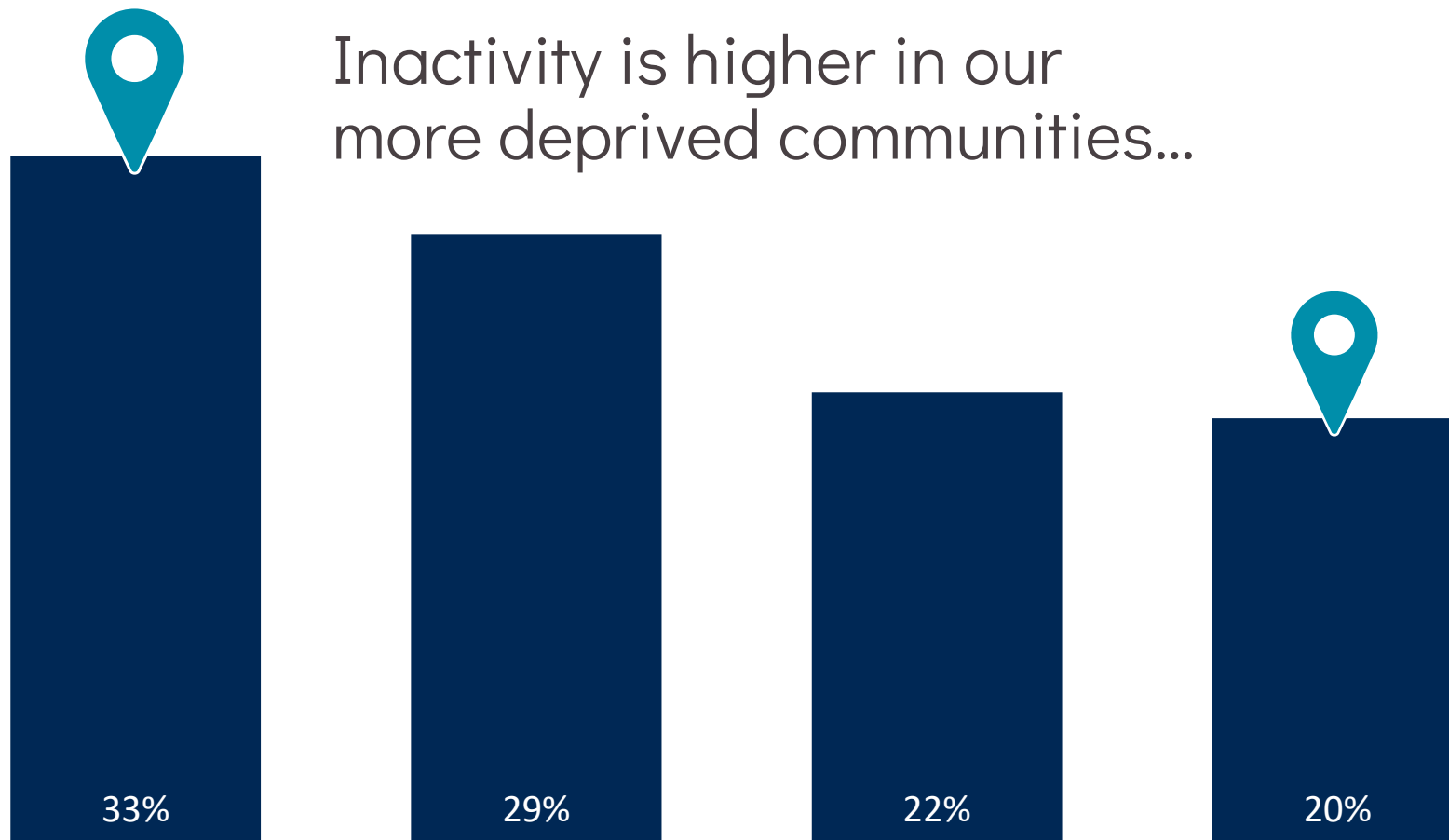
Age range



Where we live makes a difference

Inactivity is higher in our more deprived communities...

...compared to our least deprived communities



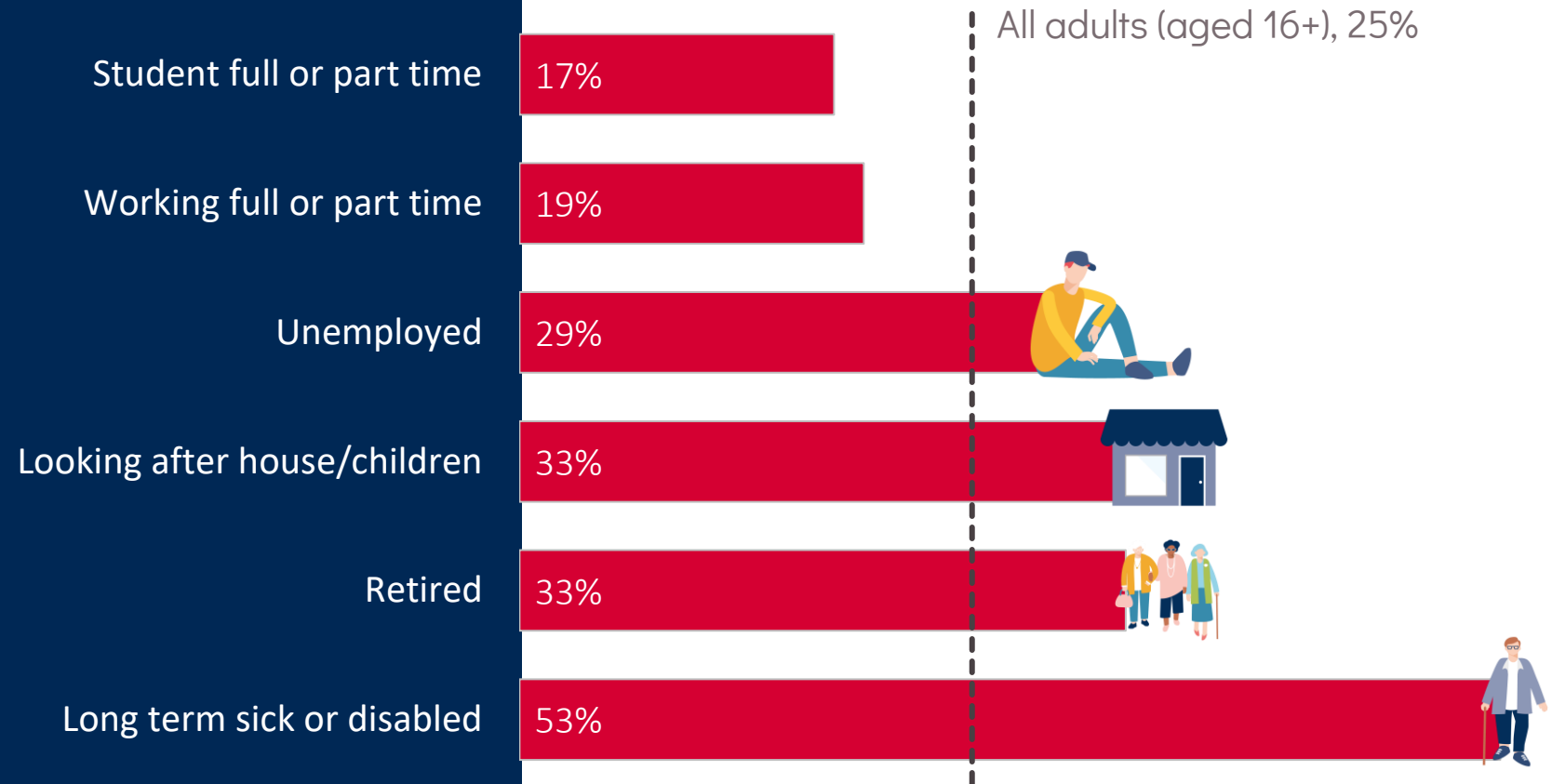
Most deprived quartile

Second most deprived quartile

Second least deprived quartile

Least deprived quartile

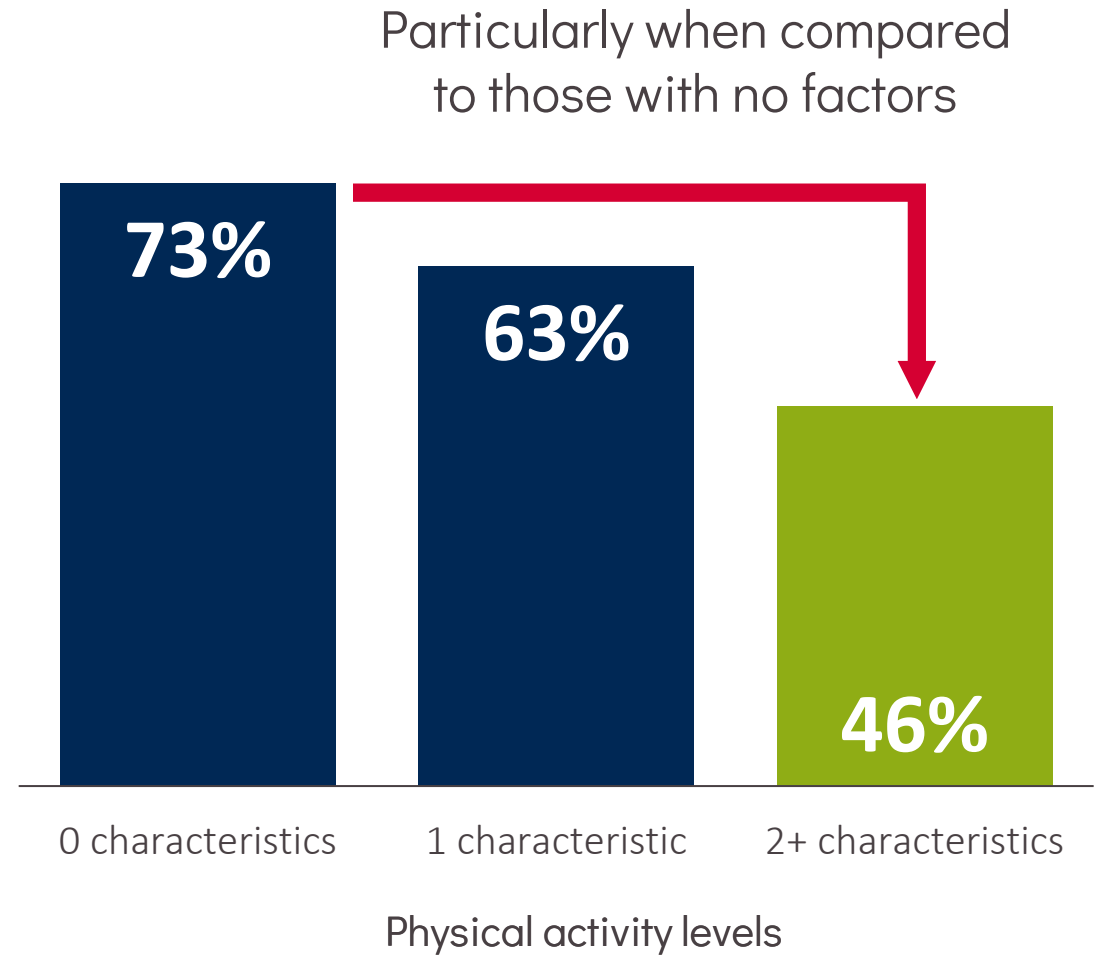
Inactive rates are higher for those outside of the workforce (economically inactive)



The background is a solid dark blue. There are several decorative yellow lines of varying thickness. One line starts at the top left, curves down and to the right, and ends in a small loop. Another line starts from the bottom left, curves up and to the right, forming a large loop. A third line starts from the bottom left, curves up and to the right, forming a smaller loop. A fourth line starts from the bottom left, curves up and to the right, forming a large loop, and then continues as a thin line towards the top right.

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 two decorative, hand-drawn style swirls in a yellow-green color. One swirl is in the top-left corner, and the other is in the bottom-right corner. The text "Active minutes" is centered in the middle of the page.

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



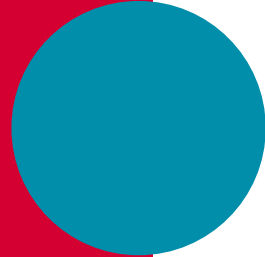
Light

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

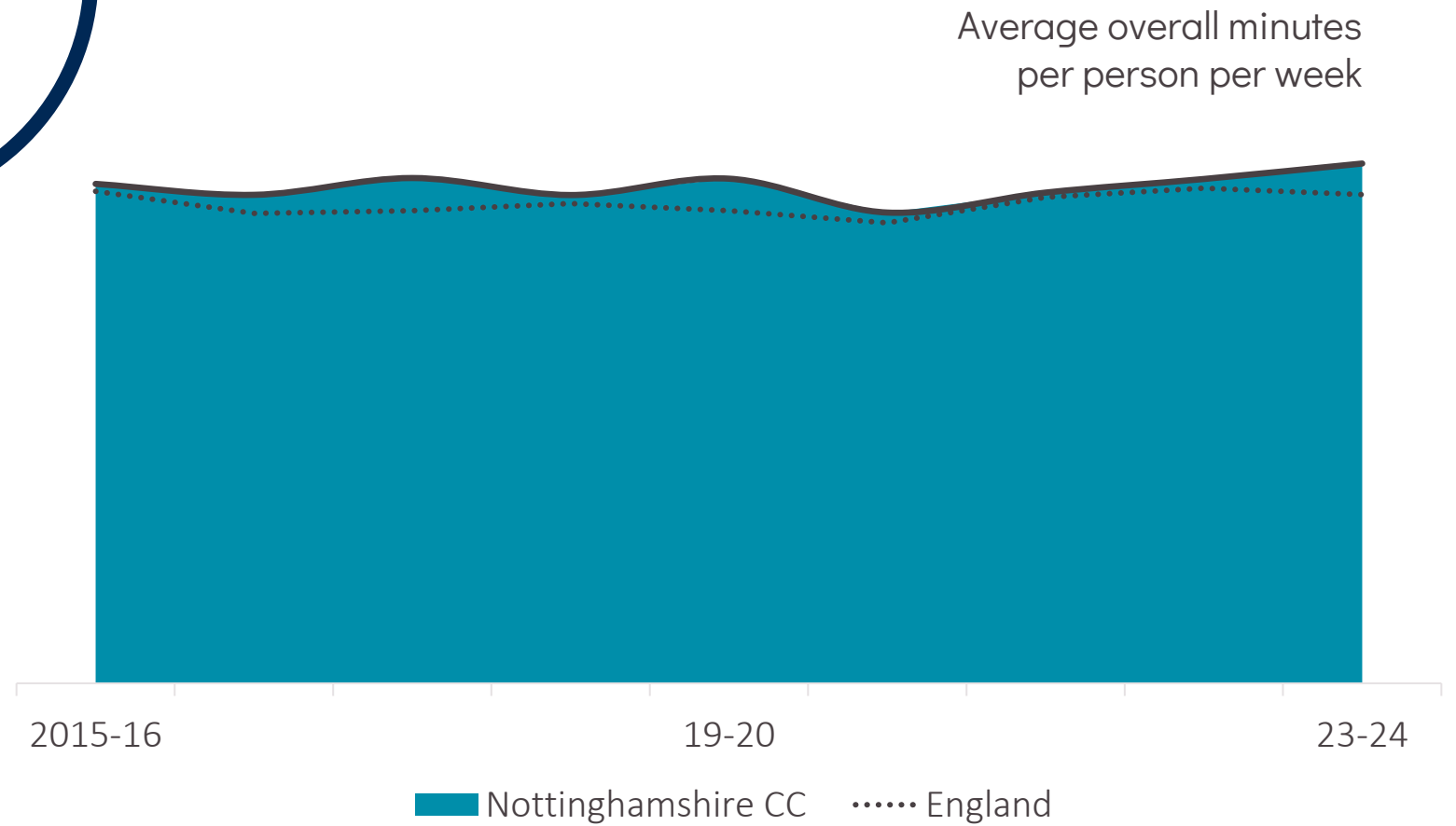
Covers all types of dance including artistic and creative dance (ballroom, ballet, contemporary etc)

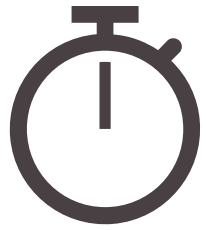
*Only activity of at least 10 continuous minutes are counted

*walking around shops is excluded

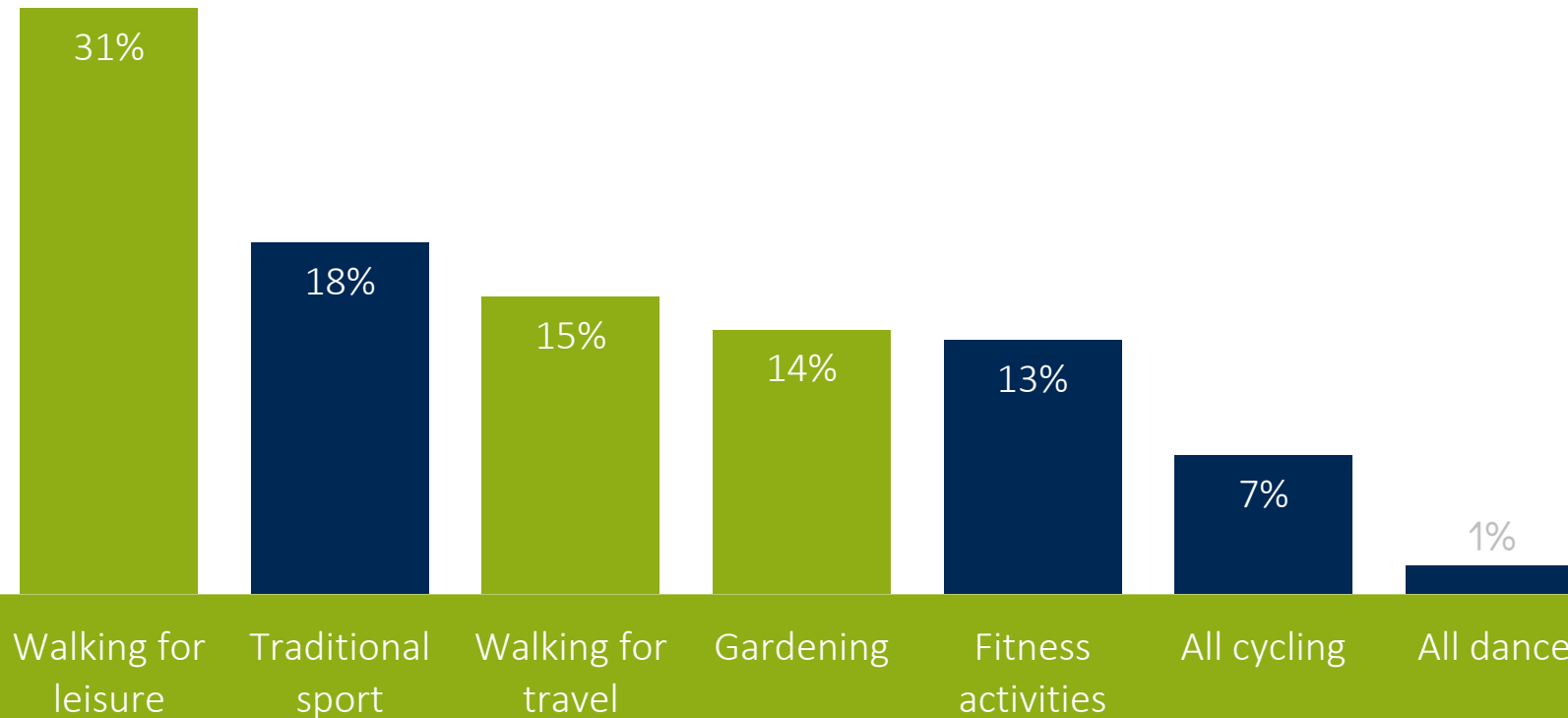


Time spent being active has increased in the last 3 years





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



75% of our active minutes are outside



The same as in England (75%)

Inactive Overall (Adults)

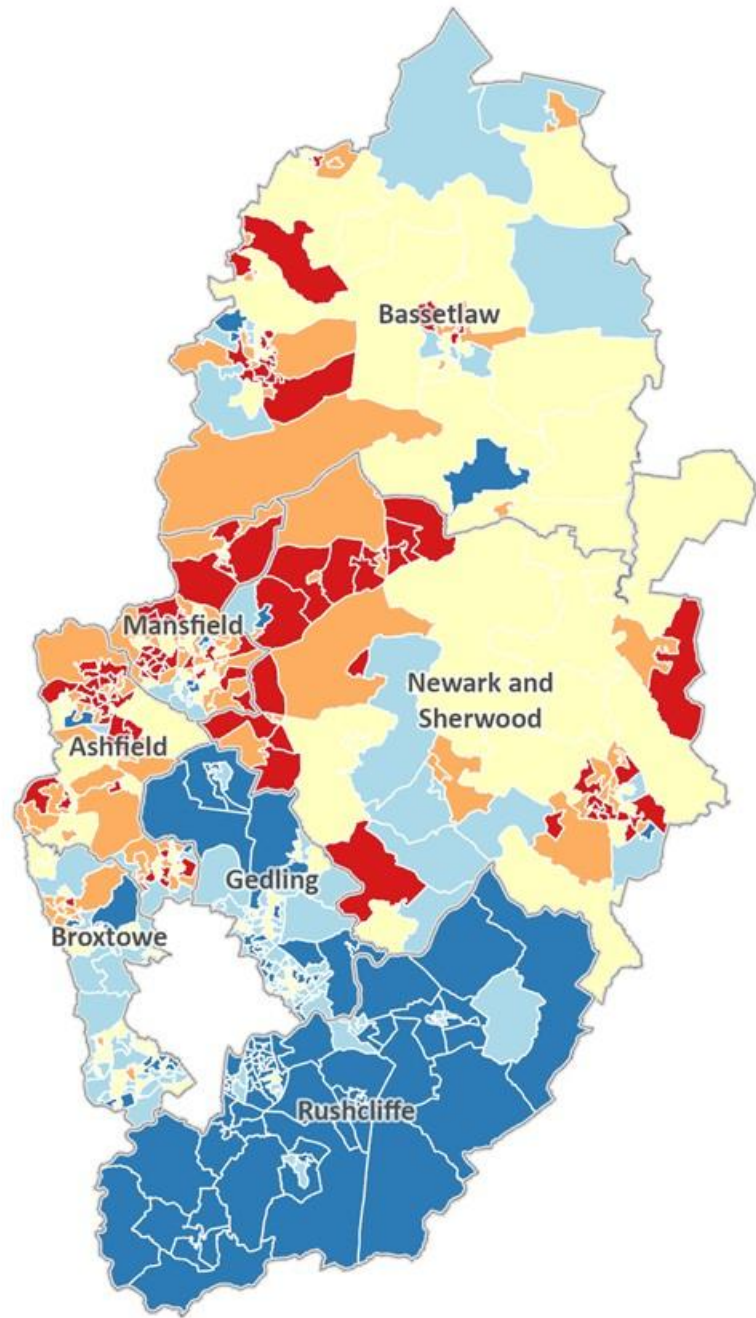
Small Area Estimates

Nov 22/23

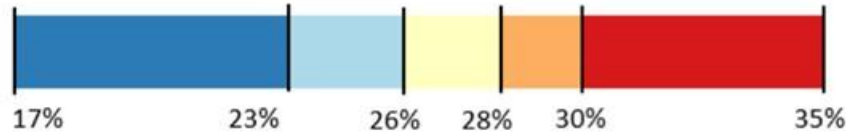
by Lower Super Output Area (LSOA)

Source: Sport England

Nottinghamshire



Adult inactive overall



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The background is a solid dark blue. There are two decorative green swirls. One is in the top left corner, and the other is in the bottom right corner. The swirls are composed of thick, smooth lines that loop and curve.

Appendix

Physical activity over the years

Adult population breakdown

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

	Nottinghamshire CC	England
No limiting illness	78%	80%
Limiting illness	22%	20%
16-34 years	26%	30%
35-54 years	31%	32%
55-74 years	30%	27%
75+ years	12%	11%
NS SeC 1-2	32%	33%
NS SeC 3-5	28%	27%
NS SeC 6-8	35%	32%
Asian	3%	9%
Black	1%	4%
Mixed	1%	2%
White British	89%	75%
White Other	5%	8%
Working full or part time	59%	61%
Unemployed	2%	3%
Not working	39%	36%

Acknowledgements

This pack has been created by Press Red

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