

Sport England Adult Active Lives Survey Review

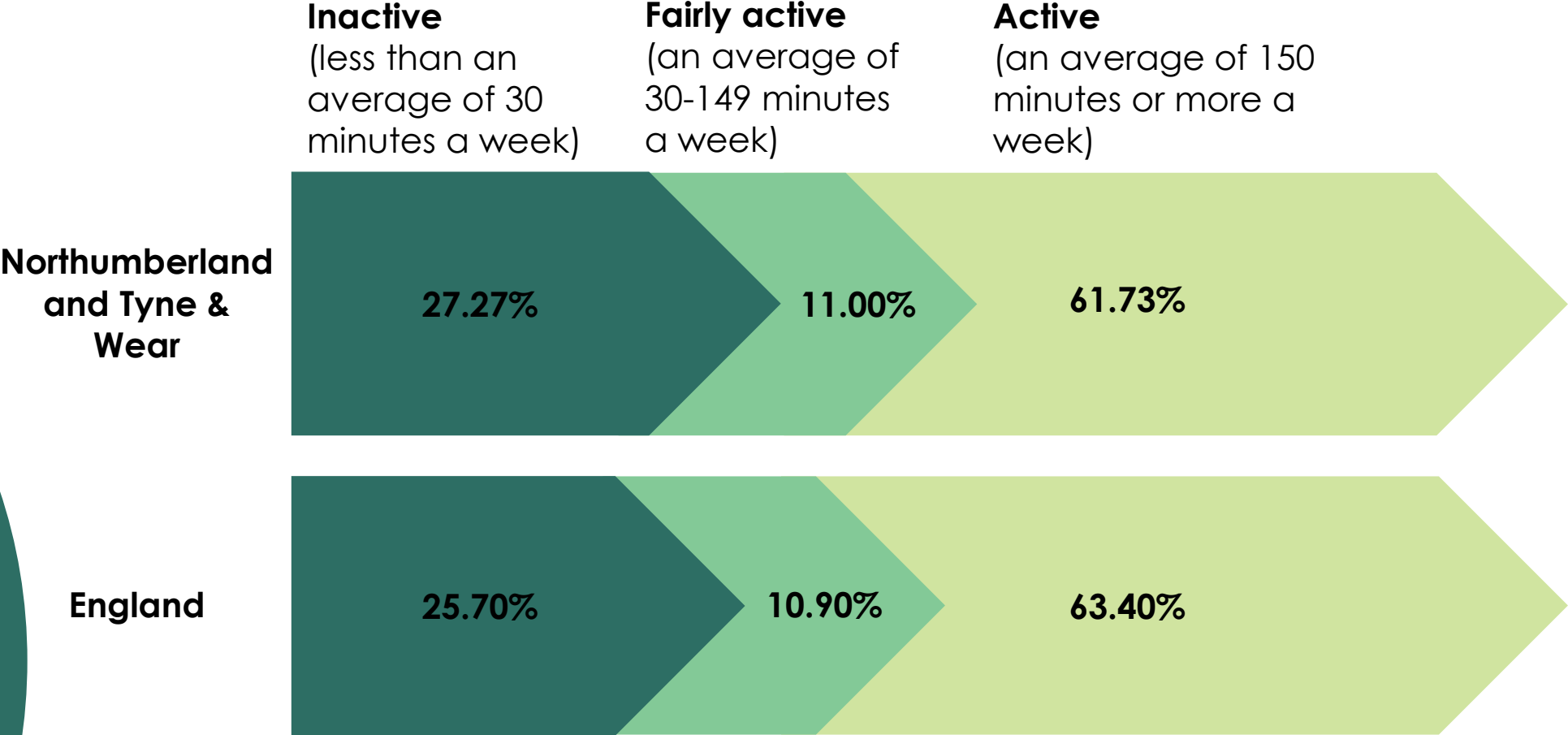
Nov 2022 – Nov 2023

Released 25/04/2024

UK Chief Medical Officer's Guidelines:

“For good physical and mental health, adults should be active every day. Any activity is better than none, and more is better still...Each week, adults should accumulate at least 150 minutes (2 1/2 hours) of moderate intensity activity (such as brisk walking or cycling); or 75 minutes of vigorous intensity activity (such as running); or even shorter durations of very vigorous intensity activity (such as sprinting or stair climbing); or a combination of moderate, vigorous and very vigorous intensity activity.”

Adults' physical activity levels in England, during the year November 2022 to November 2023



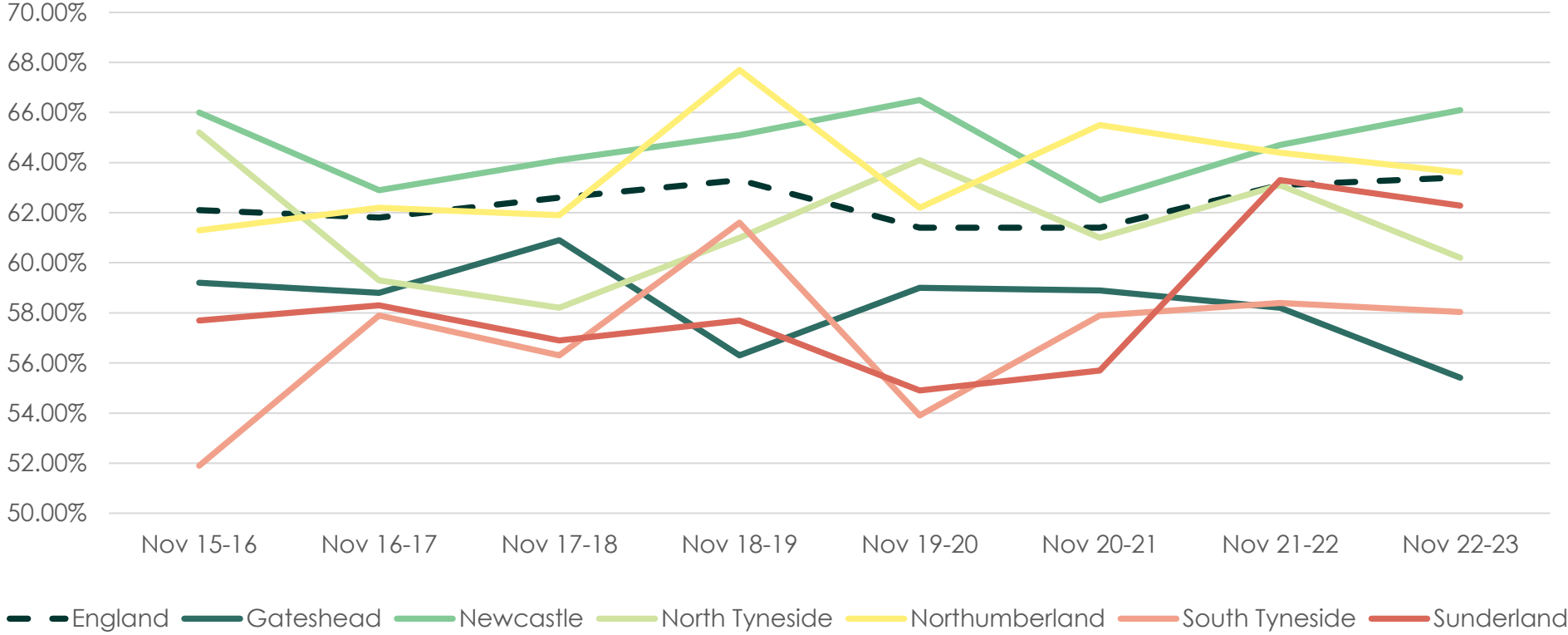
Northumberland and Tyne & Wear, during the year Nov 2022 to Nov 2023

	England	Gateshead	Newcastle	North Tyneside	Northumberland	South Tyneside	Sunderland
Active: >150 minutes per week	63.4%	55.4%	66.1%	60.2%	63.6%	58.0%	62.3%
Fairly Active: 30-149 minutes per week	10.9%	11.3%	9.7%	11.1%	12.7%	11.4%	10.0%
Inactive: <30 minutes per week	25.7%	33.3%	24.3%	28.7%	23.7%	30.6%	27.8%

Local findings: Northumberland and Tyne & Wear

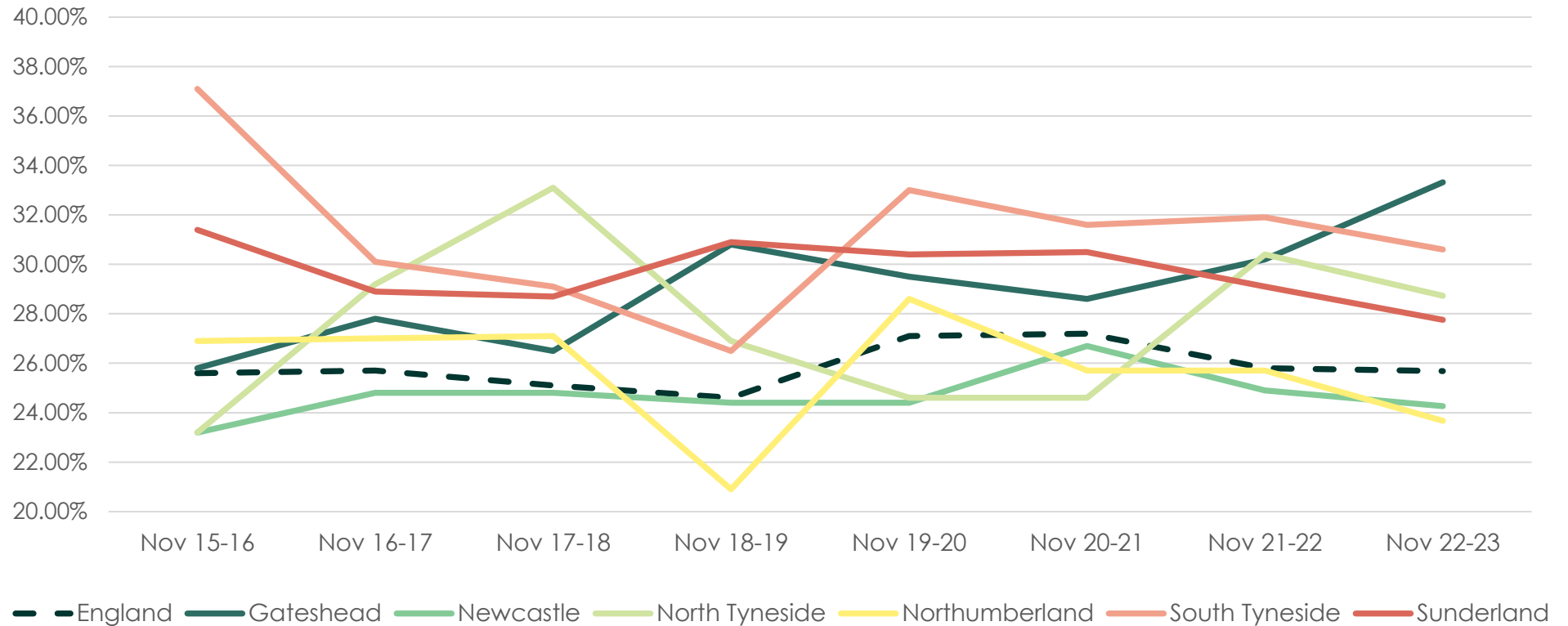
- Two Rise Local Authorities (LAs) recorded a higher percentage of active adults (150+ minutes of activity a week) than the national average (63.4%): Newcastle (66.1%) and Northumberland (63.6%).
- These are also the only LAs to record lower levels of inactive adults (less than 30 minutes of activity a week) than the national average (25.7%): Newcastle (24.3%) and Northumberland (23.7%).
- In comparison to figures from Nov 21-22, all areas, other than Newcastle (+1.4%), experienced a decrease in the percentage of people that are considered active.
- Compared to Nov 21-22, other than Gateshead (+3.1%), all areas recorded a decrease in the percentage of adults that are considered inactive.

Active Lives Adult Survey Active (150+ mins per week)



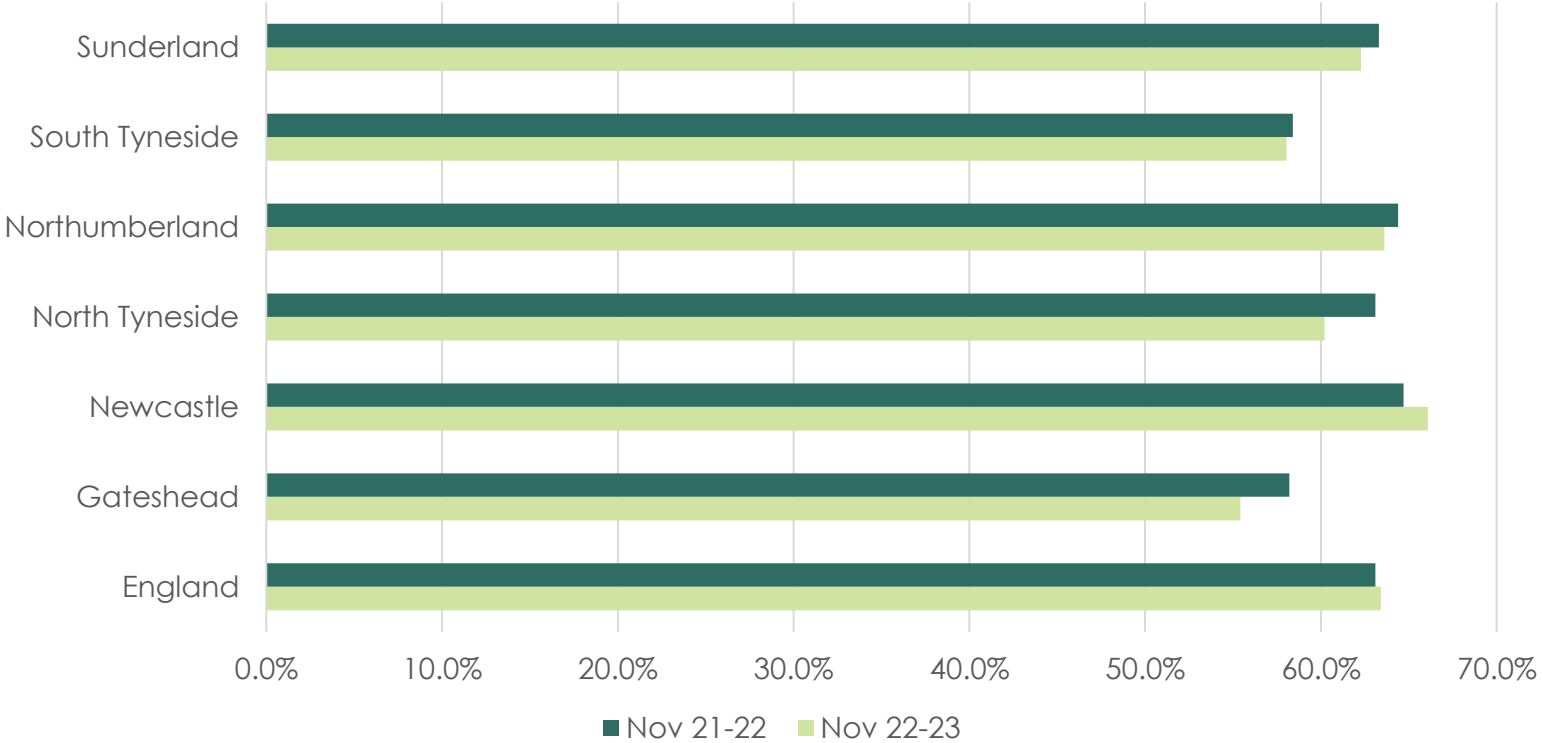
Adult Active Lives findings data for local authorities in Northumberland and Tyne & Wear. Graph displays the percentage (%) of population who are active in each local authority area covered by Rise (the Active Partnership for Northumberland and Tyne & Wear).

Active Lives Adult Survey Inactive (<30 mins per week)



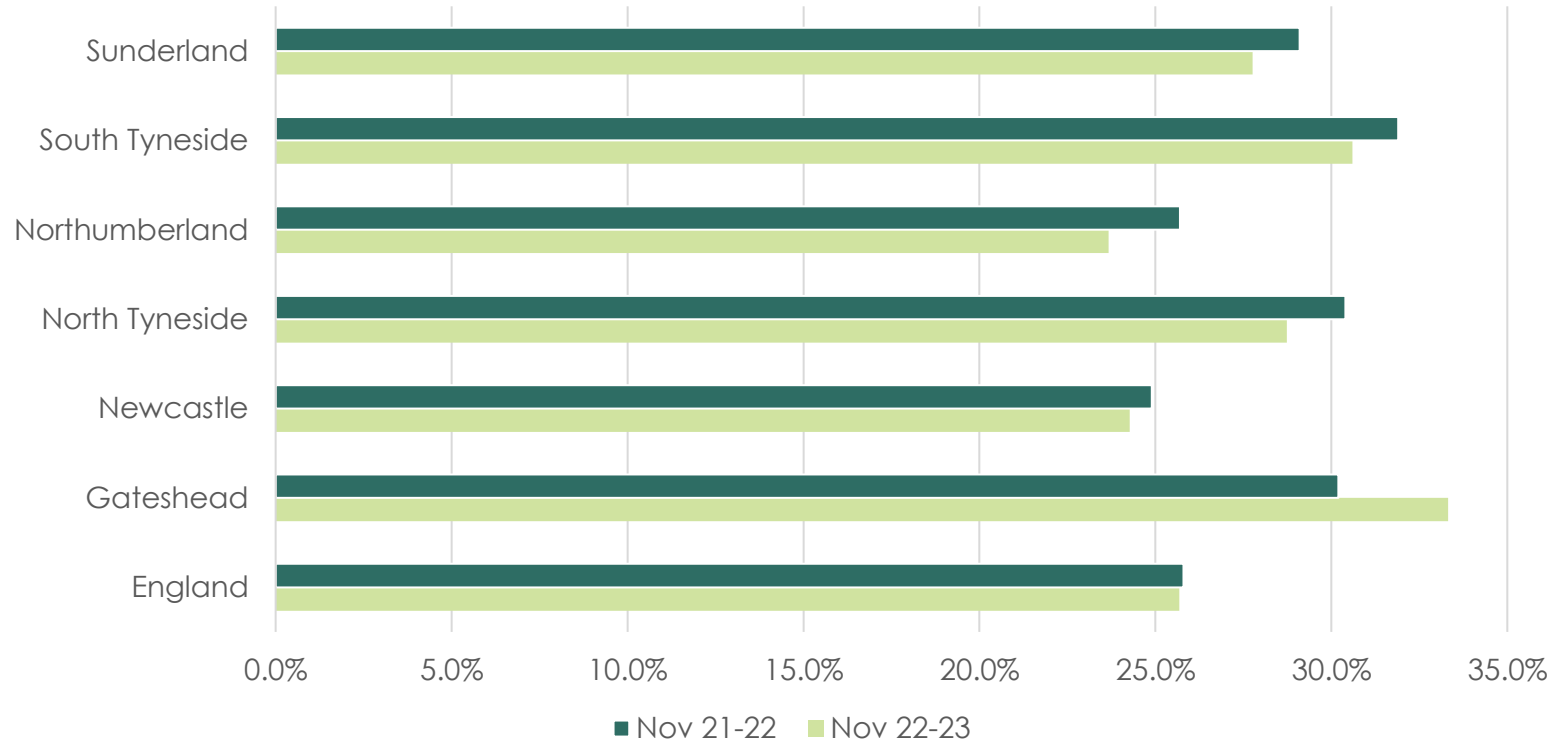
Adult Active Lives findings data for local authorities in Northumberland and Tyne & Wear. Graph displays the percentage (%) of population who are inactive in each local authority area covered by Rise (the Active Partnership for Northumberland and Tyne & Wear).

Active Lives Adult Survey Active (150+ mins per week)



Comparison of Adult Active Lives findings from Nov 2021 – 2022 and Nov 2022 – 2023. Graph displays the percentage (%) of population who are active in each local authority area covered by Rise (the Active Partnership for Northumberland and Tyne & Wear).

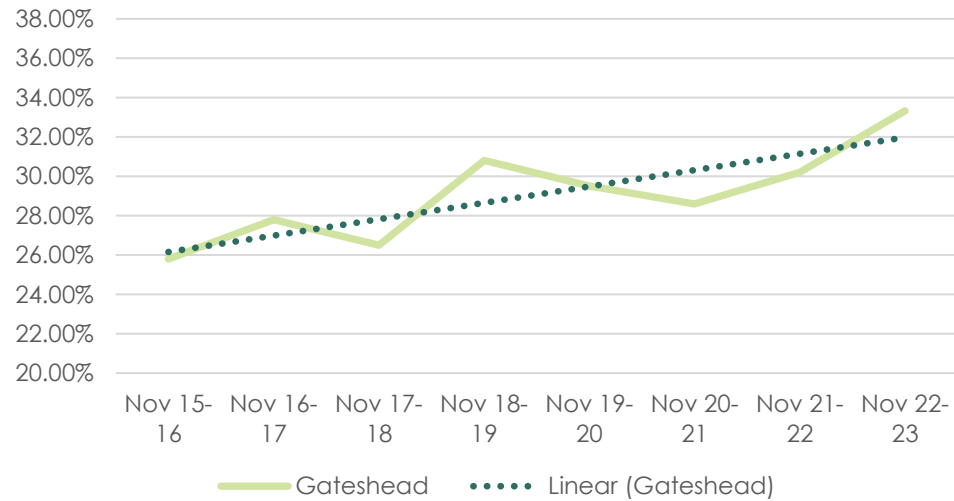
Active Lives Adult Survey Inactive (<30 mins per week)



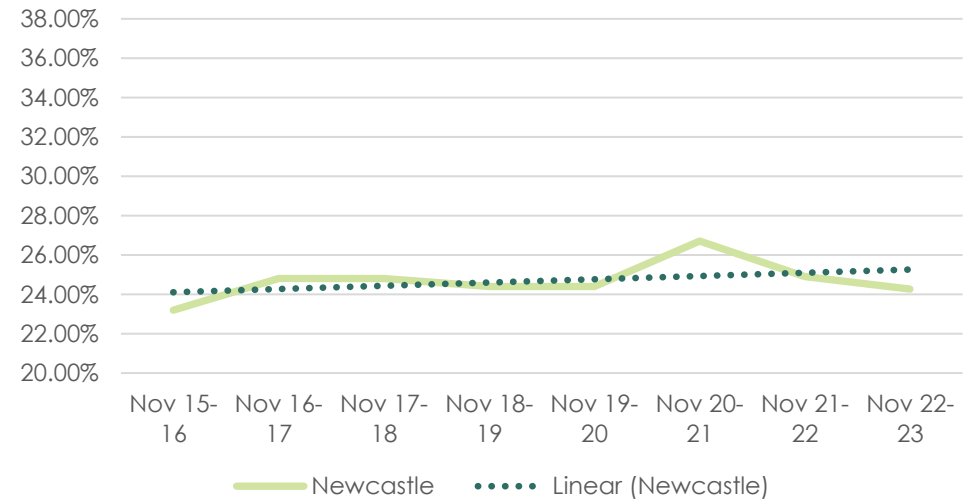
Comparison of Adult Active Lives findings from Nov 2021 – 2022 and Nov 2022 – 2023. Graph displays the percentage (%) of population who are inactive in each local authority area covered by Rise (the Active Partnership for Northumberland and Tyne & Wear).

Trends in physical inactivity across Northumberland and Tyne & Wear between November 2015 – November 2023

Physical Inactivity (<30 mins per day)
Gateshead

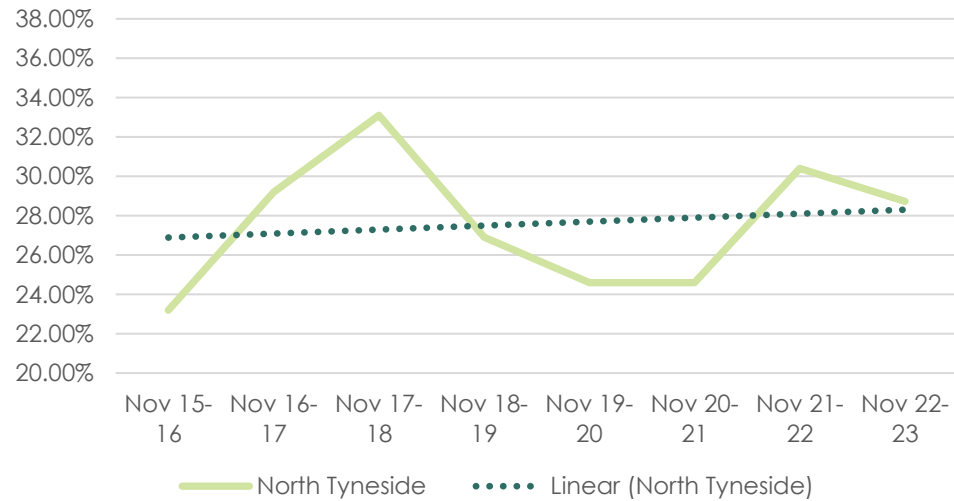


Physical Inactivity (<30 mins per day)
Newcastle

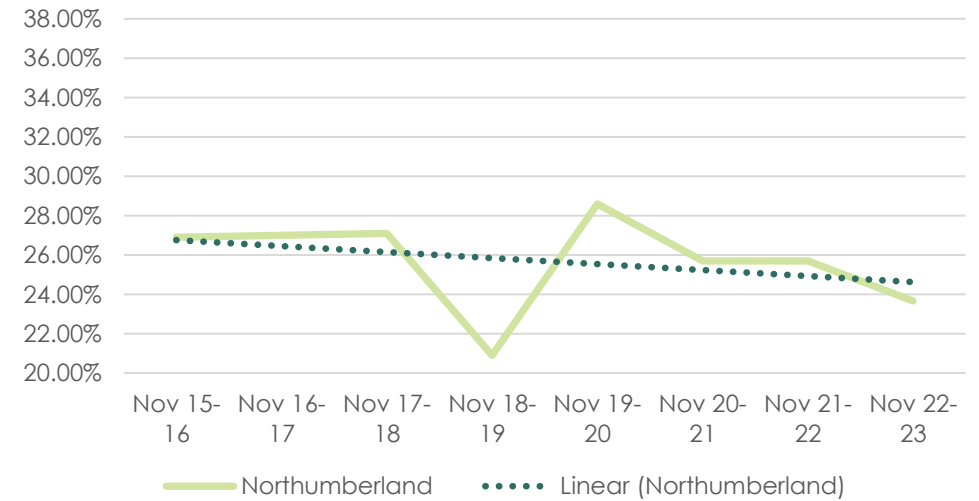


Trends in physical inactivity across Northumberland and Tyne & Wear between November 2015 – November 2023

Physical Inactivity (<30 mins per day)
North Tyneside

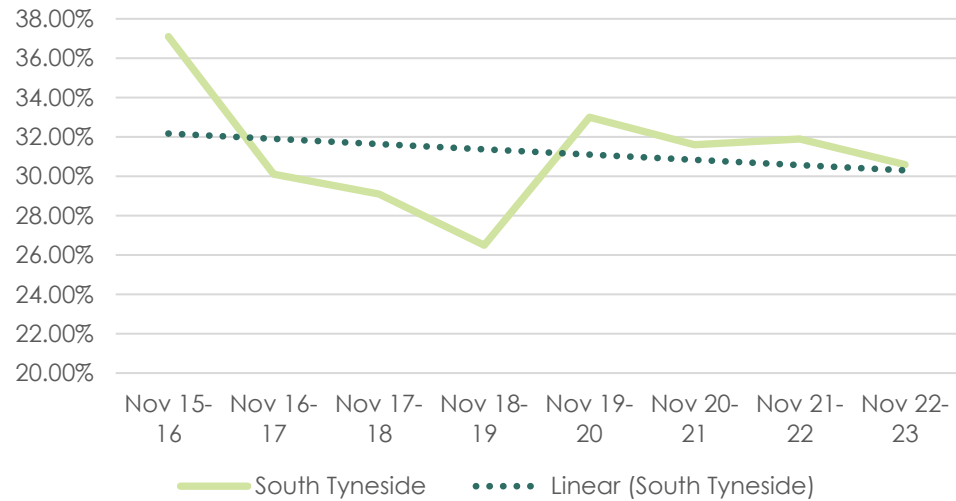


Physical Inactivity (<30 mins per day)
Northumberland

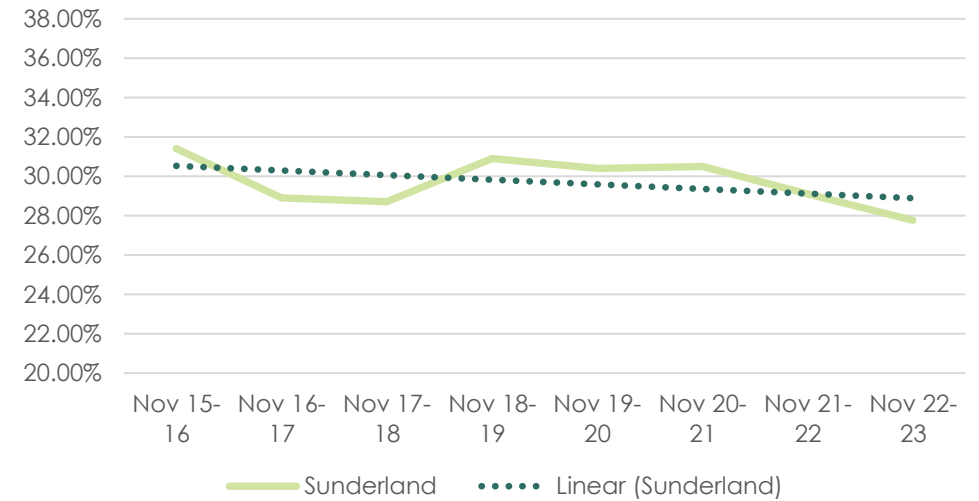


Trends in physical inactivity across Northumberland and Tyne & Wear between November 2015 – November 2023

Physical Inactivity (<30 mins per day)
South Tyneside



Physical Inactivity (<30 mins per day)
Sunderland



Summary of trends in physical inactivity across Northumberland and Tyne & Wear between November 2015 – November 2023

- Three Rise LAs have shown a downward trend in physical inactivity since November 2015: Northumberland, South Tyneside, and Sunderland.
- Three Rise LAs have shown an upward trend in physical inactivity: Gateshead, Newcastle, and North Tyneside. However, the change in Gateshead has been significantly greater than the other two areas. Further to this, the last two years in Gateshead have both seen an increase in inactivity over the year before.

Conclusions

Reflecting the different characteristics and circumstances of Northumberland and Tyne & Wear, the data shows a diverse picture:

- Overall rates of inactivity are higher (27.27%) across our area than England (25.70%). In this context, inactivity rates are lower than for England overall in Newcastle and Northumberland, but higher in Gateshead, North Tyneside, South Tyneside and Sunderland.
- Data over time indicates progress. From Nov 15-Nov 23, inactivity rates have trended downwards in Northumberland, South Tyneside and Sunderland. However, it is clear there is more work to do, as inactivity rates have trended upwards in Gateshead, Newcastle and North Tyneside during this period.