Active Notts

Physical activity behaviour insight pack

October 2019



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ACTIVE LIVES NOV 18/19 ADULT SURVEY

activenotts.org.uk

Contents

- Impact of Covid-19
- Physical activity recommendations
- Key demographics
- Physical activity behaviour
- Physical activity behaviour by demographic group
- Physical activity behaviour by secondary demographic group
- Activities
- Summary

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Glossary

- Area This data pack is for Active Notts
- Statistically significant Sport England provide details of whether changes in whole population activity levels are statistically significant or not. These are provided for changes in the last 12 months Nov 17/18 to Nov 18/19 aswell as changes since the first year of the survey (baseline) in Nov 15/16
- Nearest Neighbours Nearest neighbours have been selected using the CSPN benchmarking tool focused mainly on the demographic characteristics including levels of deprivation, BME proportions and population size, density and rural-urban classification
- Peers This refers to the 45 Active Partnership areas within the Sport England Active Lives survey
- Percentage points A percentage point is the unit for the arithmetic difference of two percentages. For example, moving up from 40% to 44% is a 4 percentage point increase, but is a 10 percent increase in what is being measured
- Trend Points Trendlines use actual data to show direction of change over time. These are made up of a series of trend points which average the actual data to minimise the impact of fluctuations due to sampling methods. When analysing trends we compare the trend points from Nov 15/16 and Nov 18/19

Impact of COVID-19 lockdown measures

Between April and May 2020, Sport England ran a COVID-19 Active Lives survey to measure the impact of movement restrictions imposed on the nation during lockdown. The results showed:

- Overall, activity levels held up relatively well throughout – with a third of adults doing 30 minutes or more of physical activity (at a level that raised their breathing rate) on five or more days a week.
- However, below the surface, we saw inequalities among women, people from lower socio-economic groups, older adults, people with a long-term condition, illness or disability, and people from some BAME communities.
- **The data within this pack was gathered between Nov 2018 and Nov 2019**. The Active Lives survey will not start to show the impact of the Covid-19 pandemic until the May 19/20 data is released later this year

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Physical activity recommendations for adults

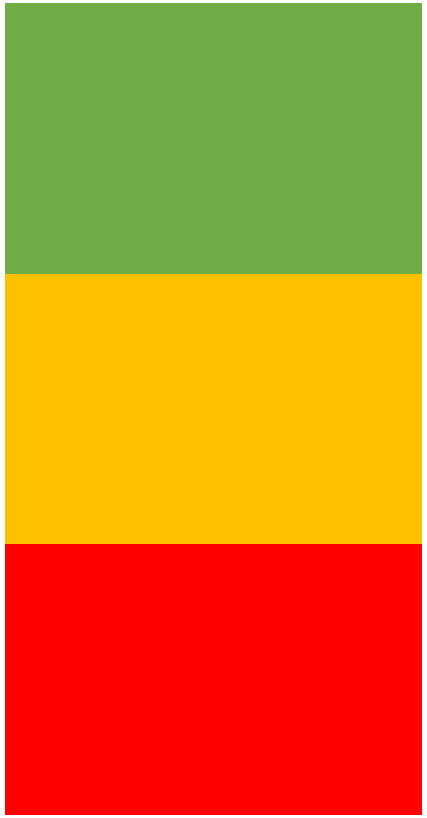
How physical activity is measured within the Active Lives survey

Based on the Chief Medical Officer for England recommendations (16+)

Active

Fairly Active

Inactive



Percentage of people aged 16+ doing at least 150 minutes of physical activity per week. Bouts of 10 minutes of moderate intensity, vigorous activity counts as double

Percentage of people aged 16+ doing 30-149 minutes a week of physical activity

Percentage of people aged 16+ doing less than 30 minutes of physical activity per week. This includes people doing nothing, 1-29 minutes of moderate intensity exercise or light only exercise

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Source: Sport England, Active Lives Adults, Nov 18 to Nov 19 , age 16+, excluding gardening

Population breakdown

	England	Active Notts
Male	49.2%	49.5%
Female	50.8%	50.5%
No limiting illness	82.4%	80.3%
Limiting illness	17.6%	19.7%
0-15 years	18.9%	18.1%
16-34 years	25.4%	26.2%
35-54 years	27.8%	27.5%
55-74 years	20.2%	20.4%
75+ years	7.7%	7.6%
NS SeC 1-2	31.3%	27.4%
NS SeC 3-5	29.1%	27.3%
NS SeC 6-8	30.6%	34.3%
Unclassified	9.0%	11.1%
White British	79.8%	85.0%
White: Other White	5.7%	3.8%
Asian/Asian British	7.8%	5.2%
Black/African/Caribbean/Black British	3.5%	2.5%
Mixed/multiple ethnic groups	2.3%	2.8%
Other ethnic group	1.0%	0.6%

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Source: ONS 2011, Census

Population breakdown by local authority area

	England	Active Notts	Ashfield	Bassetlaw	Broxtowe	Gedling	Mansfield	Newark and Sherwood	Nottingham	Rushcliffe
Male	49.2%	49.5%	49.1%	49.6%	49.4%	48.7%	49.1%	49.3%	50.3%	49.2%
Female	50.8%	50.5%	50.9%	50.4%	50.6%	51.3%	50.9%	50.7%	49.7%	50.8%
No limiting illness	82.4%	80.3%	77.5%	78.2%	81.2%	80.7%	76.3%	79.7%	81.9%	84.3%
Limiting illness	17.6%	19.7%	22.5%	21.8%	18.8%	19.3%	23.7%	20.3%	18.1%	15.7%
0-15 years	18.9%	18.1%	19.1%	17.9%	16.9%	17.9%	18.2%	18.2%	18.2%	18.5%
16-34 years	25.4%	26.2%	22.7%	21.0%	22.9%	21.4%	23.8%	20.4%	37.7%	20.6%
35-54 years	27.8%	27.5%	29.0%	28.9%	28.8%	28.9%	28.4%	28.9%	24.0%	29.5%
55-74 years	20.2%	20.4%	22.0%	23.9%	22.8%	23.0%	21.6%	24.0%	14.2%	22.6%
75+ years	7.7%	7.6%	7.2%	8.3%	8.6%	8.7%	7.9%	8.5%	5.9%	8.8%
NS SeC 1-2	31.3%	27.4%	22.3%	26.4%	33.3%	32.3%	23.1%	30.0%	20.3%	44.5%
NS SeC 3-5	29.1%	27.3%	30.2%	29.5%	29.0%	32.2%	29.2%	29.9%	21.4%	27.5%
NS SeC 6-8	30.6%	34.3%	42.2%	38.4%	29.4%	29.4%	41.9%	34.0%	36.0%	19.3%
Unclassified	9.0%	11.1%	5.4%	5.8%	8.3%	6.1%	5.7%	6.1%	22.2%	8.7%
White British	79.8%	85.0%	96.0%	94.5%	89.5%	90.3%	93.2%	94.2%	65.4%	90.3%
White: Other White	5.7%	3.8%	1.7%	2.9%	3.2%	2.7%	3.9%	3.3%	6.1%	2.8%
Asian/Asian British	7.8%	5.2%	0.9%	1.1%	4.1%	2.9%	1.2%	0.9%	13.1%	4.2%
Black/African/Caribbean/Black British	3.5%	2.5%	0.4%	0.5%	0.9%	1.5%	0.4%	0.4%	7.3%	0.6%
Mixed/multiple ethnic groups	2.3%	2.8%	0.9%	0.9%	1.7%	2.3%	1.1%	1.0%	6.6%	1.8%
Other ethnic group	1.0%	0.6%	0.1%	0.2%	0.6%	0.2%	0.1%	0.1%	1.5%	0.4%

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Source: ONS 2011, Census

Projected population growth – Active Notts



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Source: ONS 2014, subnational projections

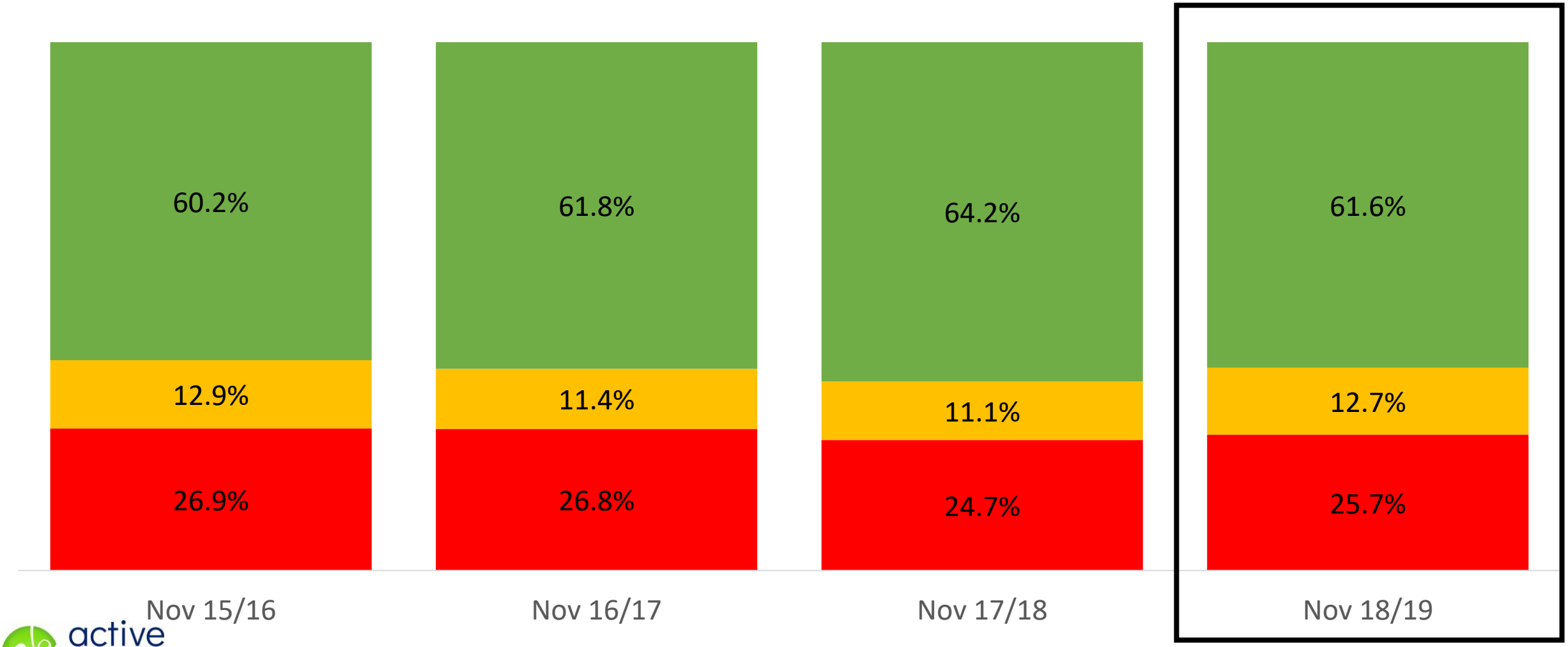
Physical Activity Behaviour:

Whole Population (aged 16+)

Physical activity behaviour over time

Data within this document will be from Nov 18/19 unless otherwise stated

The latest data shows 25.7% of adults in Active Notts are inactive



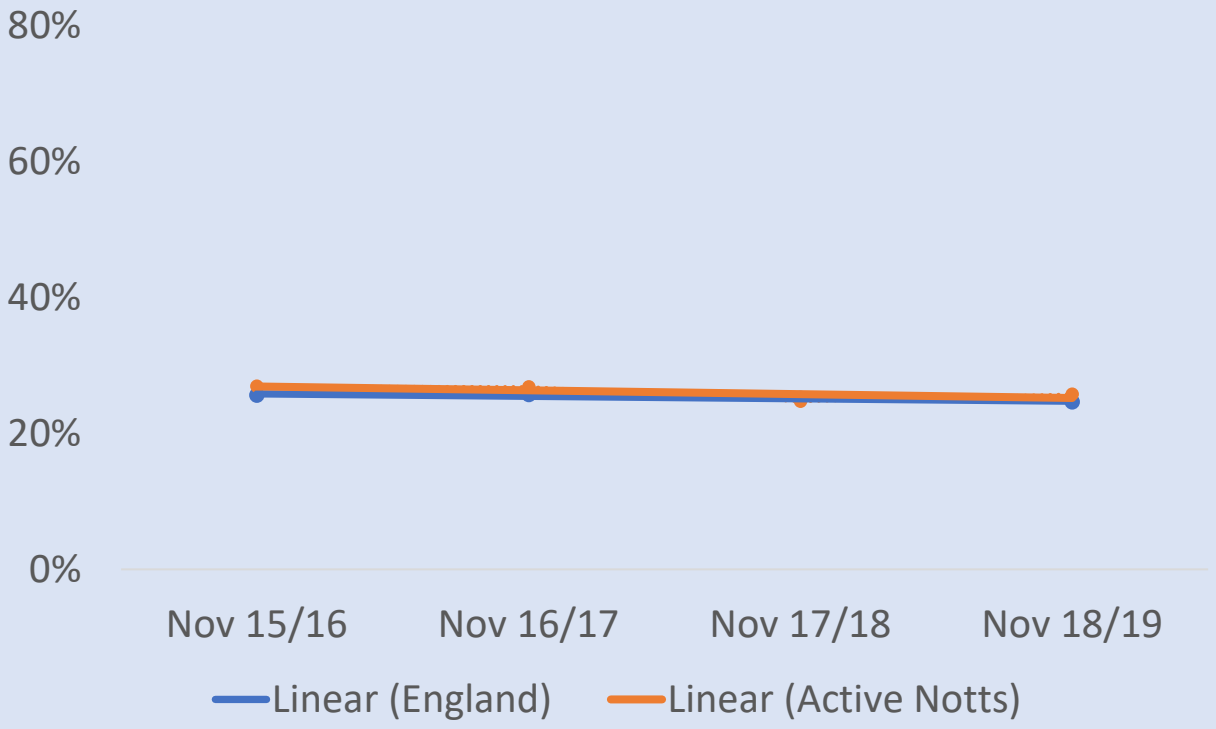
Source: Sport England, Active Lives Adults, Nov 15/16 to Nov 18/19 , age 16+, excluding gardening

Physical activity behaviour trends

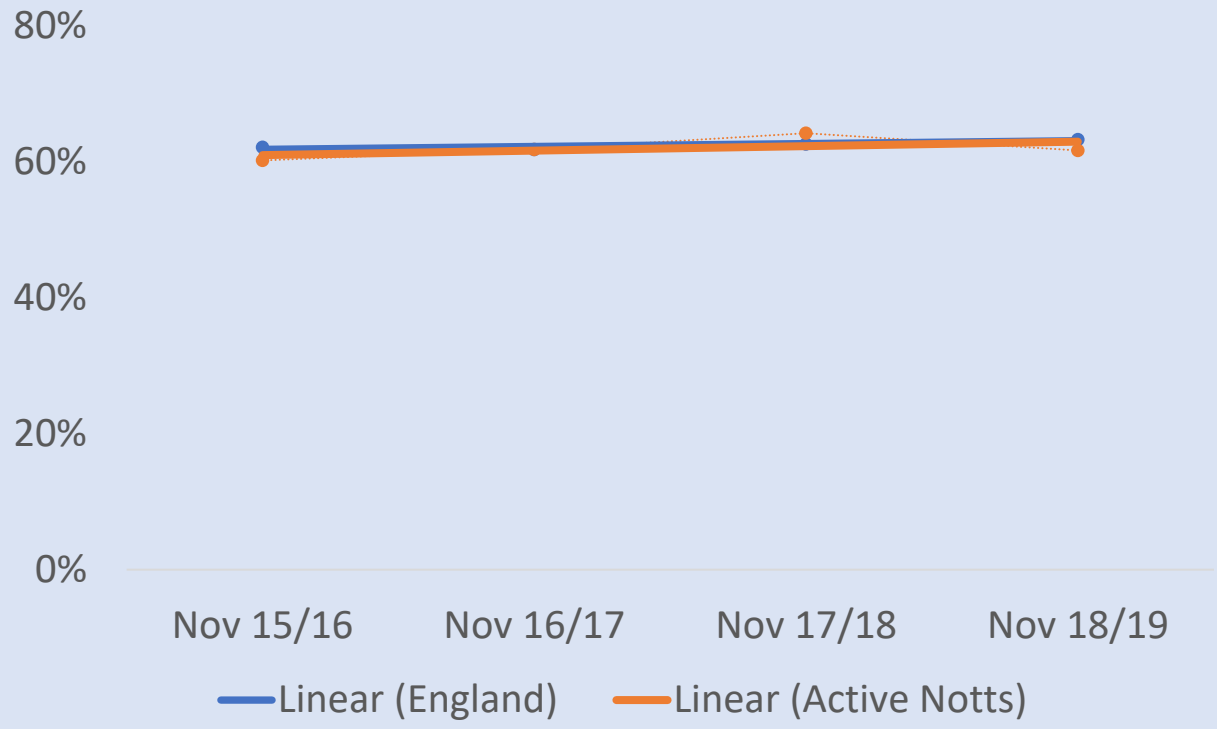
Active Notts has seen no statistically significant change in its inactive levels between Nov 17/18 and Nov 18/19 or since the baseline was taken in Nov 15/16

Active Notts has seen a statistically significant decrease (worsening) of active levels between Nov 17/18 and Nov 18/19 by -2.7% but no statistically significant change since the Nov 15/16 baseline

Inactive - whole population



Active - whole population

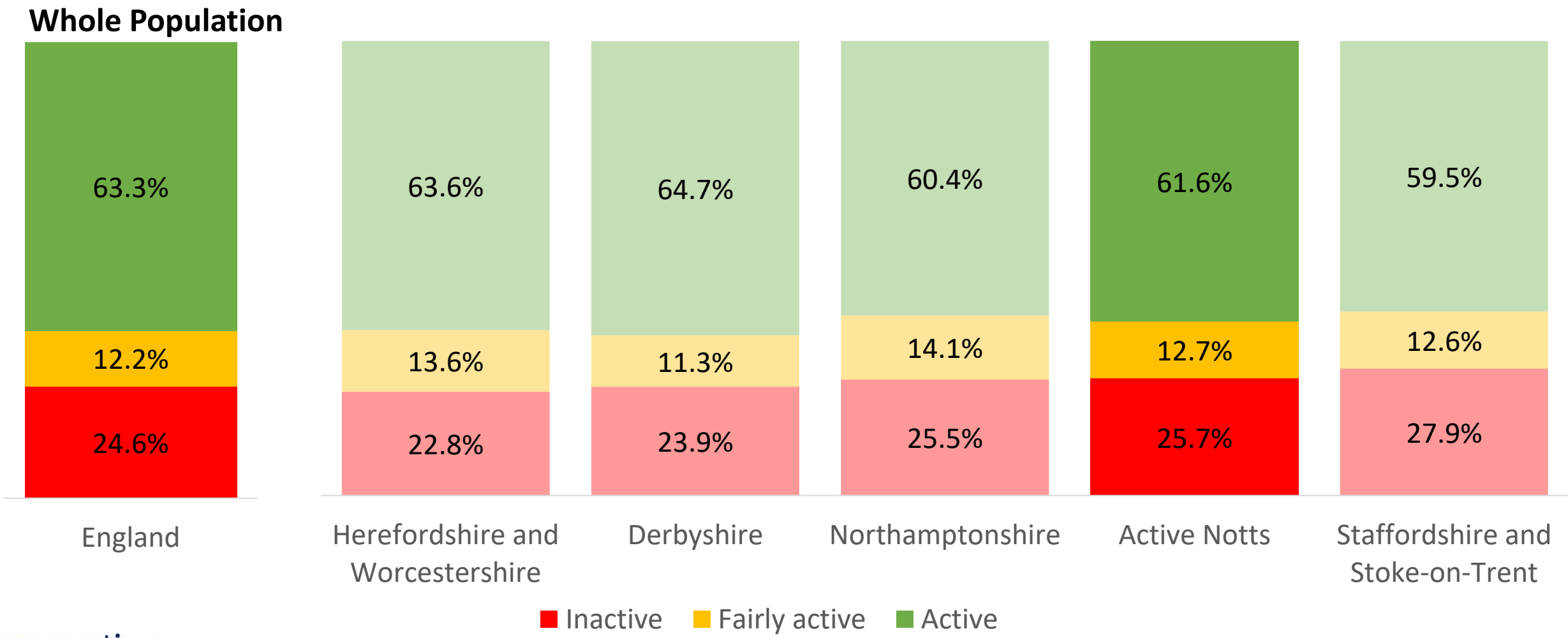


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Source: Sport England, Active Lives Adults, Nov 15/16 to Nov 18/19 , age 16+, excluding gardening

Physical activity behaviour comparisons

England and nearest neighbours



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Source: Sport England, Active Lives Adults, Nov 18 to Nov 19 , age 16+, excluding gardening

Inactive behaviour comparisons

Comparison against all Active Partnerships over time

The inactive value for Active Notts currently ranks 32 of 45 Active Partnerships

Whole population



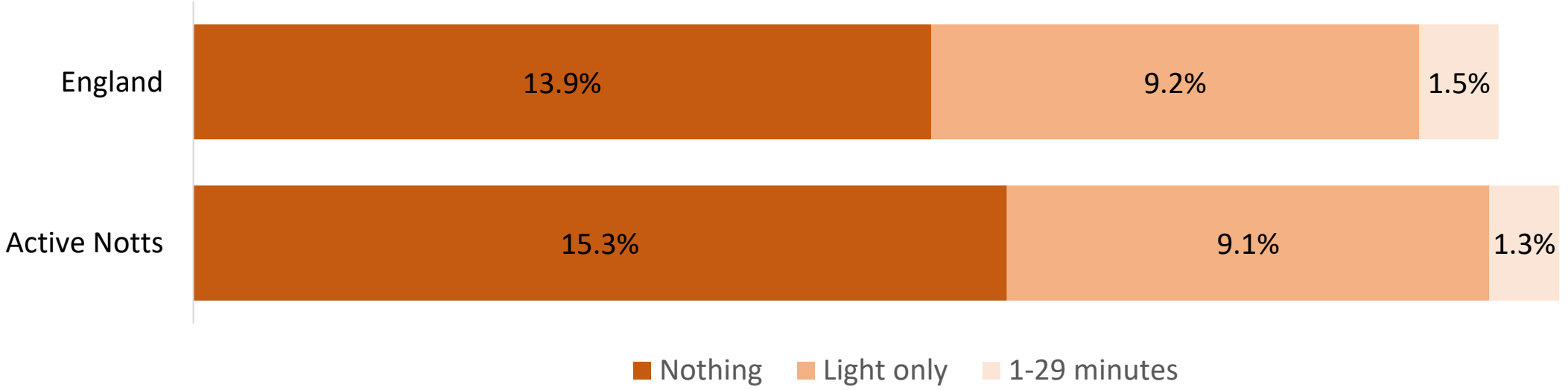
Source: Sport England, Active Lives Adults, Nov 15/16 to Nov 18/19 , age 16+, excluding gardening

The inactive population of Active Notts is approximately 242,000 people

Nothing: 15.3% do no physical activity at all, approximately 144,000 people

Light only: 9.1% of the population are missing the intensity, approximately 85,000 people

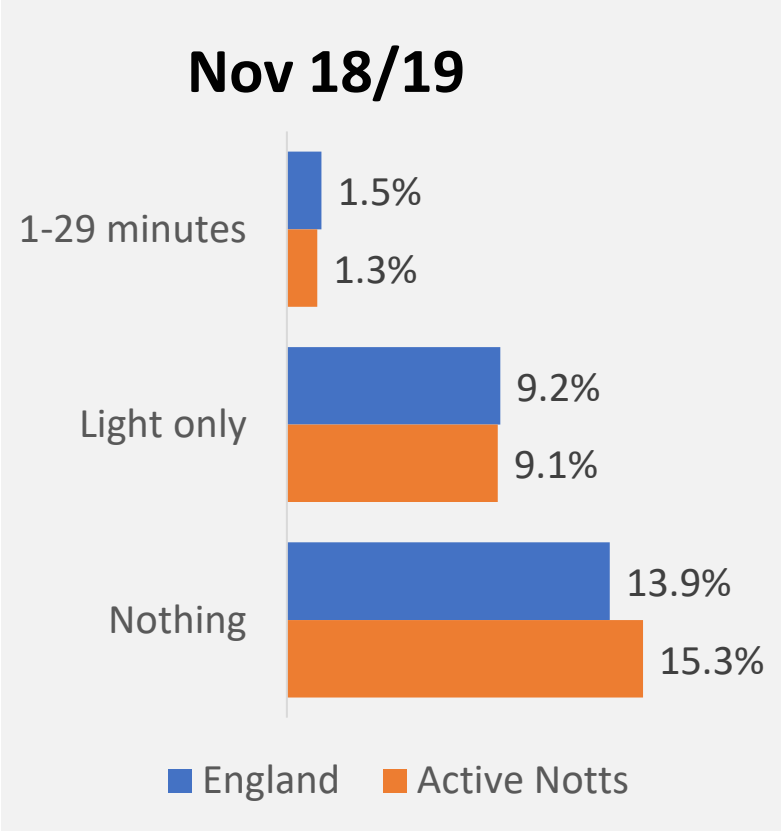
1-29 minutes: 1.3% are active but not for 30 minutes per week. This is approximately 12,000 people

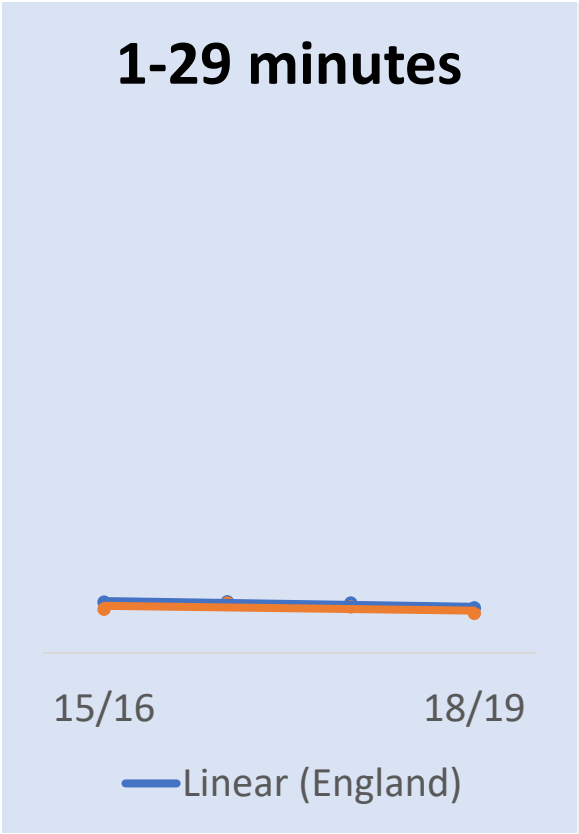


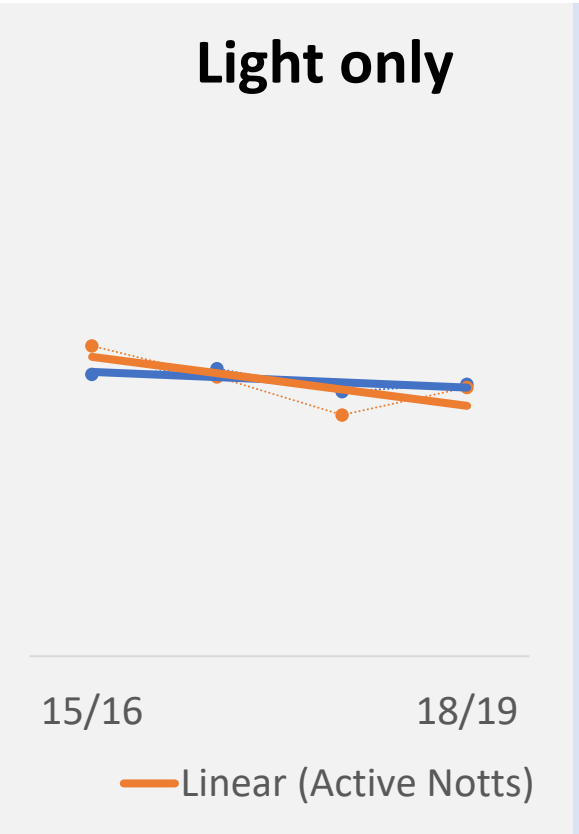
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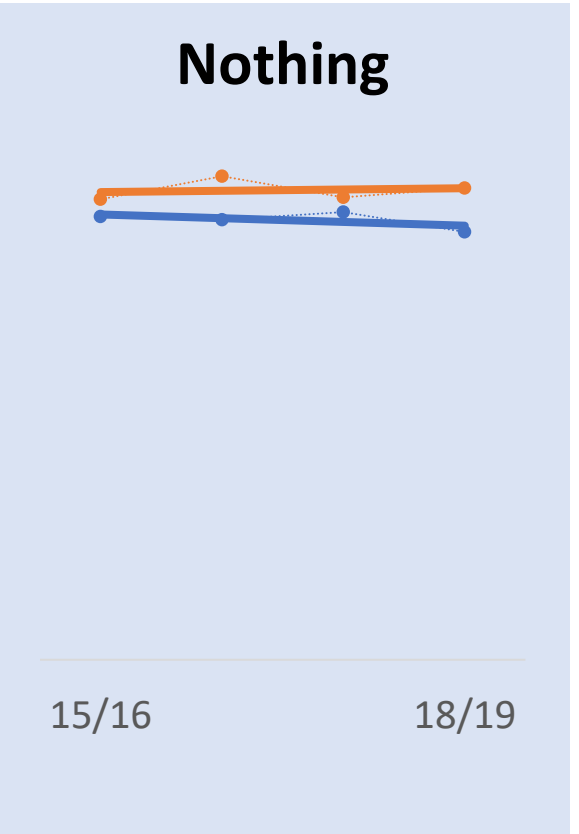
Source: Sport England, Active Lives Adults, Nov 18 to Nov 19 , age 16+, excluding gardening

Physical inactivity behaviour over time





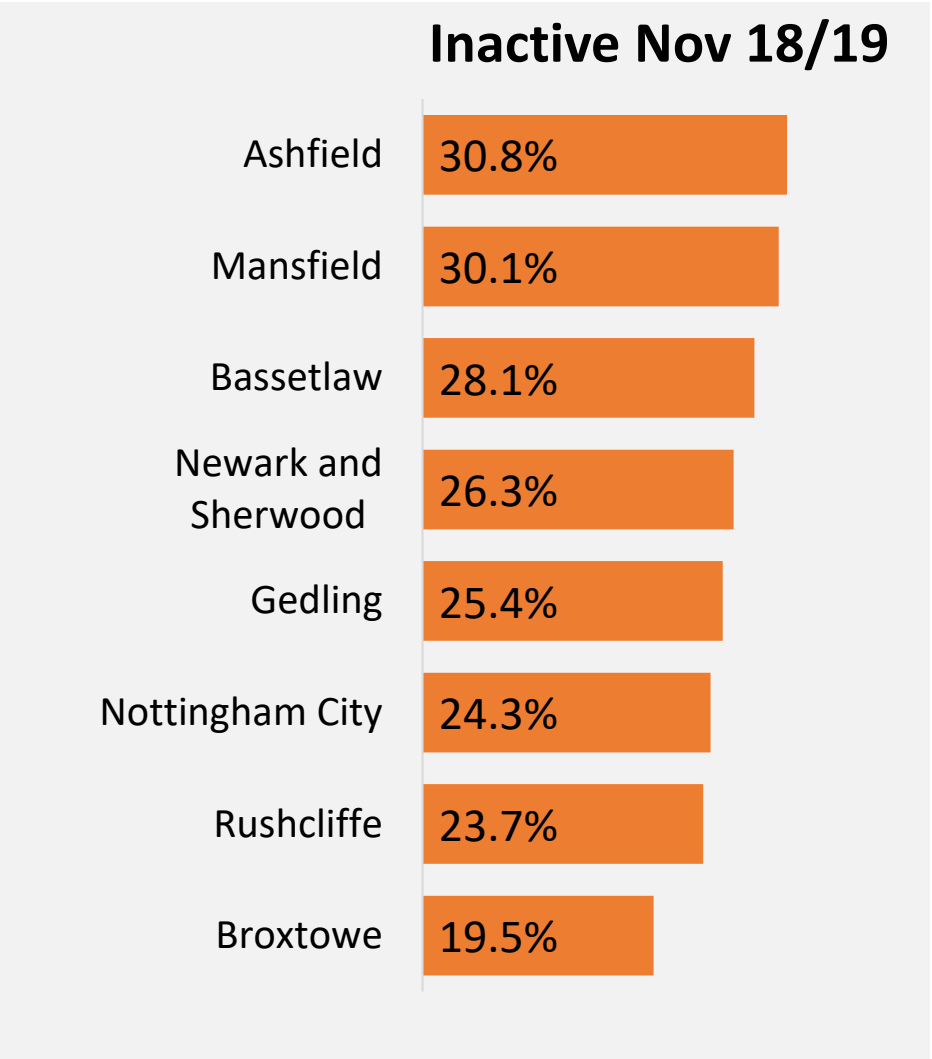


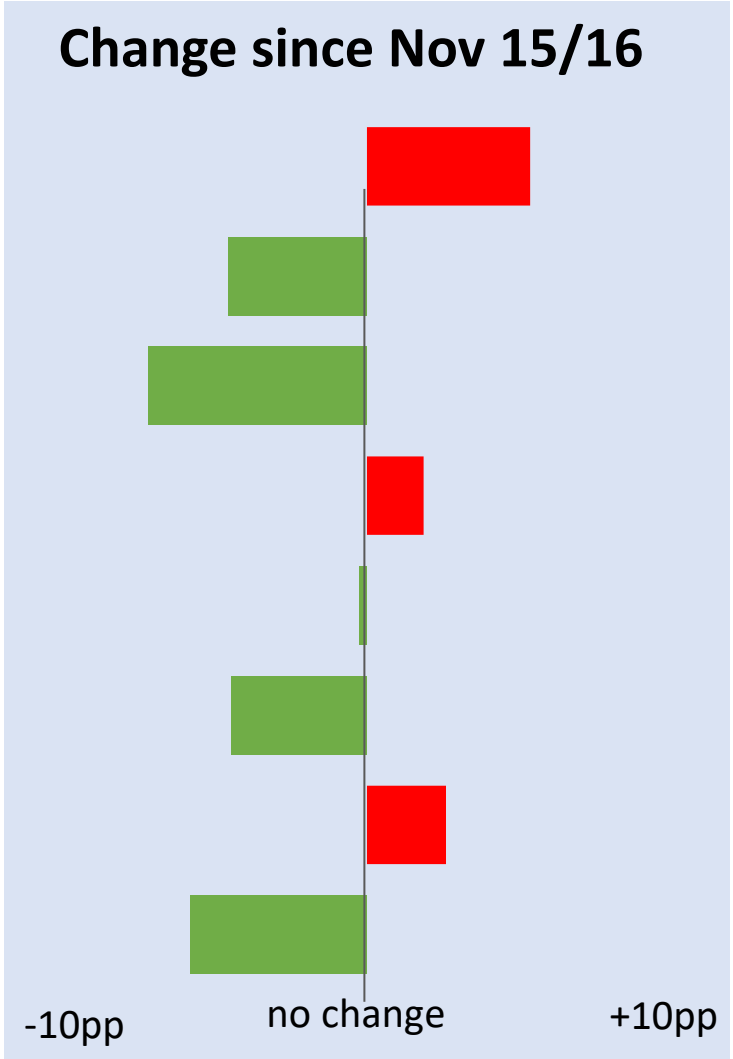


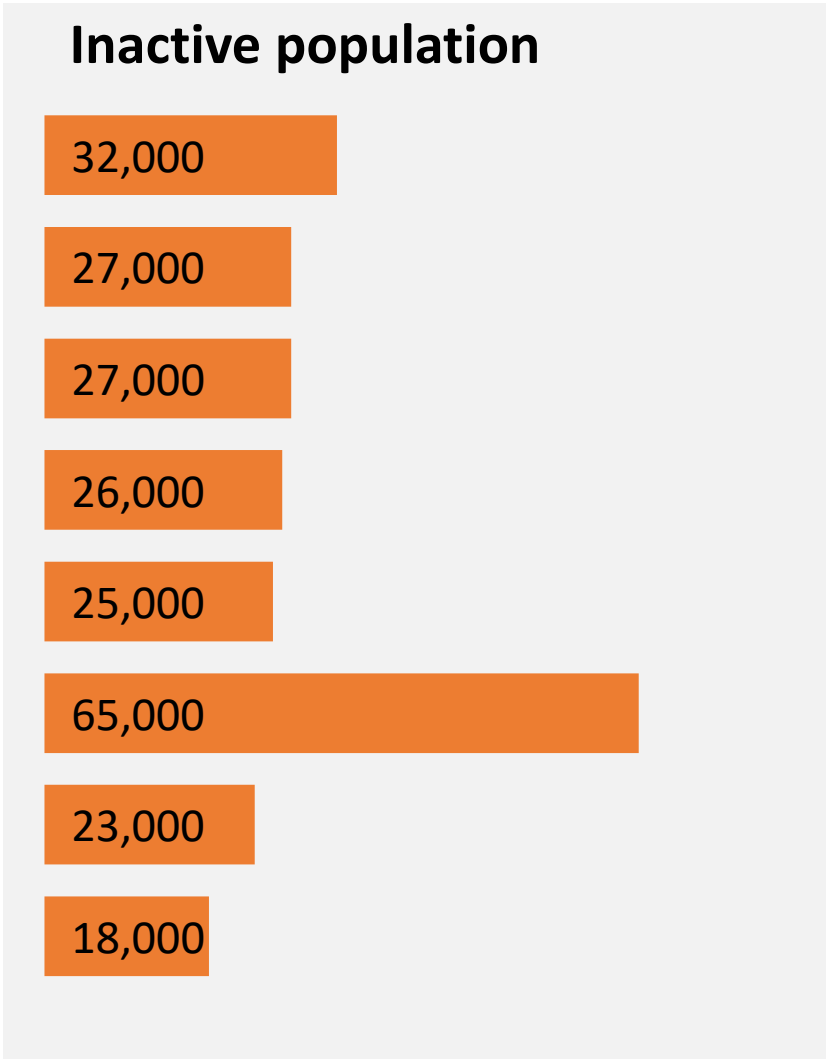
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Source: Sport England, Active Lives Adults, Nov 15/16 to Nov 18/19 , age 16+, excluding gardening

Inactive behaviour by locality





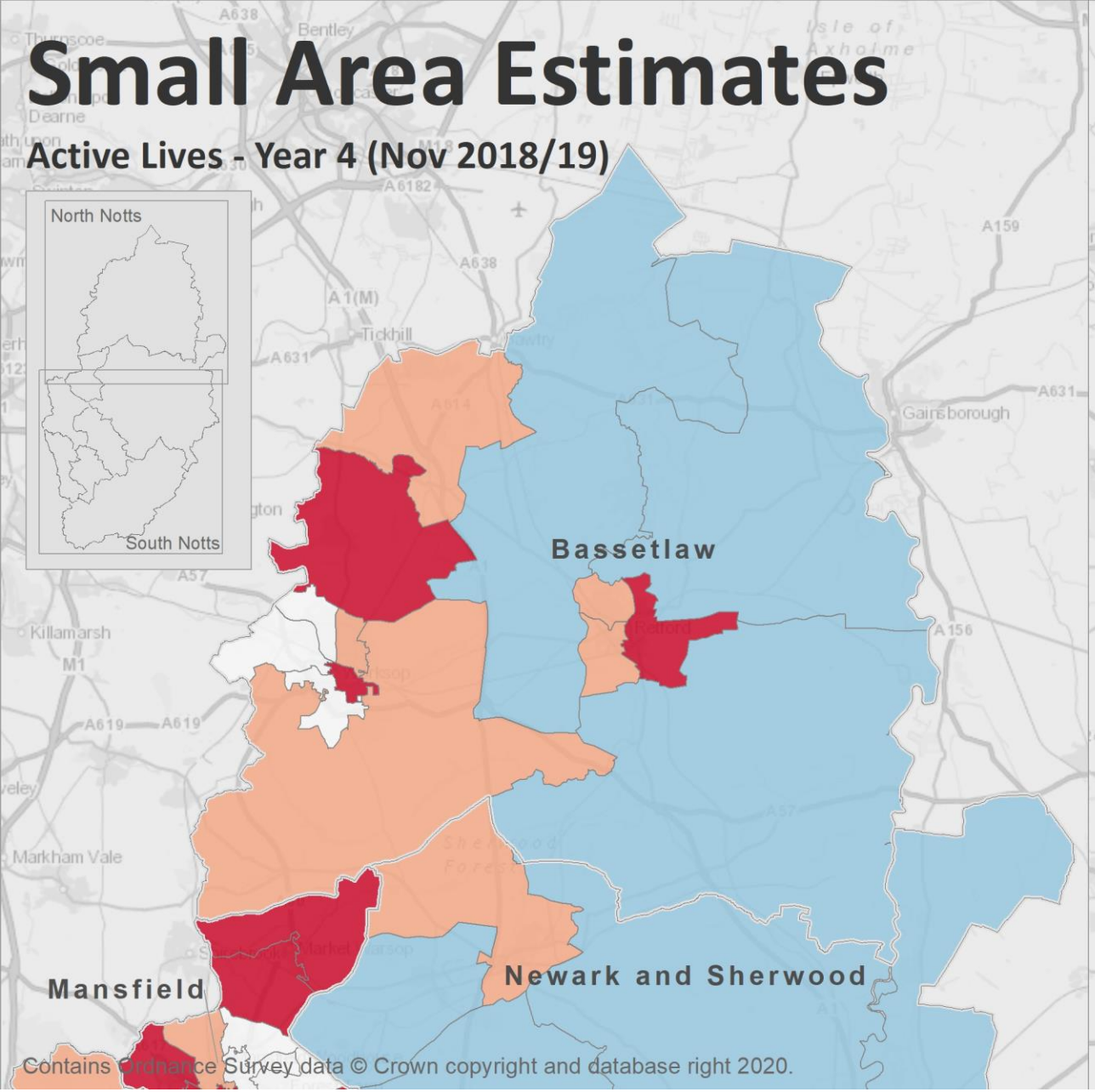


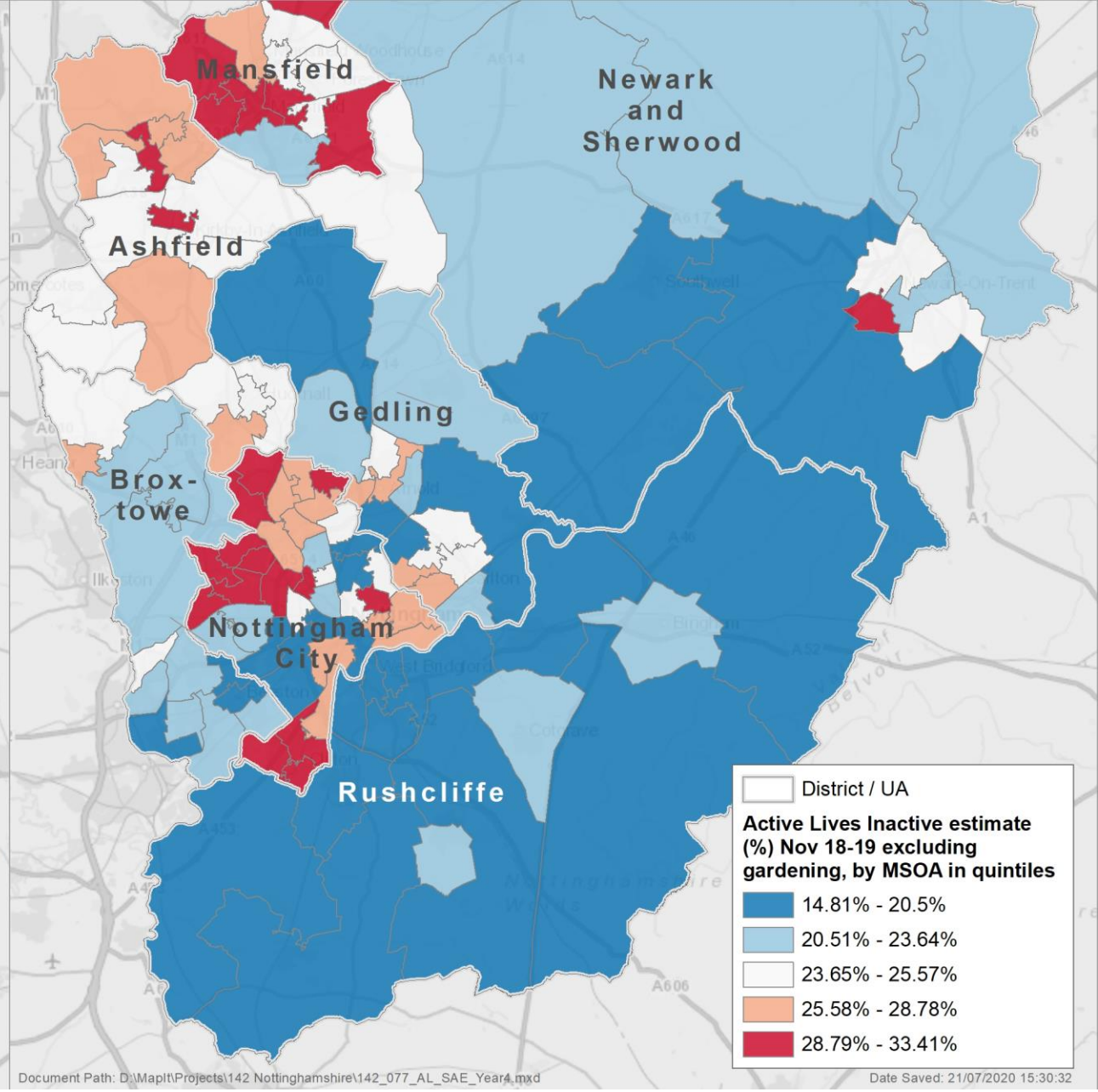
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Source: Sport England, Active Lives Adults, Nov 15/16 to Nov 18/19 , age 16+, excluding gardening

Small Area Estimates

Active Lives - Year 4 (Nov 2018/19)





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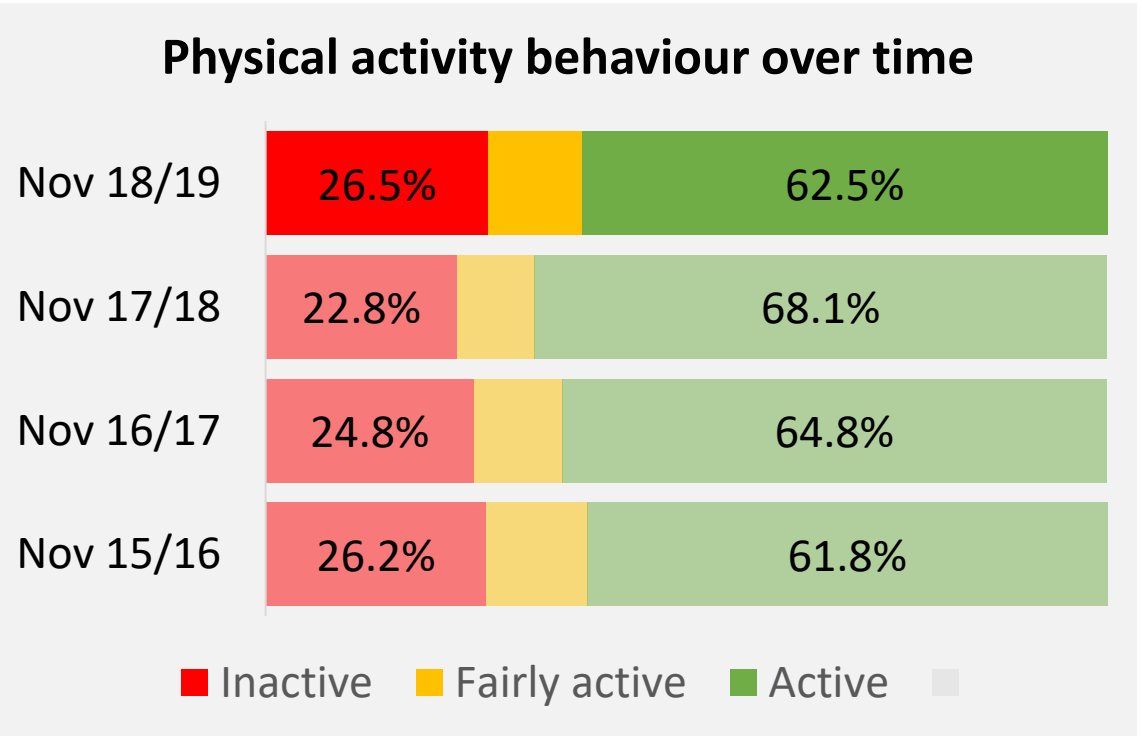
Physical Activity Behaviour:

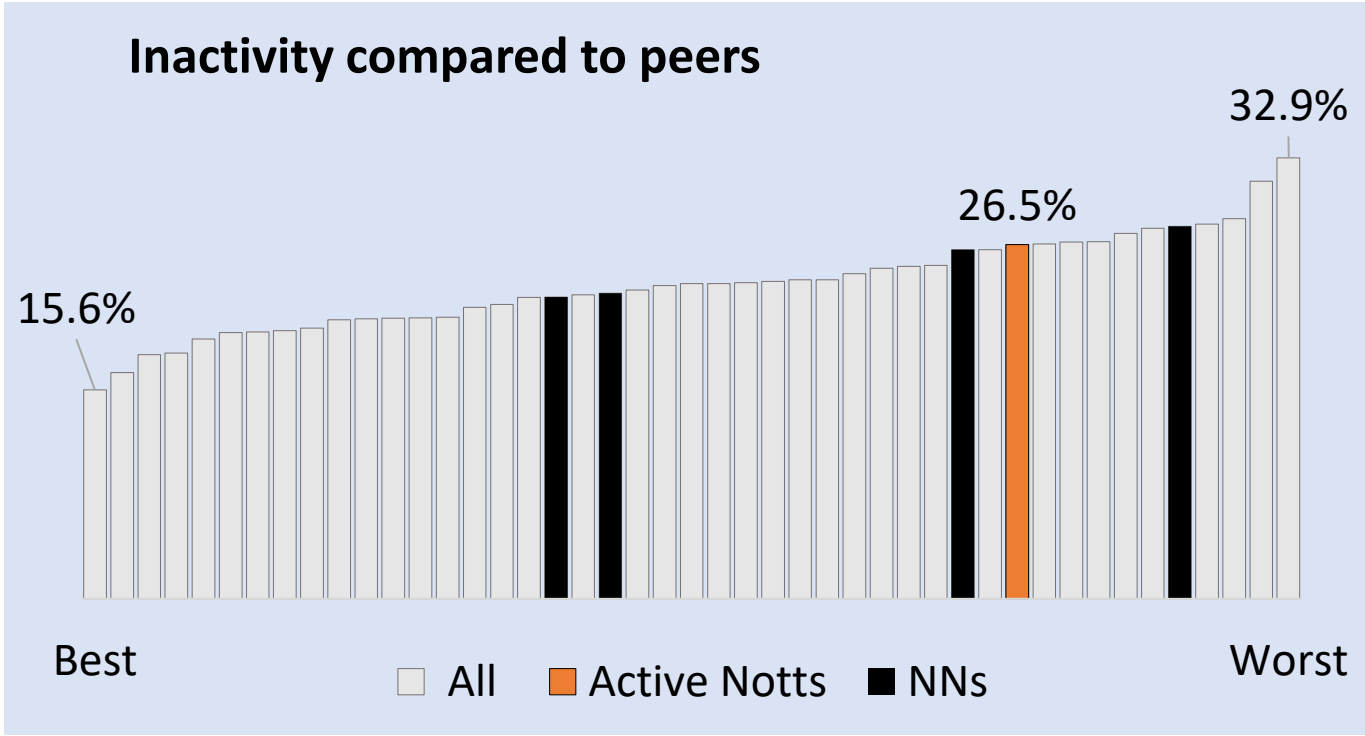
Gender

Male: Physical activity behaviour

- 26.5% of males across Active Notts are inactive, compared to 23.6% nationally
- There are approximately 123,000 inactive males across Active Notts
- Inactive levels appeared to be improving between Nov 15/16 and Nov 17/18 but have worsened over the last year (Nov 18/19)

Active Notts



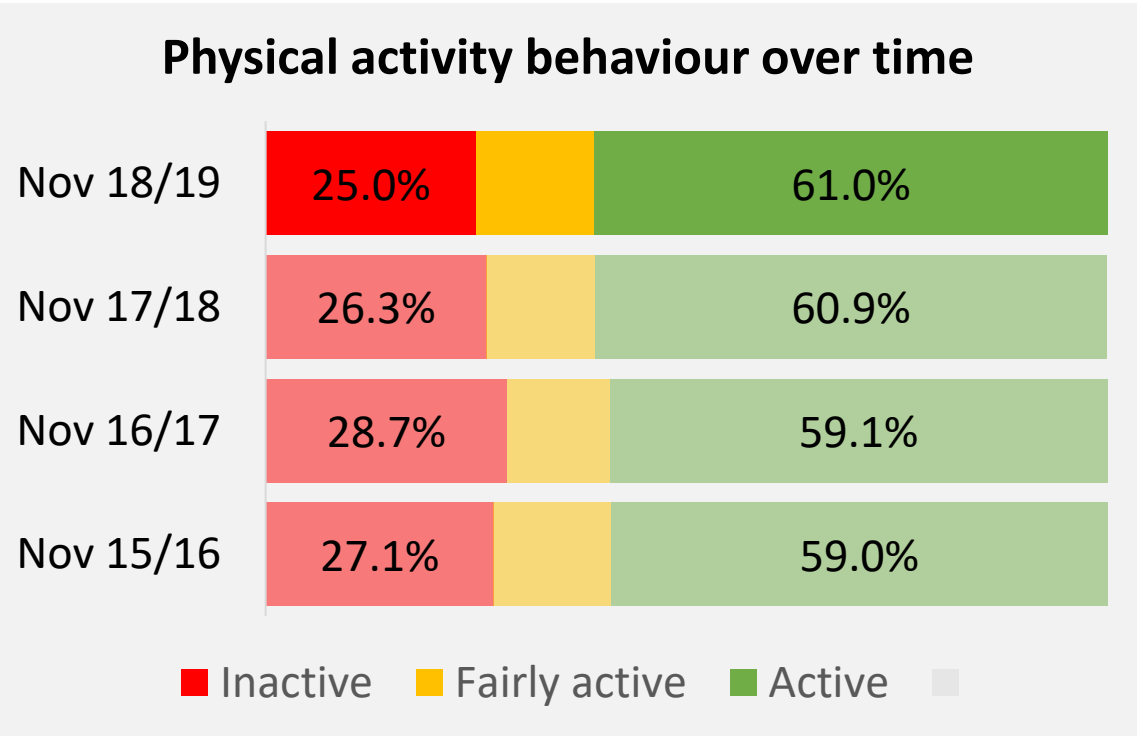


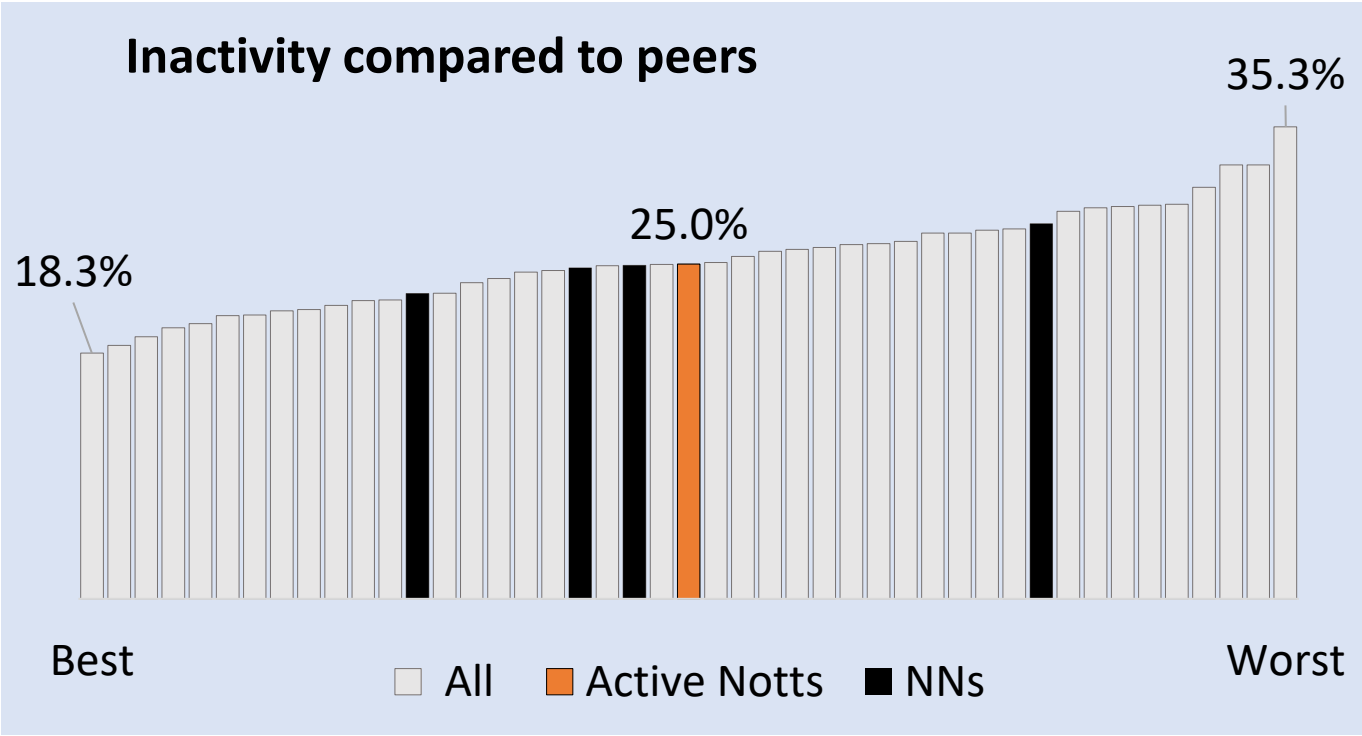
Source: Sport England, Active Lives Adults, Nov 15/16 to Nov 18/19 , age 16+, excluding gardening

Female: Physical activity behaviour

- 25% of females across Active Notts are inactive, compared to 25.3% nationally
- There are approximately 120,000 inactive females across Active Notts
- Inactive levels appear to be improving since Nov 16/17

Active Notts





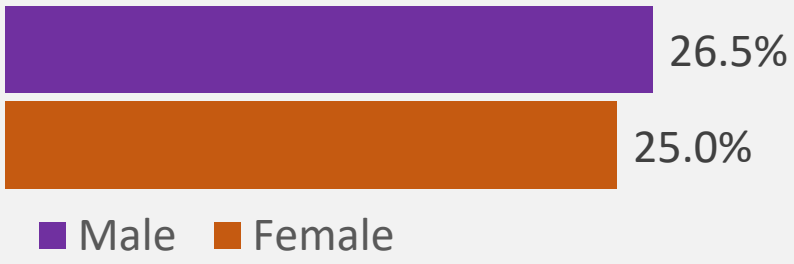
Source: Sport England, Active Lives Adults, Nov 15/16 to Nov 18/19 , age 16+, excluding gardening

How gender affects levels of inactivity

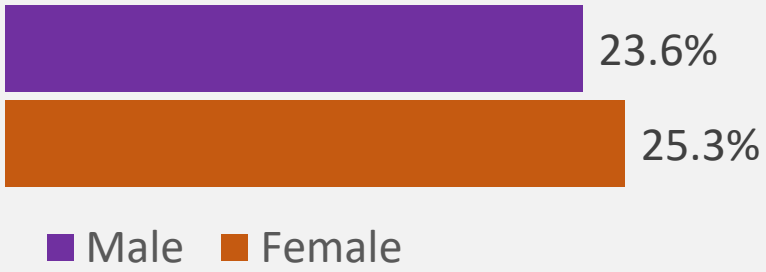
Trends appear to show the gender inequality gap is reducing. Both male and female inactivity is reducing but female inactivity is reducing at a faster rate

Nov 18/19

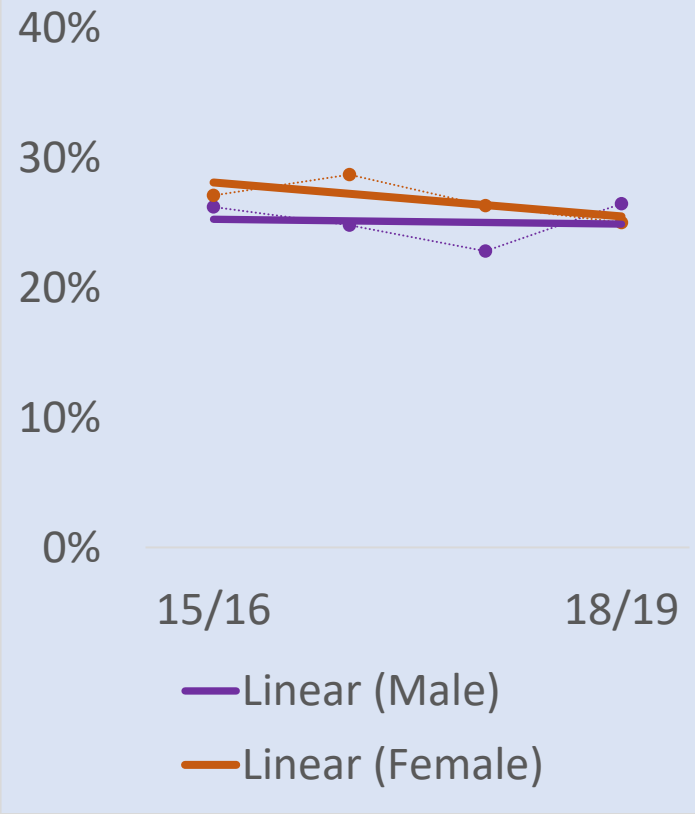
Active Notts



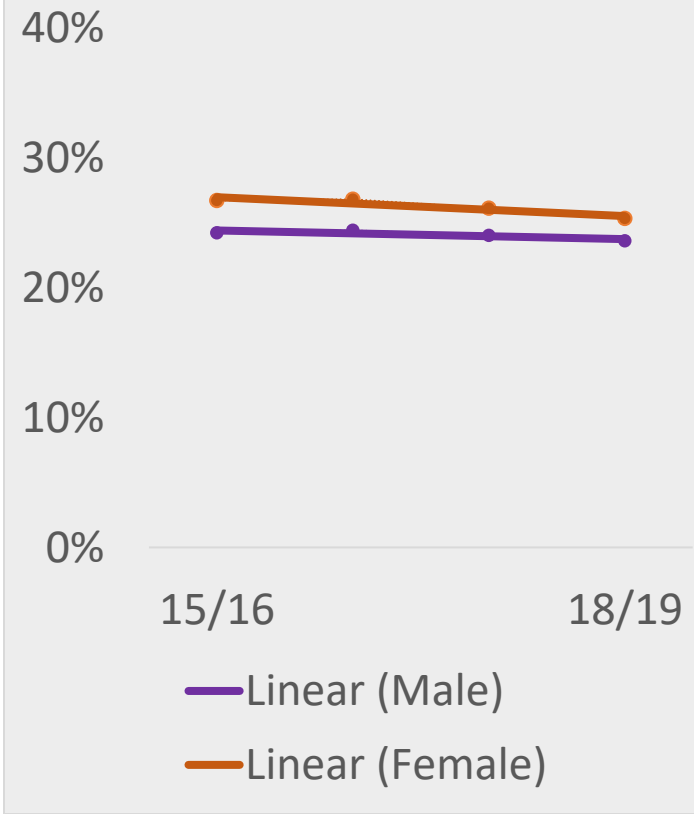
England



Active Notts



England



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Source: Sport England, Active Lives Adults, Nov 15/16 to Nov 18/19 , age 16+, excluding gardening

Physical Activity Behaviour:

Long term limiting illness or disability

Definition (Sport England):

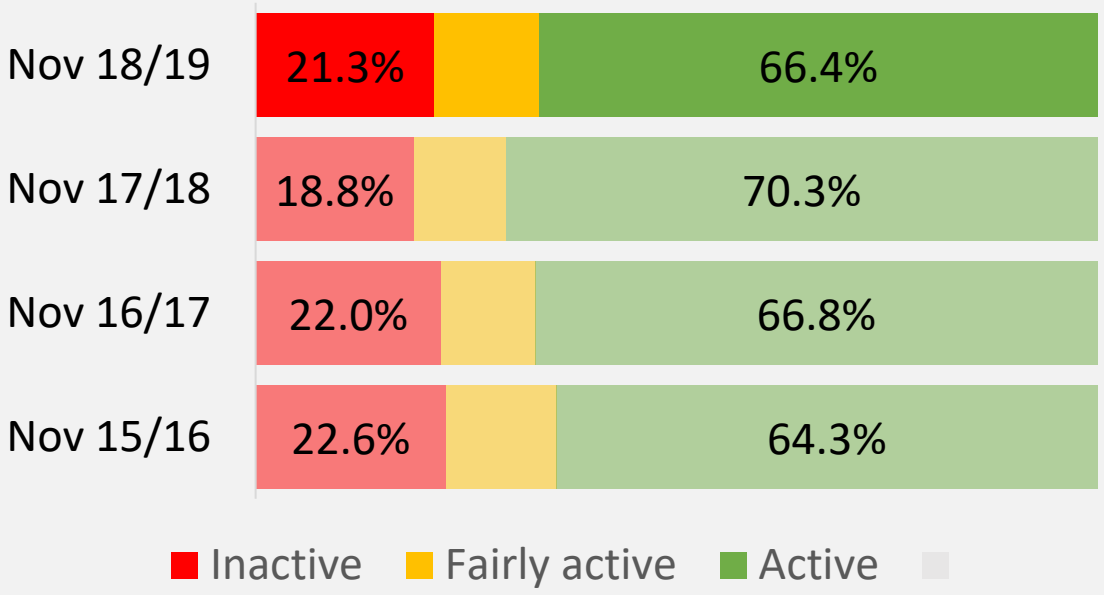
- Limiting disability is defined as an individual reporting they have a physical or mental health condition or illness that has lasted or is expected to last 12 months or more, and that this has a substantial effect on their ability to do normal daily activities.
- In future slides this will be referred to as ‘Limiting illness’

No limiting illness: Physical activity behaviour

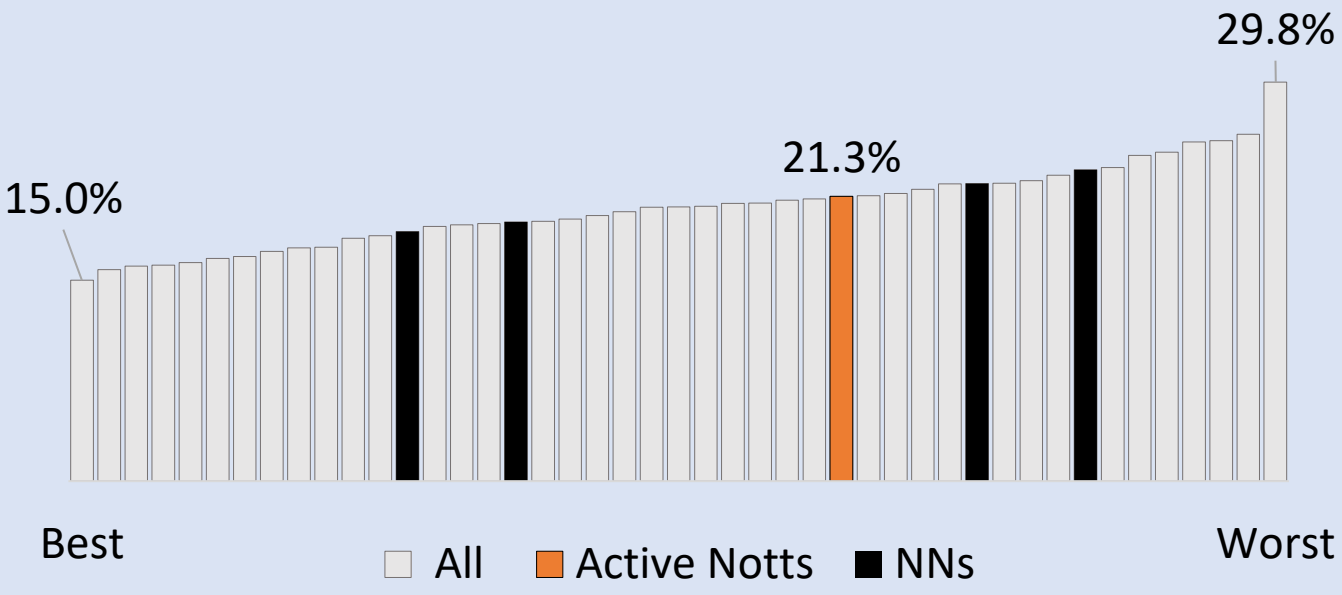
- 21.3% of those without a limiting illness across Active Notts are inactive, compared to 20.5% nationally
- There are approximately 157,000 inactive adults with no limiting illness across Active Notts
- Inactive levels appeared to be improving between Nov 15/16 and Nov 17/18 but have worsened over the last year (Nov 18/19) so overall fairly static

Active Notts

Physical activity behaviour over time



Inactivity compared to peers

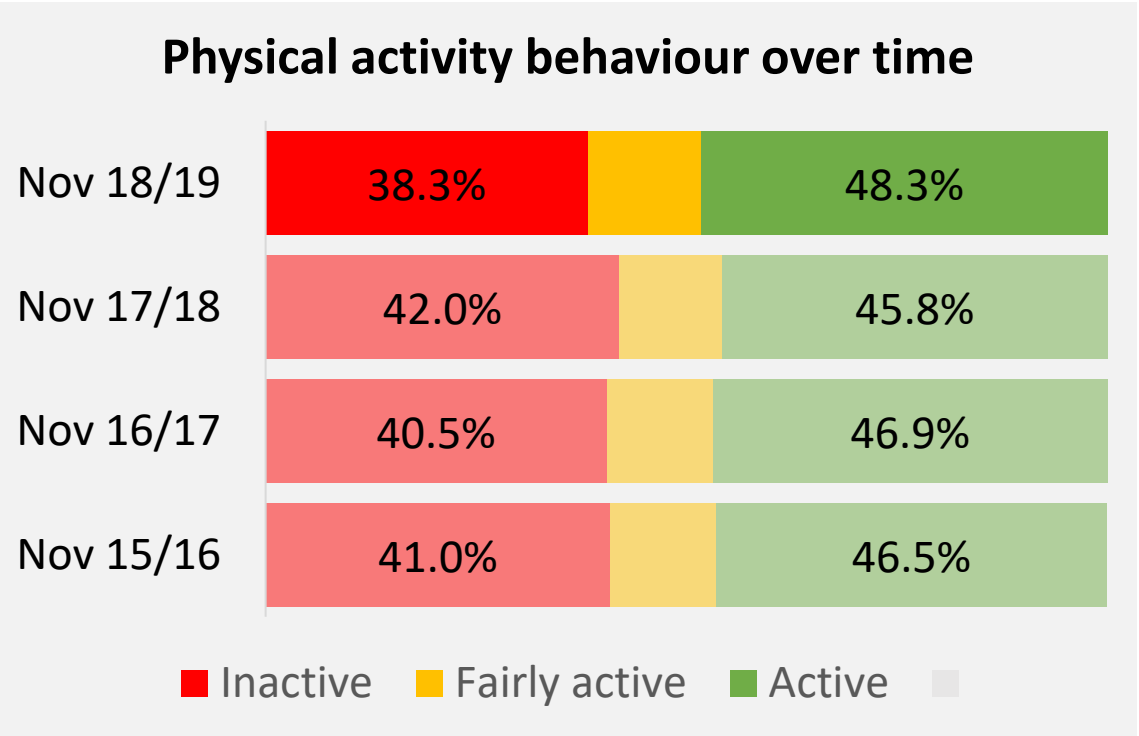


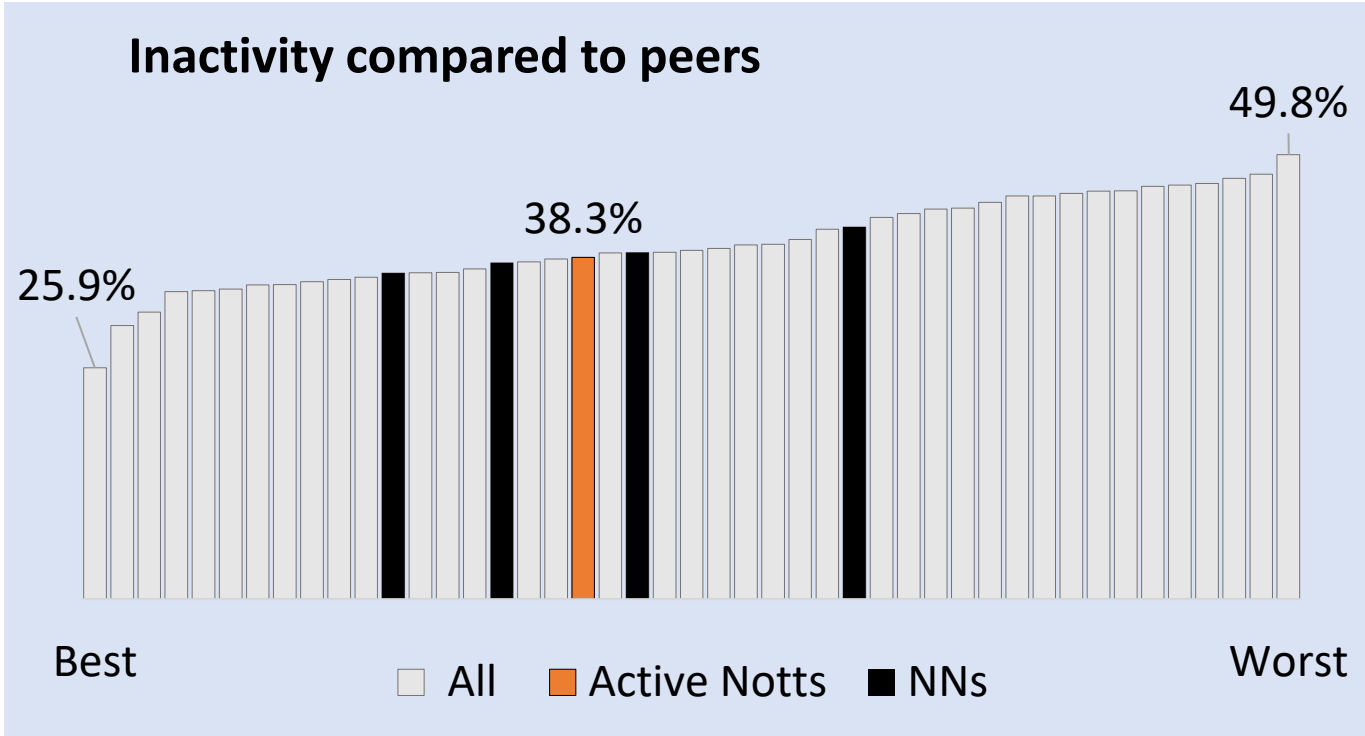
Source: Sport England, Active Lives Adults, Nov 15/16 to Nov 18/19 , age 16+, excluding gardening

Limiting illness: Physical activity behaviour

- 38.3% of those with a limiting illness across Active Notts are inactive, compared to 39.8% nationally
- There are approximately 85,000 inactive adults with a limiting illness across Active Notts
- Inactive levels appear to be improving

Active Notts





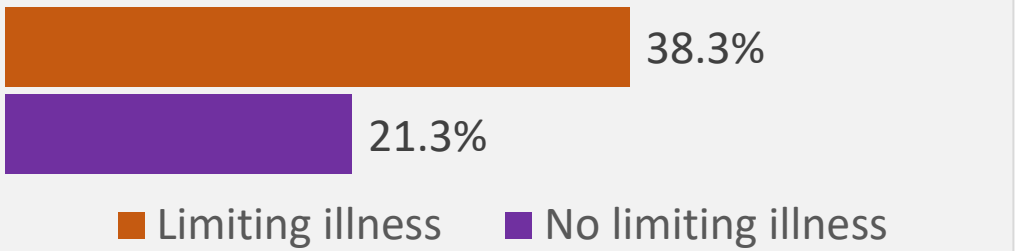
Source: Sport England, Active Lives Adults, Nov 15/16 to Nov 18/19 , age 16+, excluding gardening

How limiting illness affects levels of inactivity

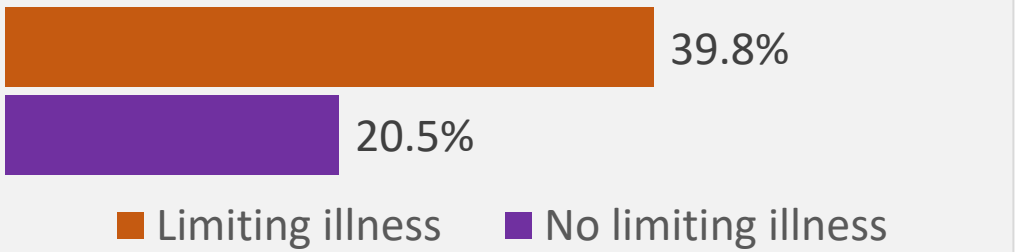
- Trends appear to show the inequality gap is reducing, inactivity is decreasing for both groups but is decreasing faster for those with a limiting illness
- Those with a limiting illness or disability are almost twice as likely to be inactive

Nov 18/19

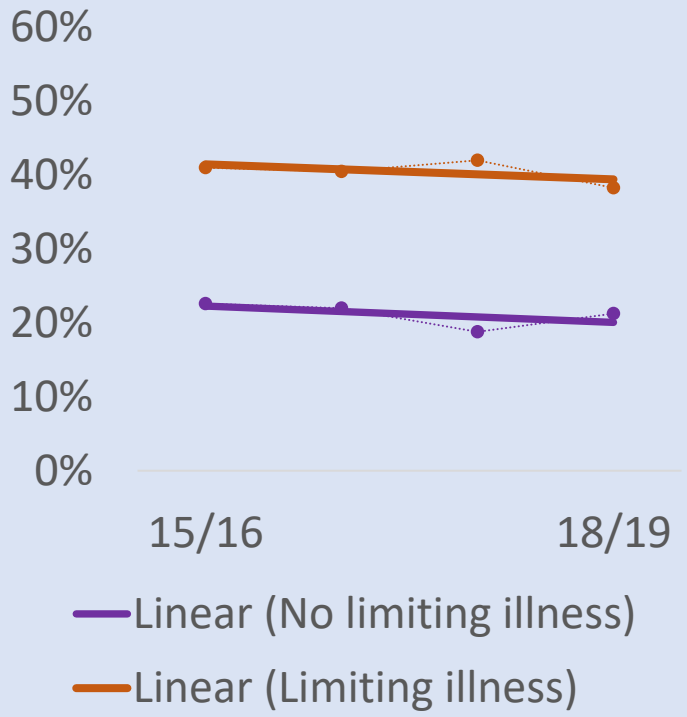
Active Notts



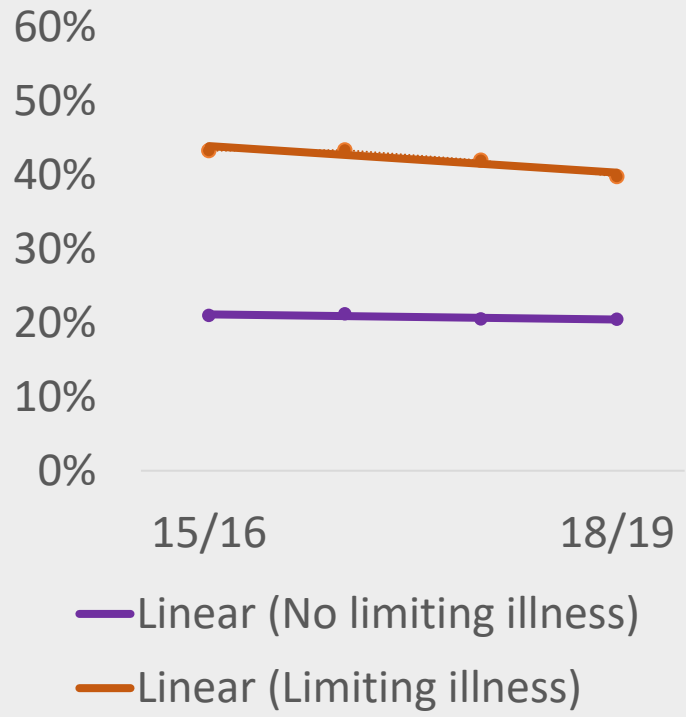
England



Active Notts



England



active notts

Source: Sport England, Active Lives Adults, Nov 15/16 to Nov 18/19 , age 16+, excluding gardening

Physical Activity Behaviour:

Age

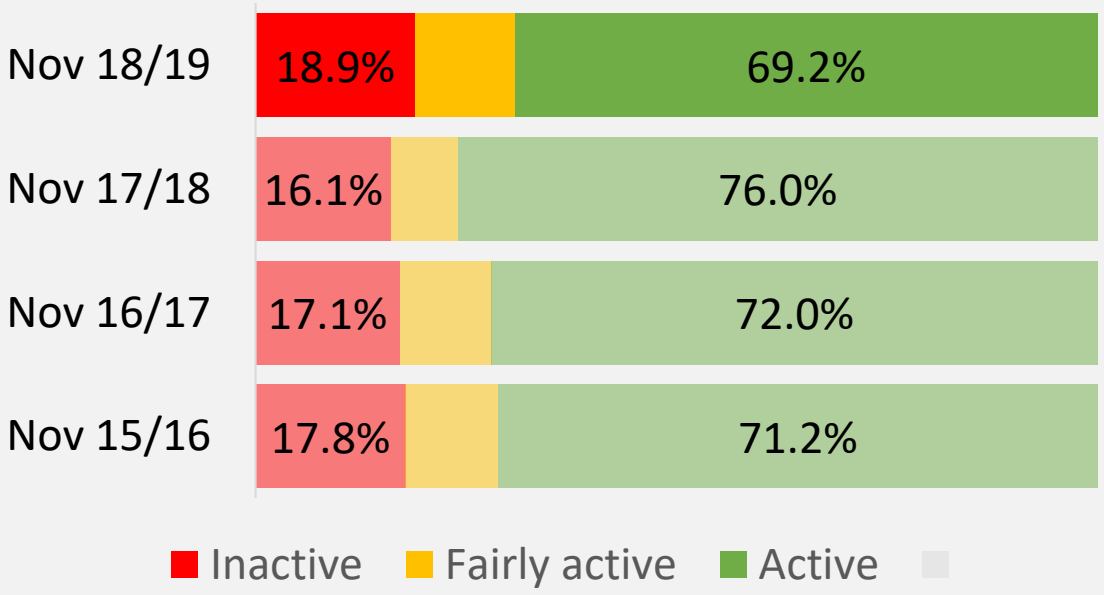
- **Age data will be presented in the following groups**
    - **16-34 years**
    - **35-54 years**
    - **55-74 years**
    - **75+ years**

Aged 16-34: Physical activity behaviour

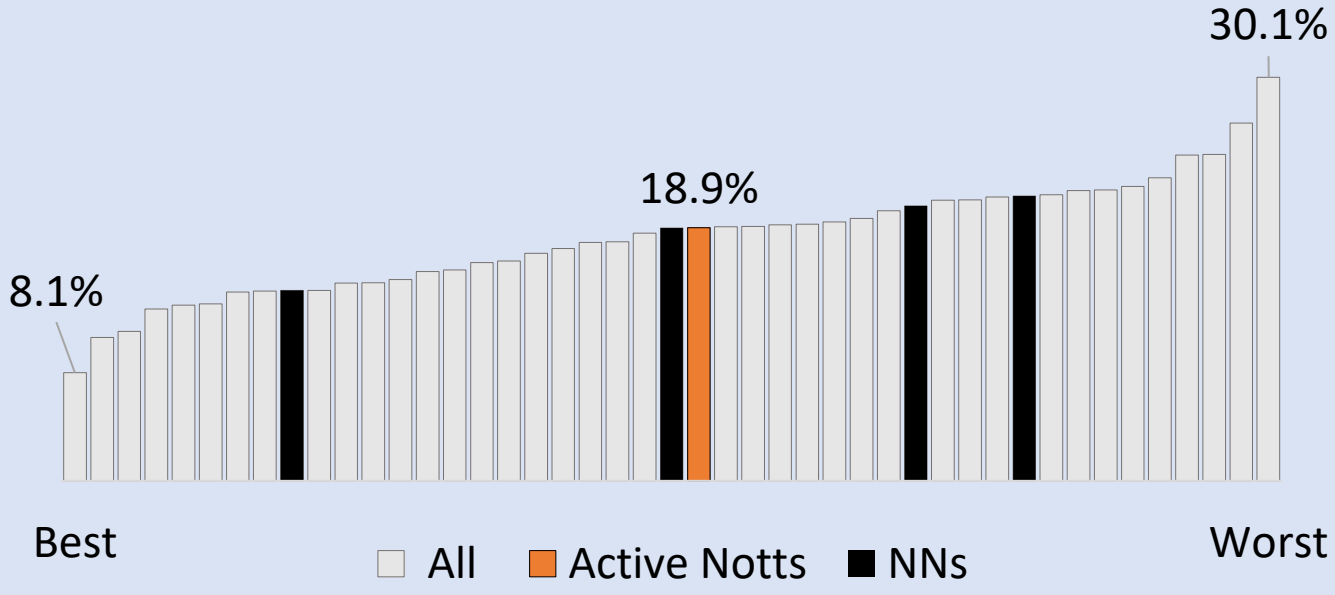
- 18.9% of those aged 16-34 across Active Notts are inactive, compared to 19% nationally
- There are approximately 58,000 inactive people aged 16-34 across Active Notts
- Inactive levels have remained fairly static over the last 4 years

Active Notts

Physical activity behaviour over time



Inactivity compared to peers

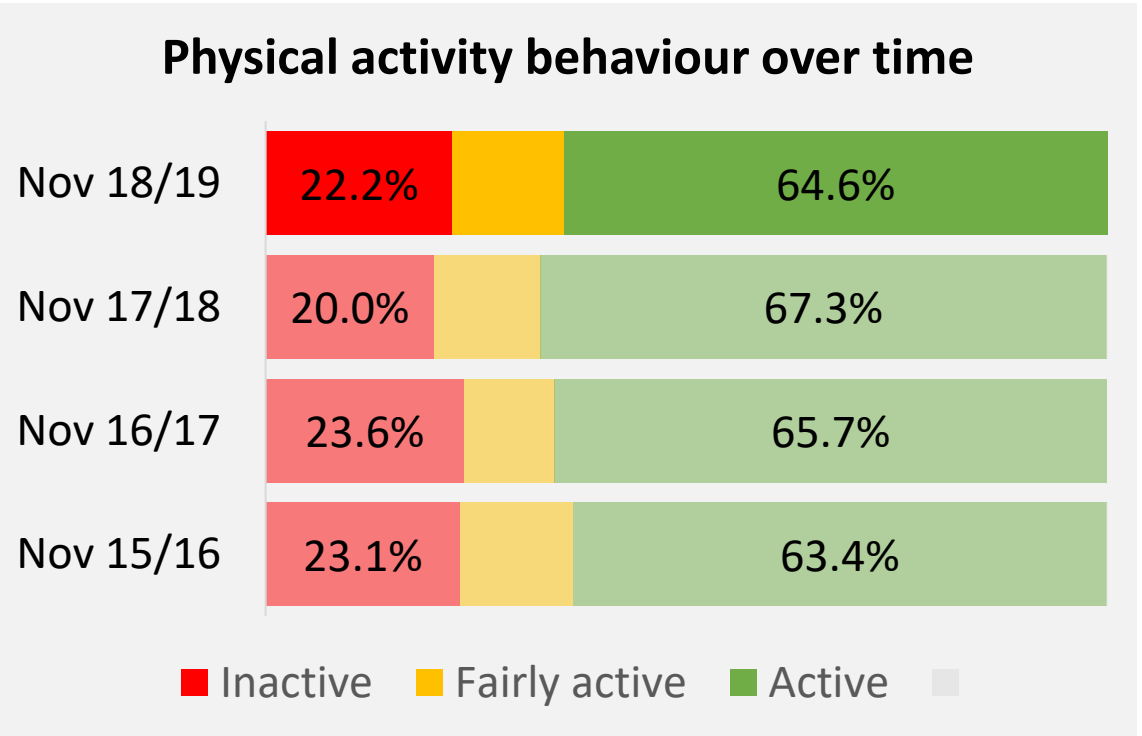


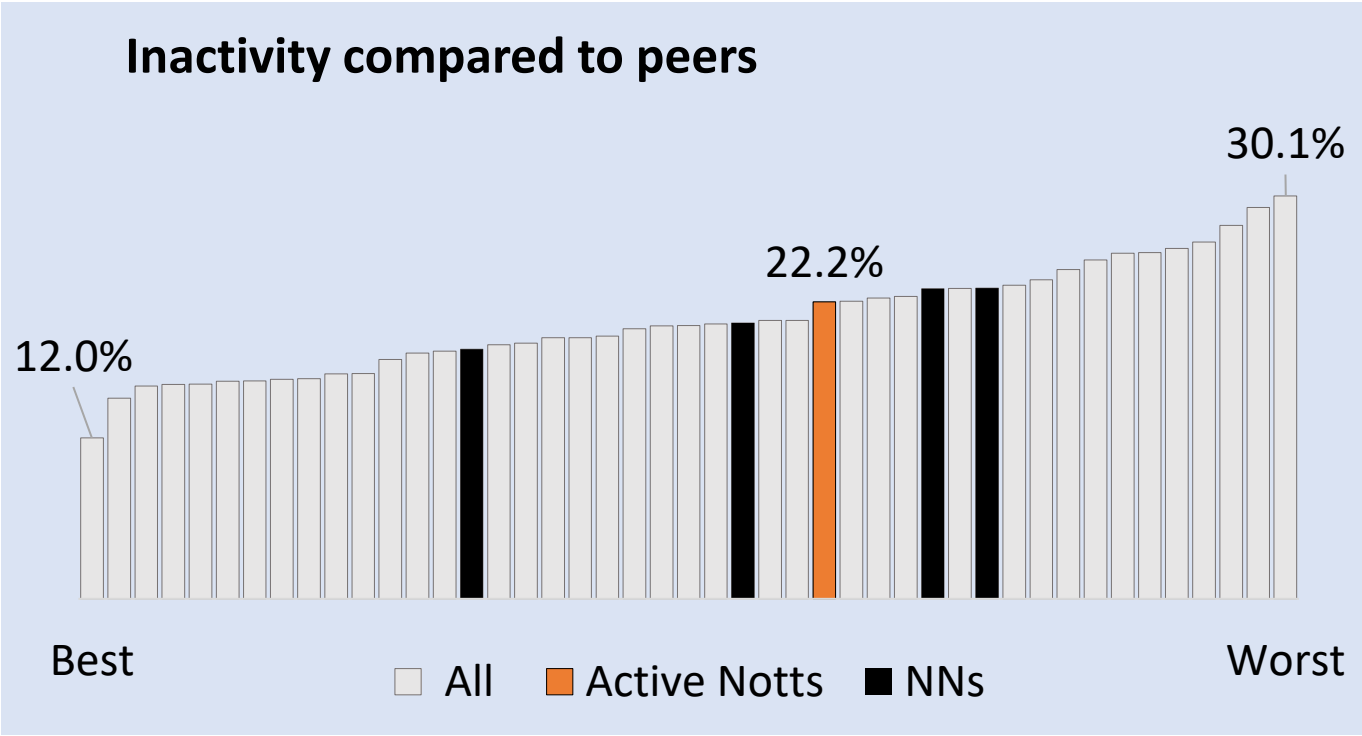
Source: Sport England, Active Lives Adults, Nov 15/16 to Nov 18/19 , age 16+, excluding gardening

Aged 35-54: Physical activity behaviour

- 22.2% of those aged 35-54 across Active Notts are inactive, compared to 21.3% nationally
- There are approximately 72,000 inactive people aged 35-54 across Active Notts
- Inactive levels appear to be worse than Nov 17/18 but marginally better when compared to Nov 15/16

Active Notts





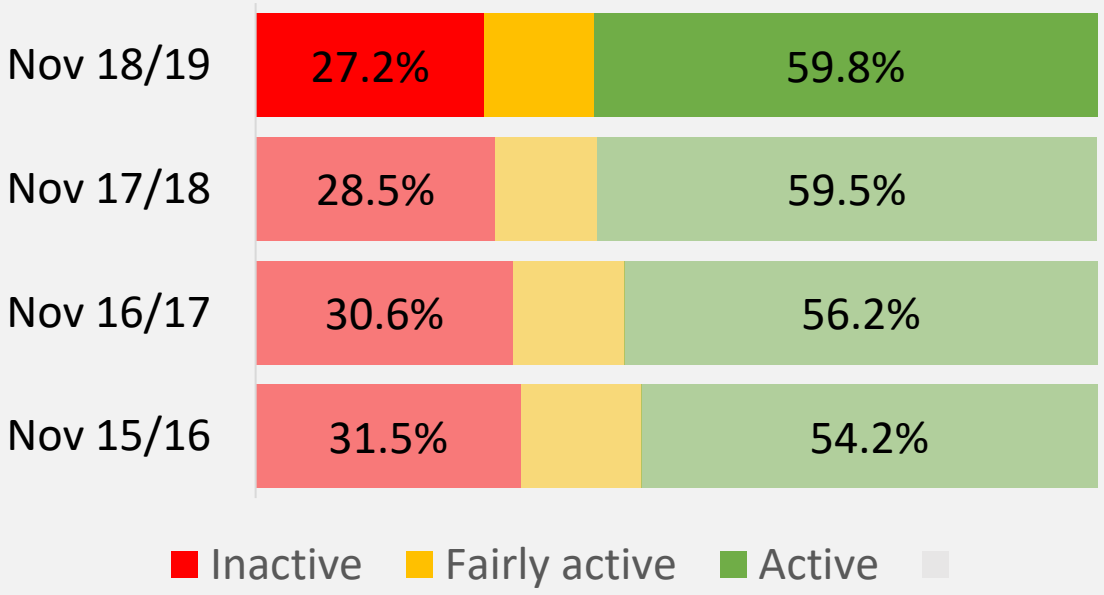
Source: Sport England, Active Lives Adults, Nov 15/16 to Nov 18/19 , age 16+, excluding gardening

Aged 55-74: Physical activity behaviour

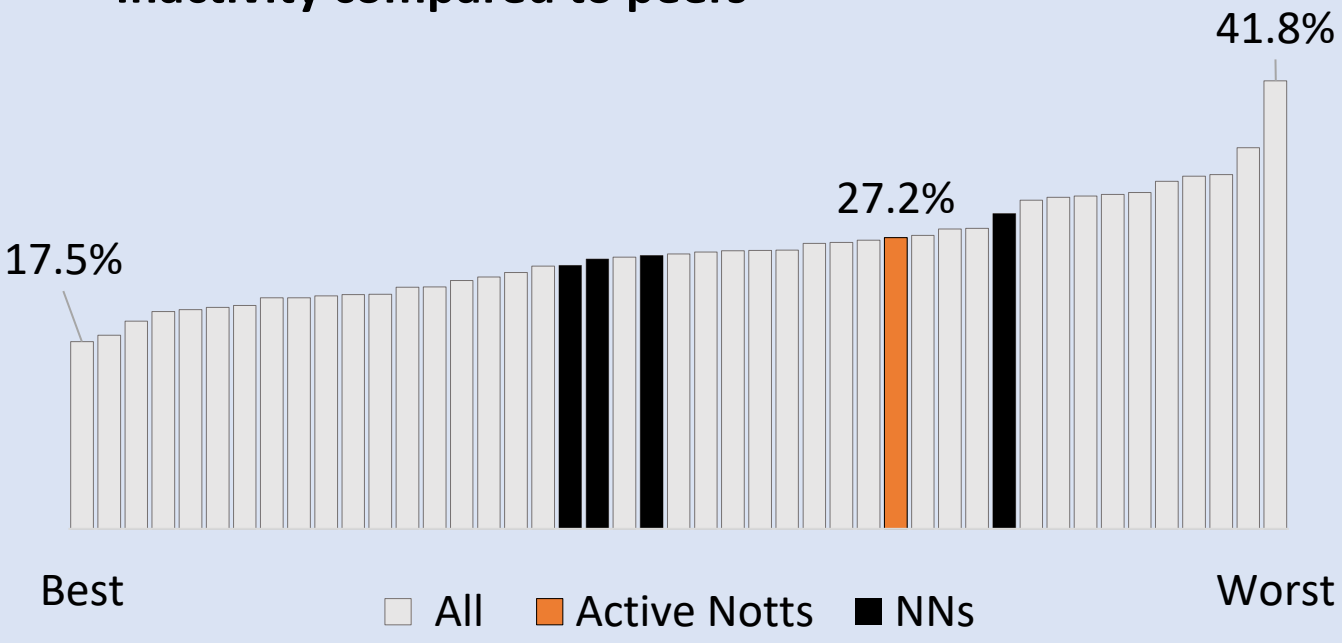
- 27.2% of those aged 55-74 across Active Notts are inactive, compared to 26.2% nationally
- There are approximately 65,000 inactive people aged 55-74 across Active Notts
- Inactive levels appear to be improving

Active Notts

Physical activity behaviour over time



Inactivity compared to peers

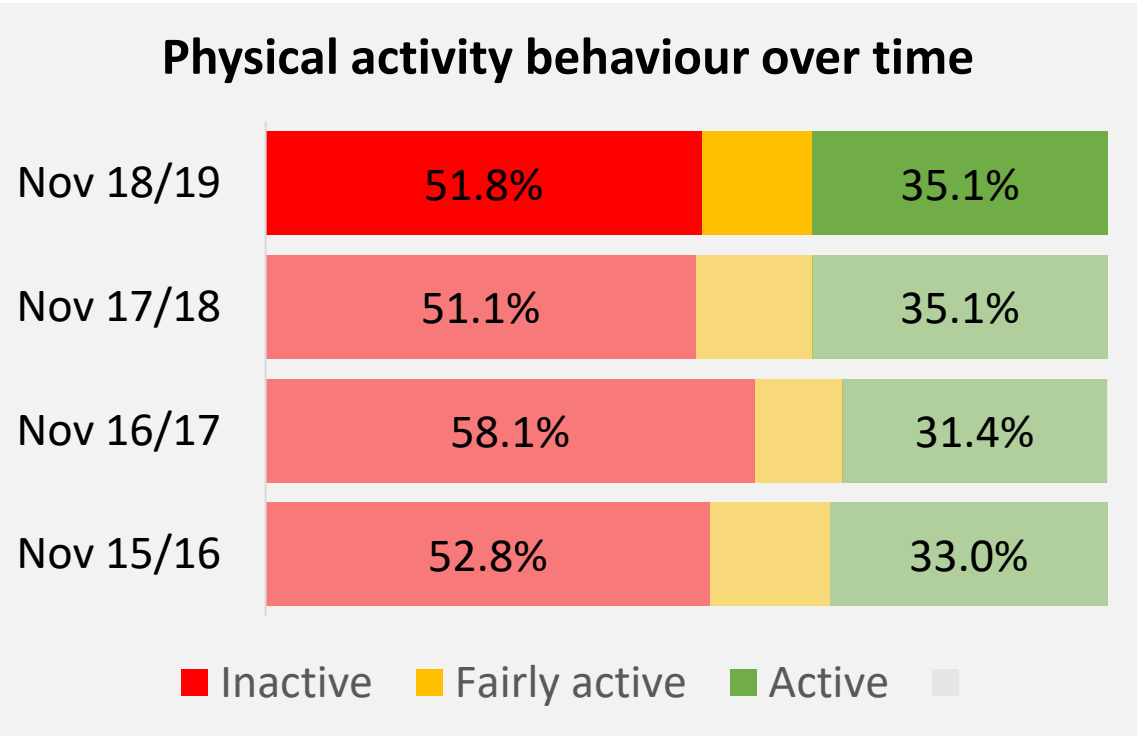


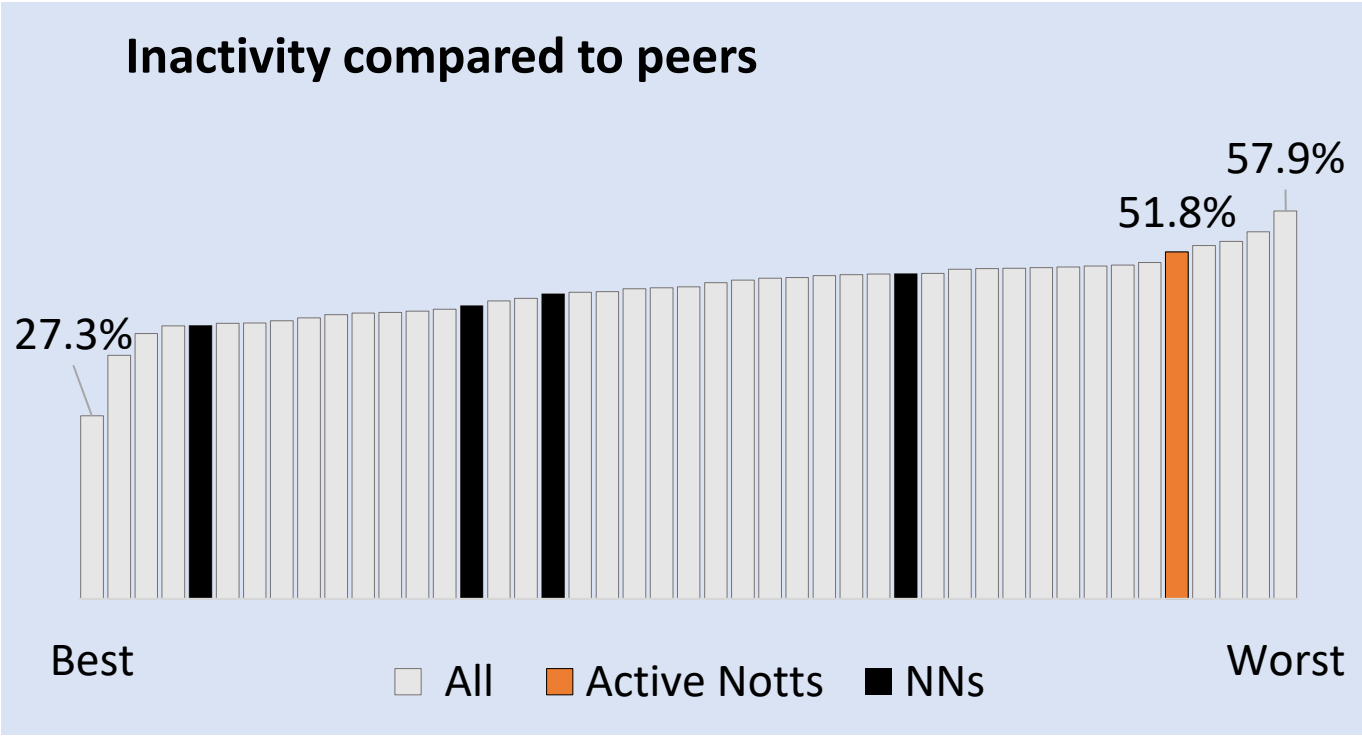
Source: Sport England, Active Lives Adults, Nov 15/16 to Nov 18/19 , age 16+, excluding gardening

Aged 75+: Physical activity behaviour

- 51.8% of those aged 75 or over across Active Notts are inactive, compared to 46.4% nationally
- There are approximately 47,000 inactive people aged 75 or over across Active Notts
- Active Notts is now ranked 41 of 45 partnerships when compared to peers

Active Notts



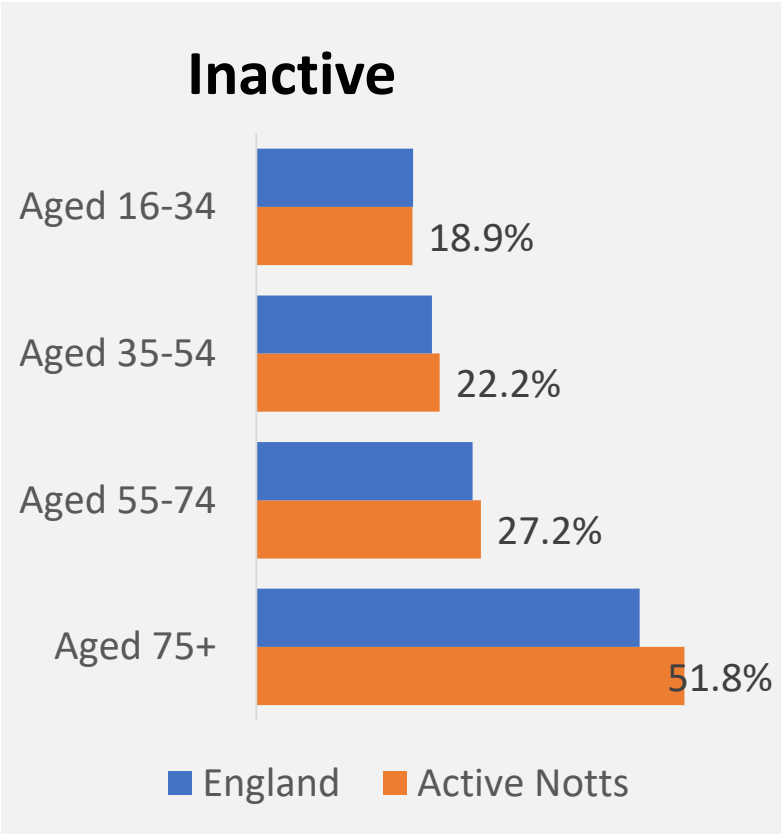


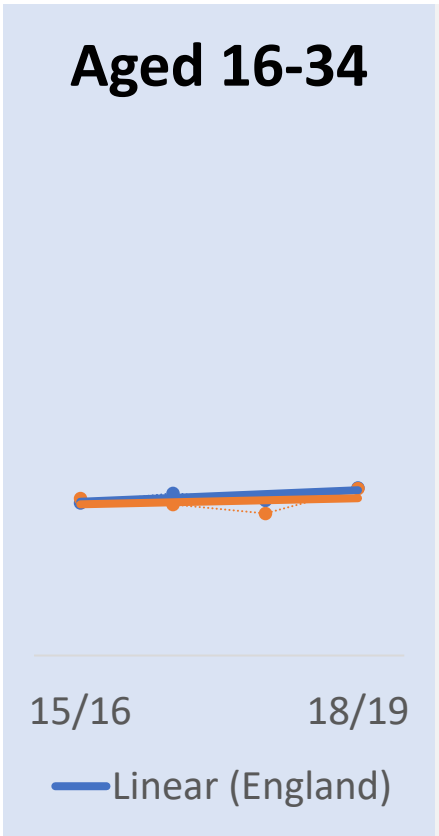
Source: Sport England, Active Lives Adults, Nov 15/16 to Nov 18/19 , age 16+, excluding gardening

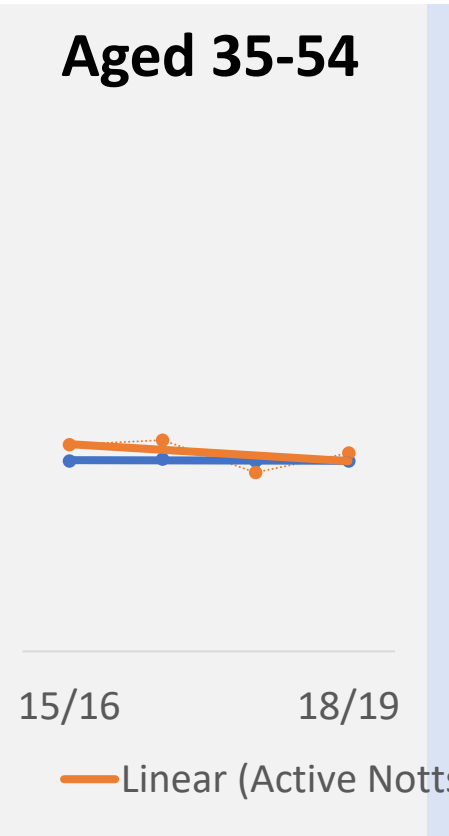
How age affects levels of inactivity

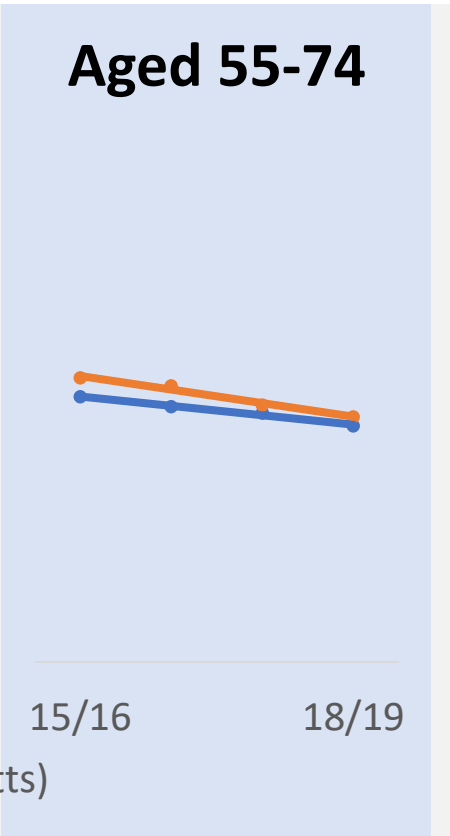
- Inactivity increases with age
- Inactivity levels in Active Notts are worse than England for all age groups

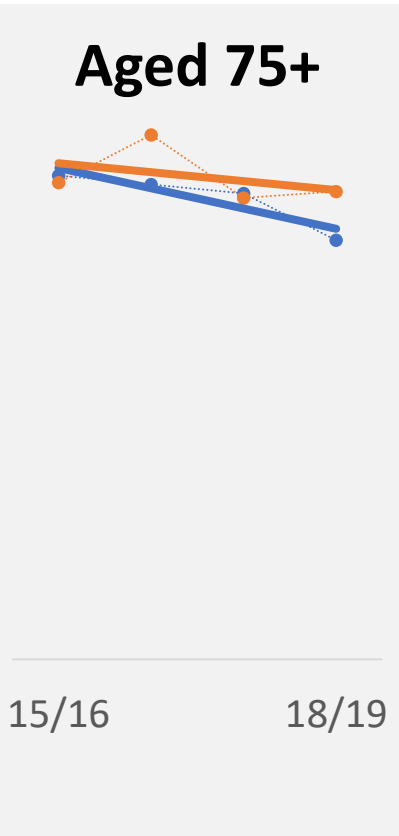
Nov 18/19











active notts

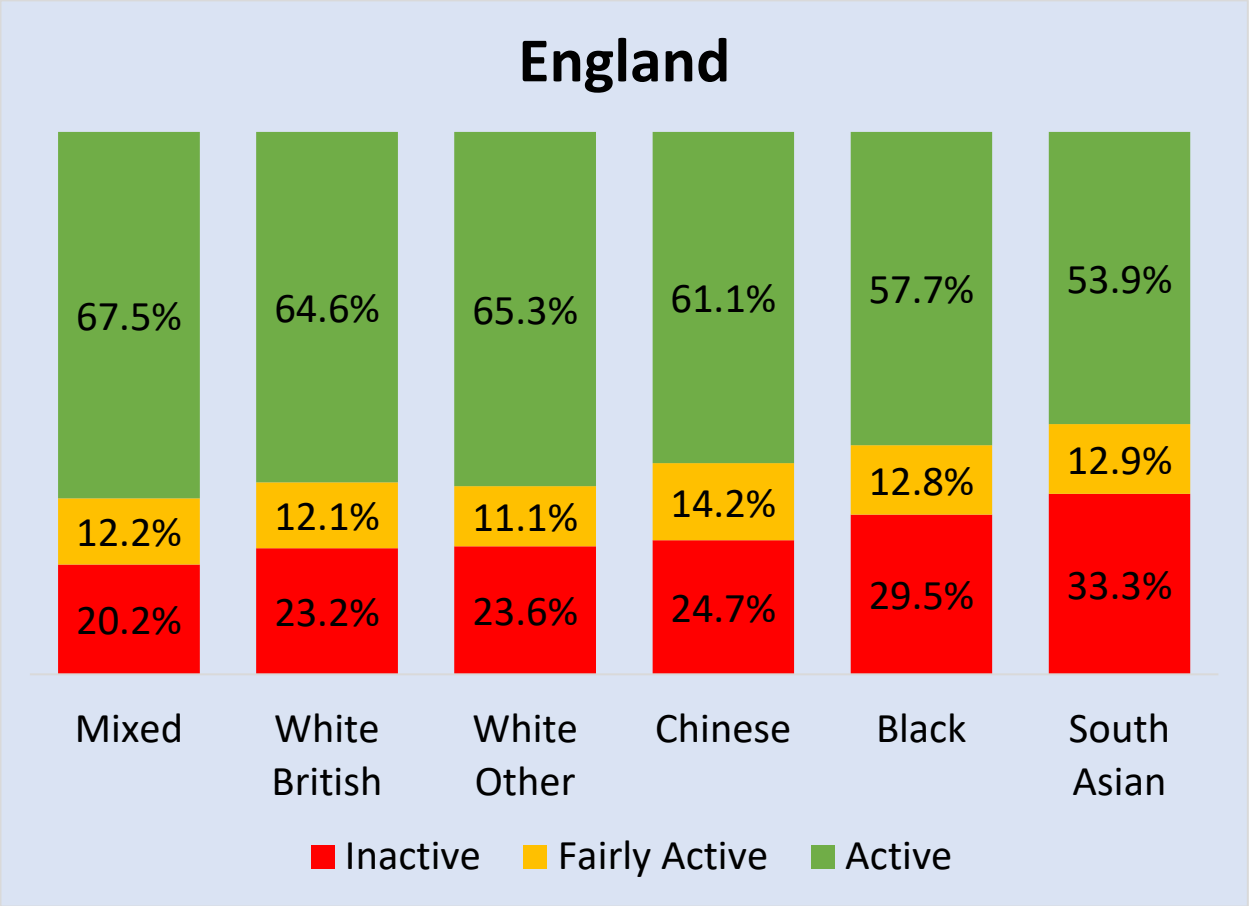
Source: Sport England, Active Lives Adults, Nov 15/16 to Nov 18/19 , age 16+, excluding gardening

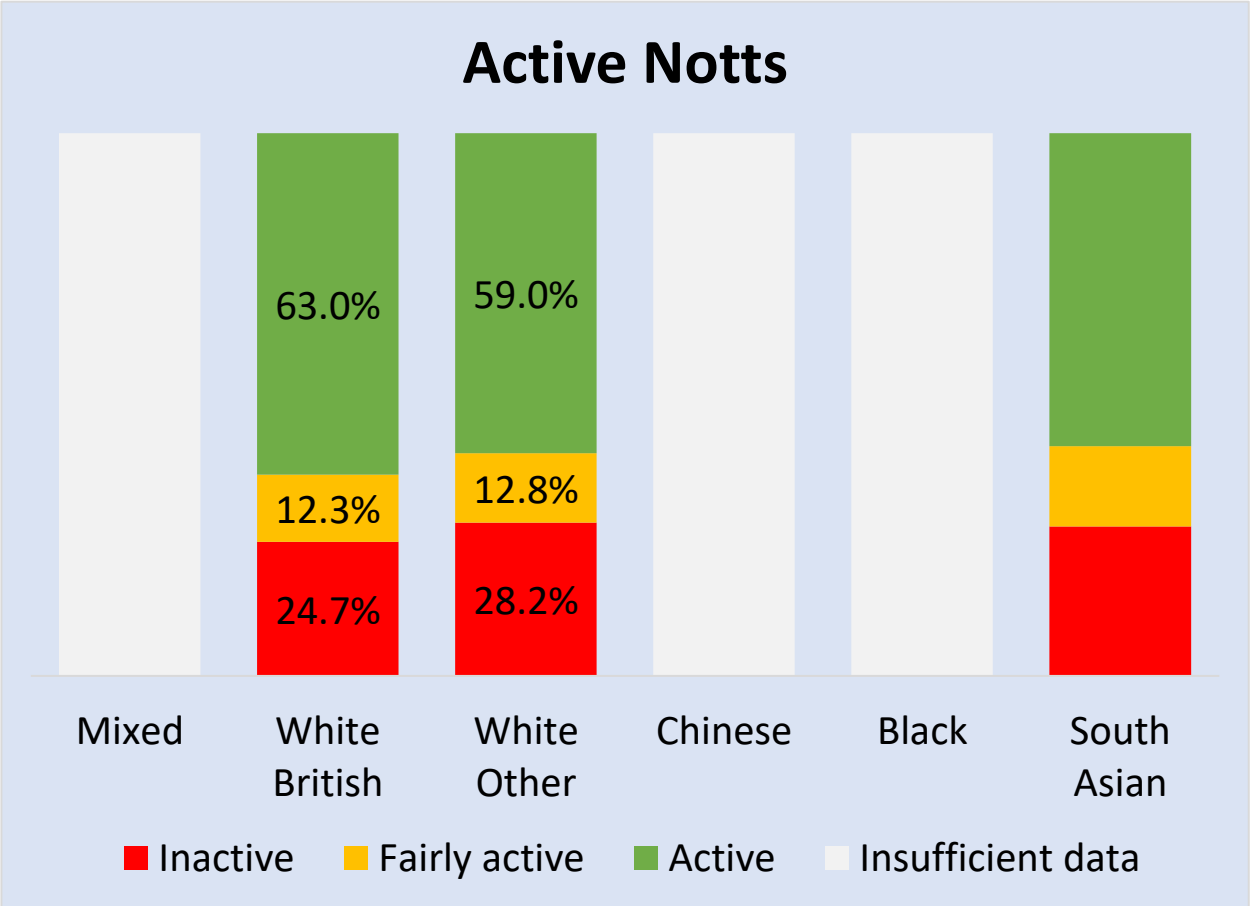
Physical Activity Behaviour:

Ethnicity

How ethnicity affects physical activity behaviour

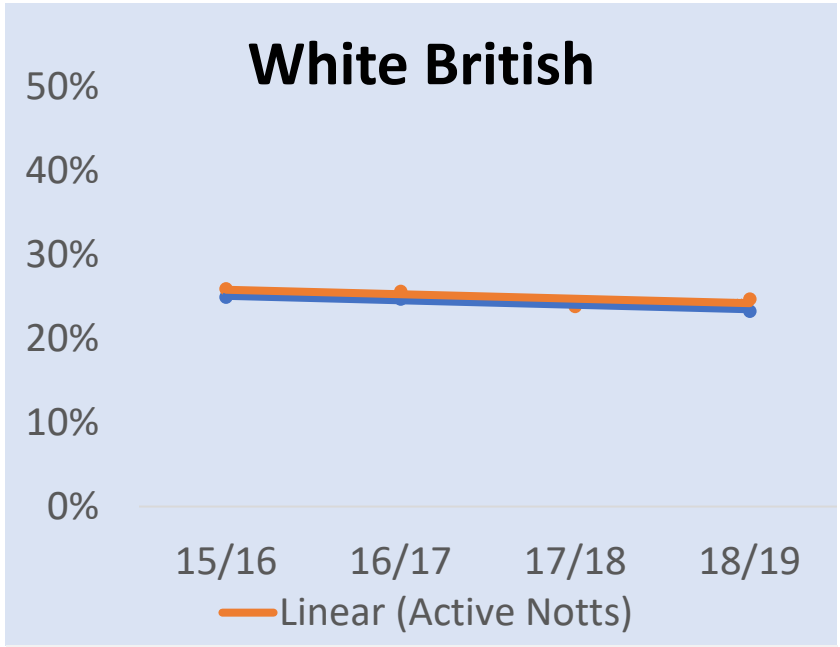
There is insufficient data for majority of the minority ethnic groups

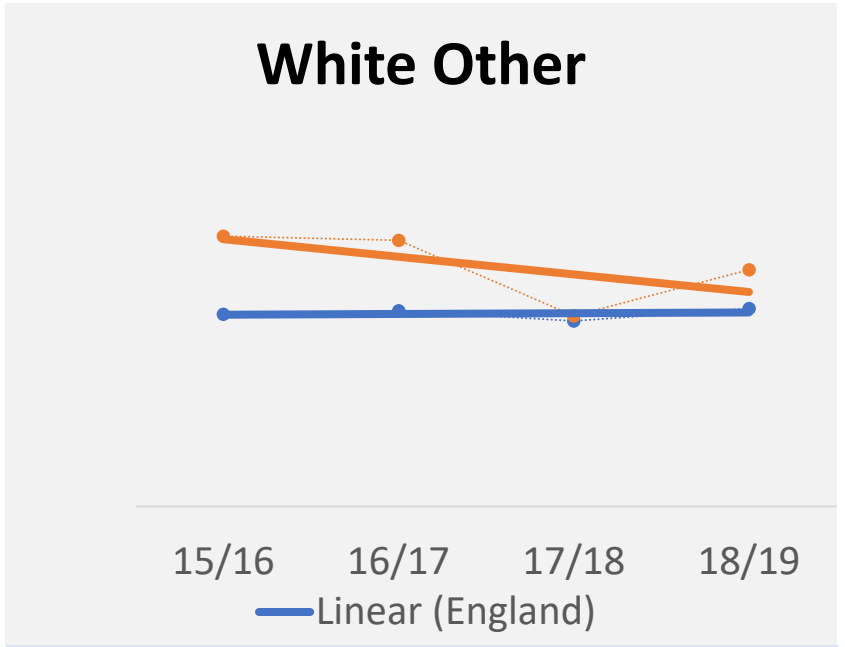


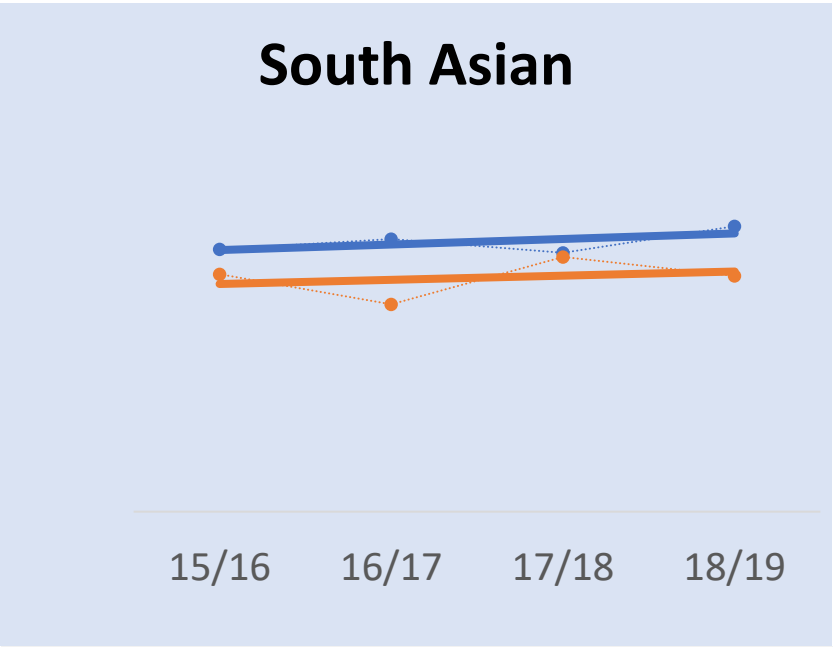


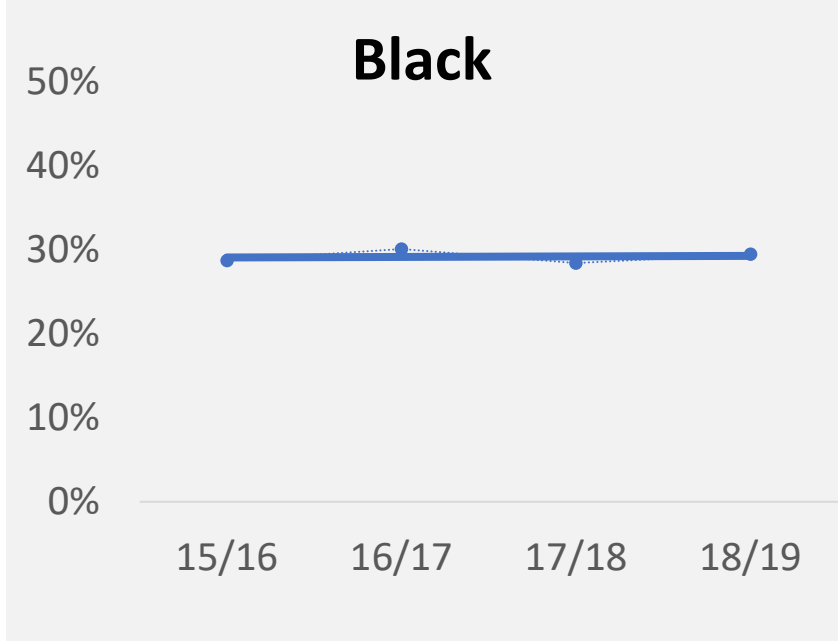
active notts

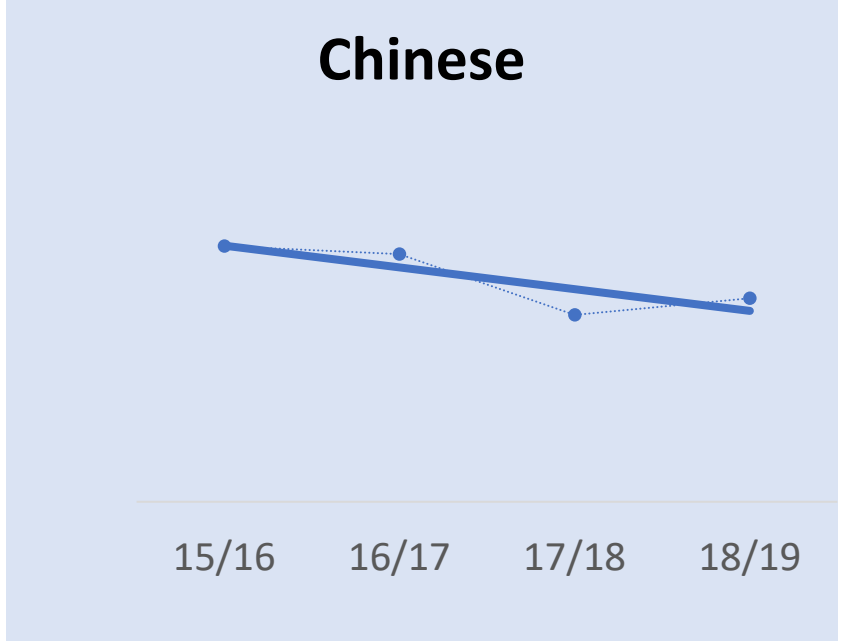
Source: Sport England, Active Lives Adults, Nov 18 to Nov 19 , age 16+, excluding gardening

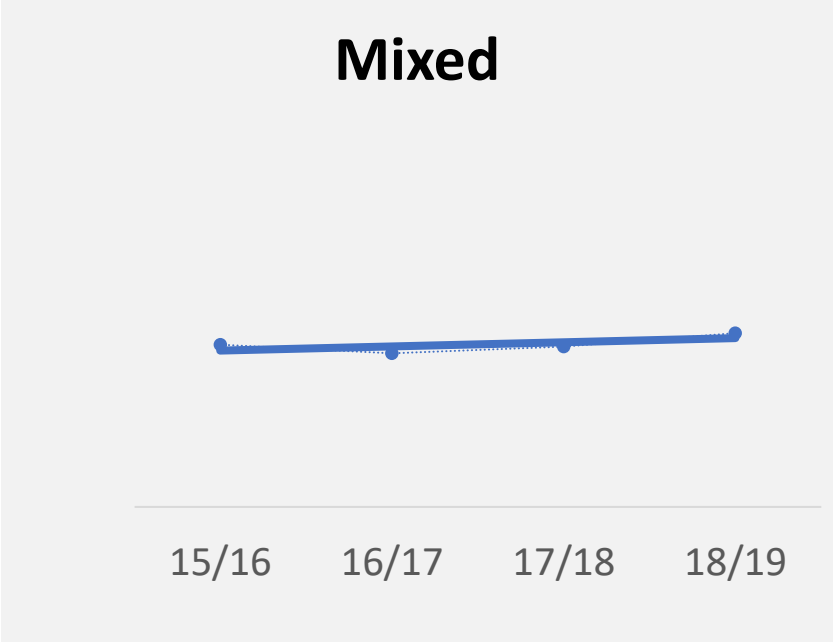












active notts

Source: Sport England, Active Lives Adults, Nov 15/16 to Nov 18/19 , age 16+, excluding gardening

Physical Activity Behaviour:

Social Grade

NS-SeC is the National Statistics Socio-economic Classification. It is derived by combining information on occupation and employment status

1. Higher managerial and professional occupations
2. Lower managerial and professional occupations

3. Intermediate occupations
4. Small employers and own account workers
5. Lower supervisory and technical occupations

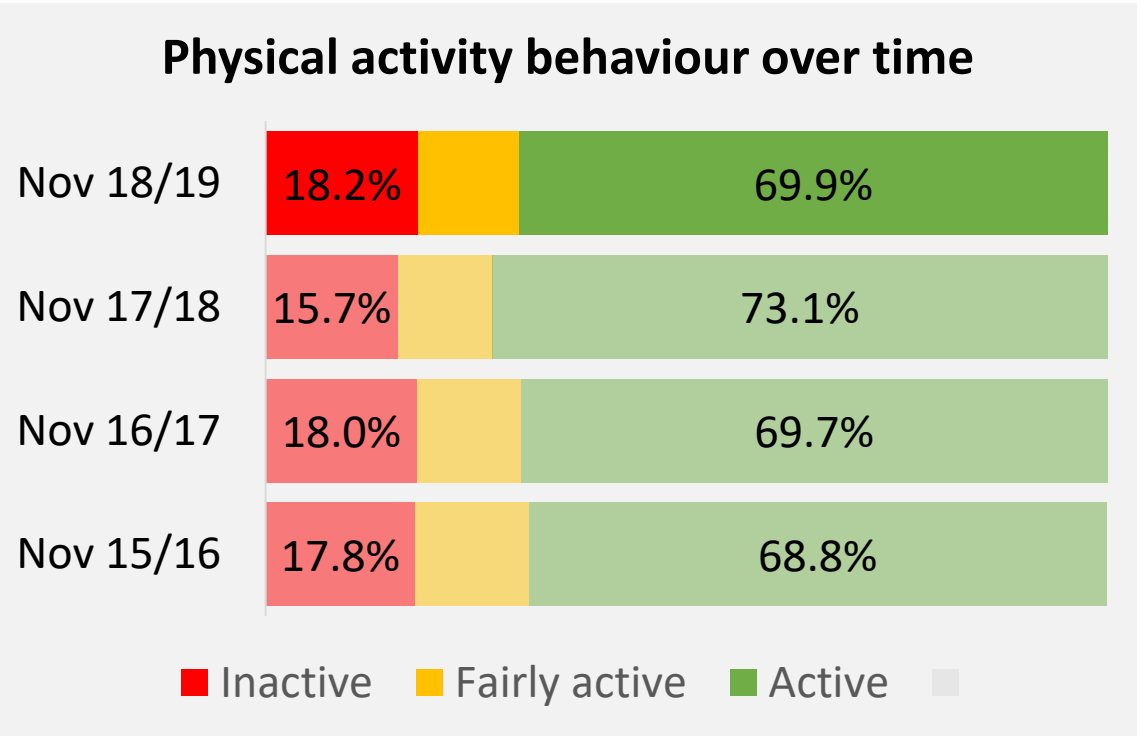
6. Semi-routine occupations
7. Routine occupations
8. Never worked and long-term unemployed

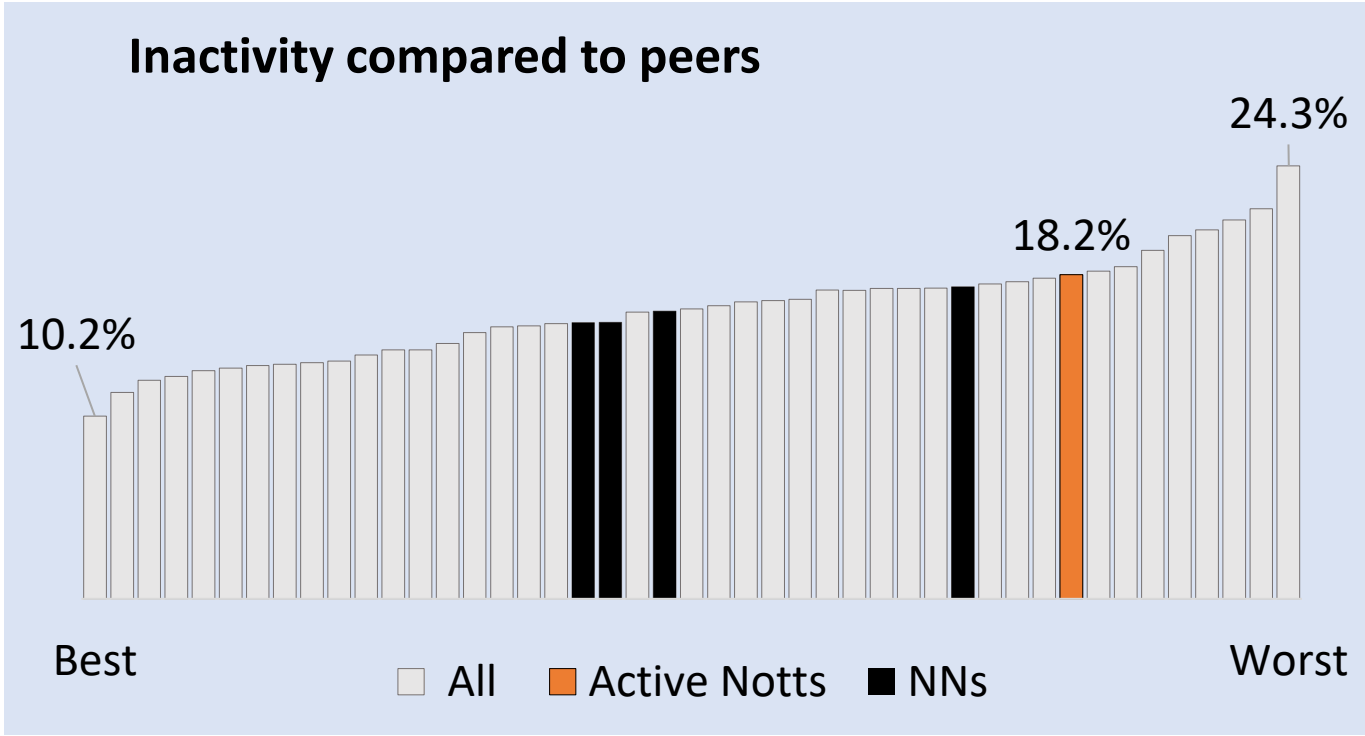
9. Full time students and occupations not stated or inadequately described

NS SeC 1-2: Physical activity behaviour

- 18.2% of those in NS SeC 1-2 across Active Notts are inactive, compared to 16.2% nationally
- There are approximately 42,000 inactive people in NS SeC 1-2 across Active Notts
- Inactive levels appear to be stable

Active Notts



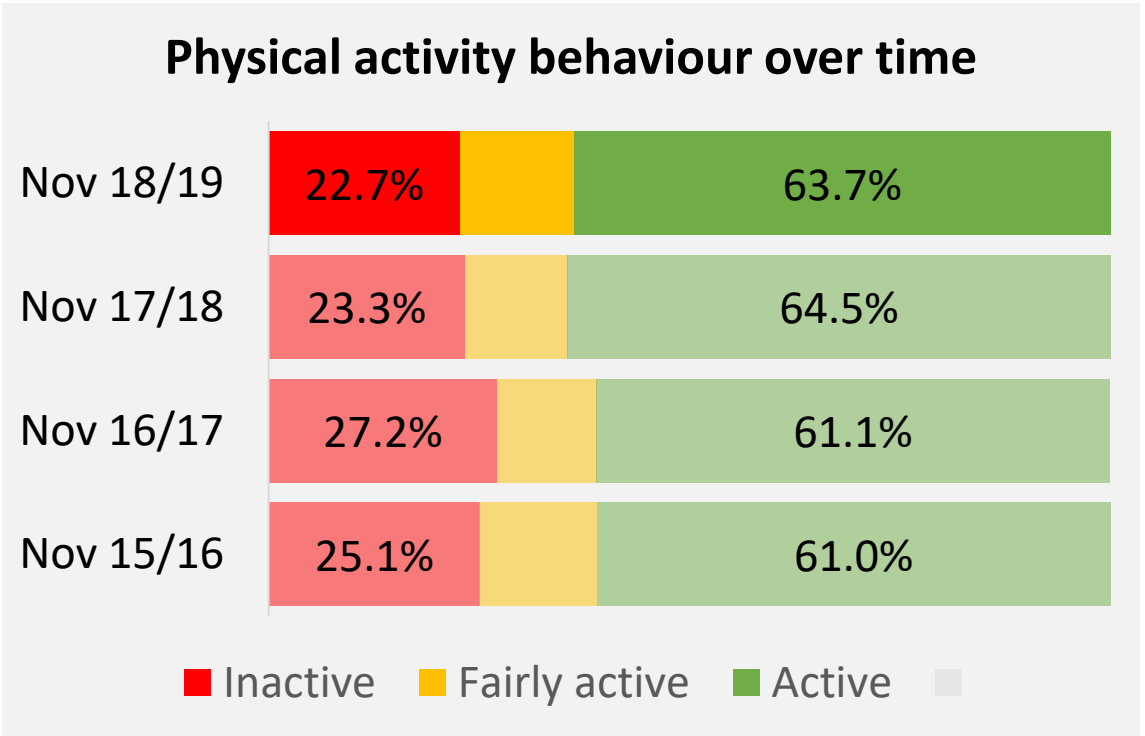


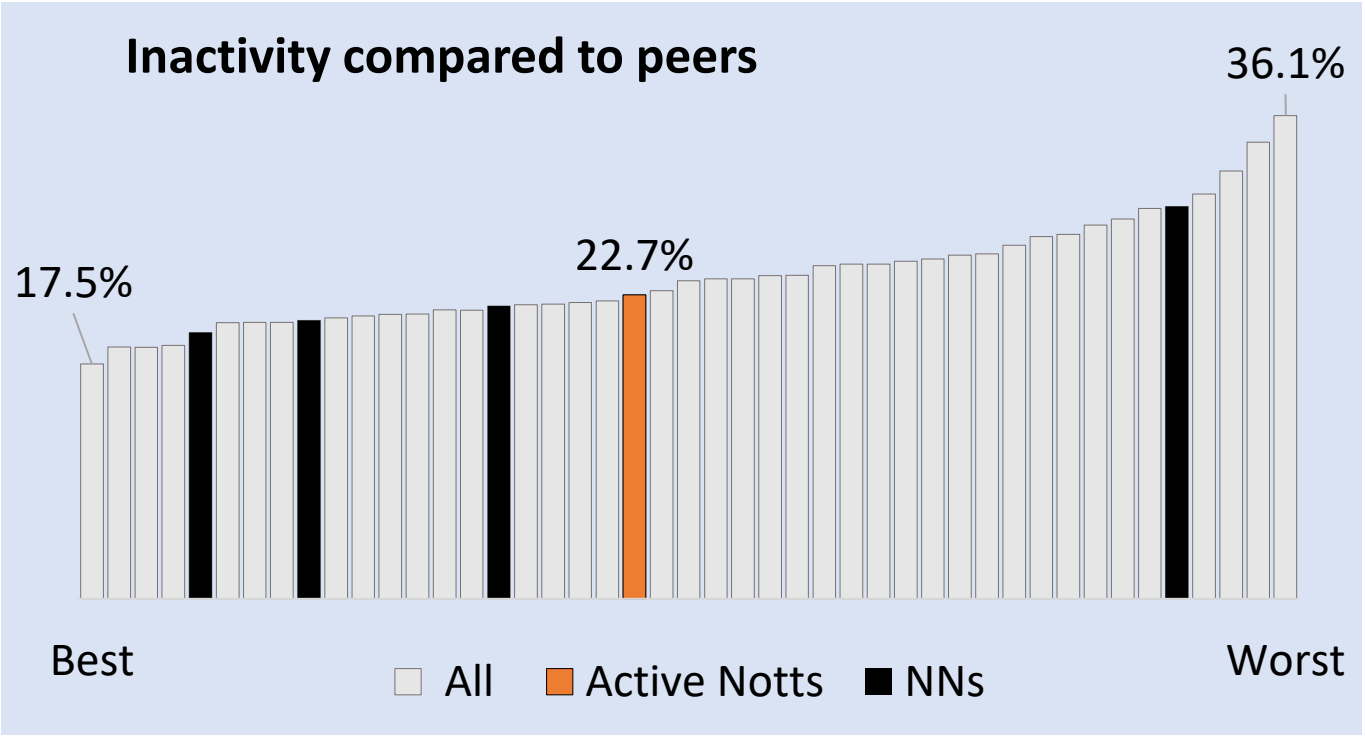
Source: Sport England, Active Lives Adults, Nov 15/16 to Nov 18/19 , age 16+, excluding gardening

NS SeC 3-5: Physical activity behaviour

- 22.7% of those in NS SeC 3-5 across Active Notts are inactive, compared to 24.3% nationally
- There are approximately 53,000 inactive people in NS SeC 3-5 across Active Notts
- Inactive levels appear to be improving

Active Notts



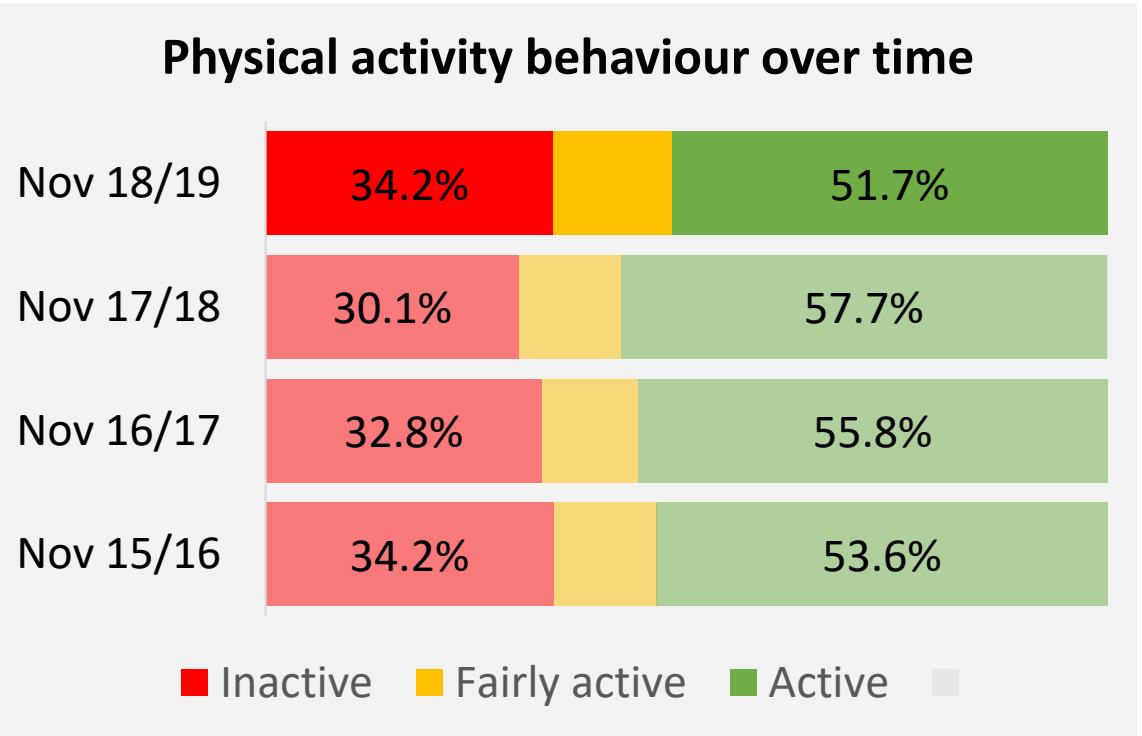


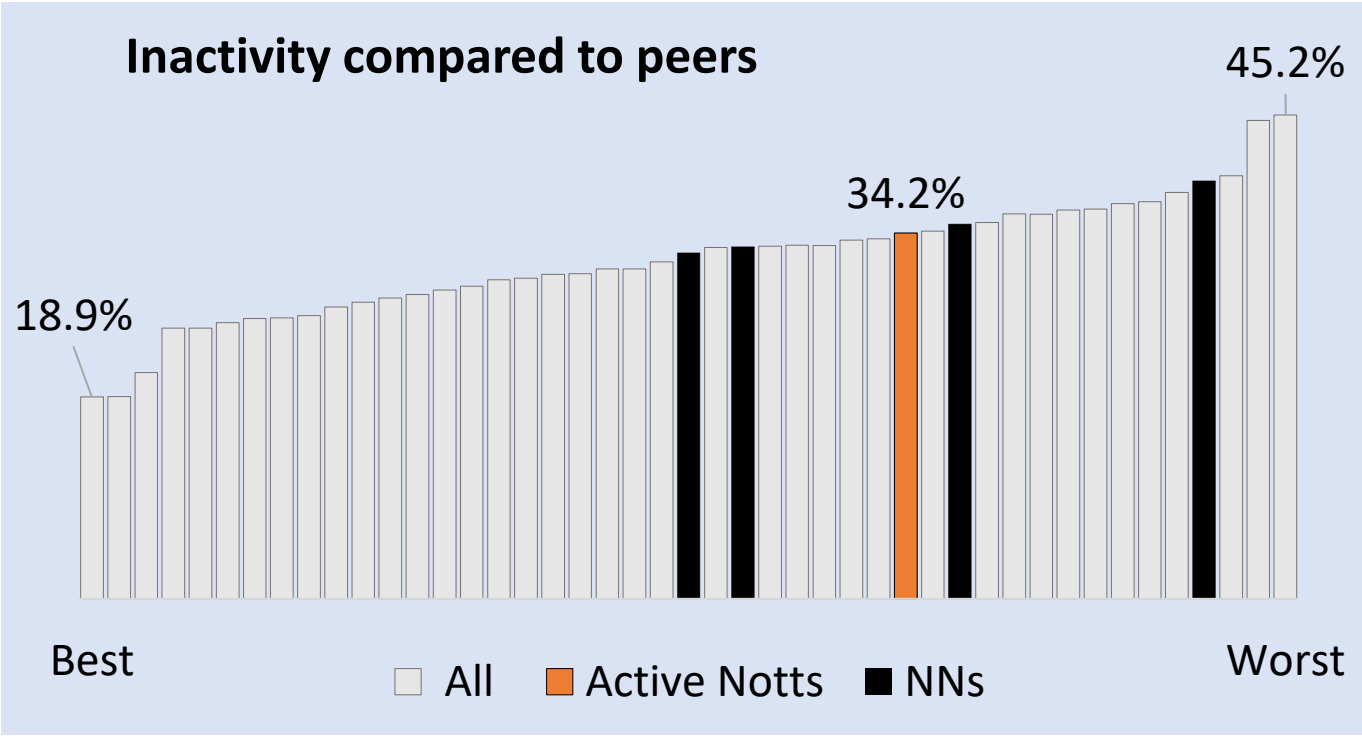
Source: Sport England, Active Lives Adults, Nov 15/16 to Nov 18/19 , age 16+, excluding gardening

NS SeC 6-8: Physical activity behaviour

- 34.2% of those in NS SeC 6-8 across Active Notts are inactive, compared to 33.2% nationally
- There are approximately 100,000 inactive people in NS SeC 6-8 across Active Notts
- Inactive levels appear to be marginally improving

Active Notts





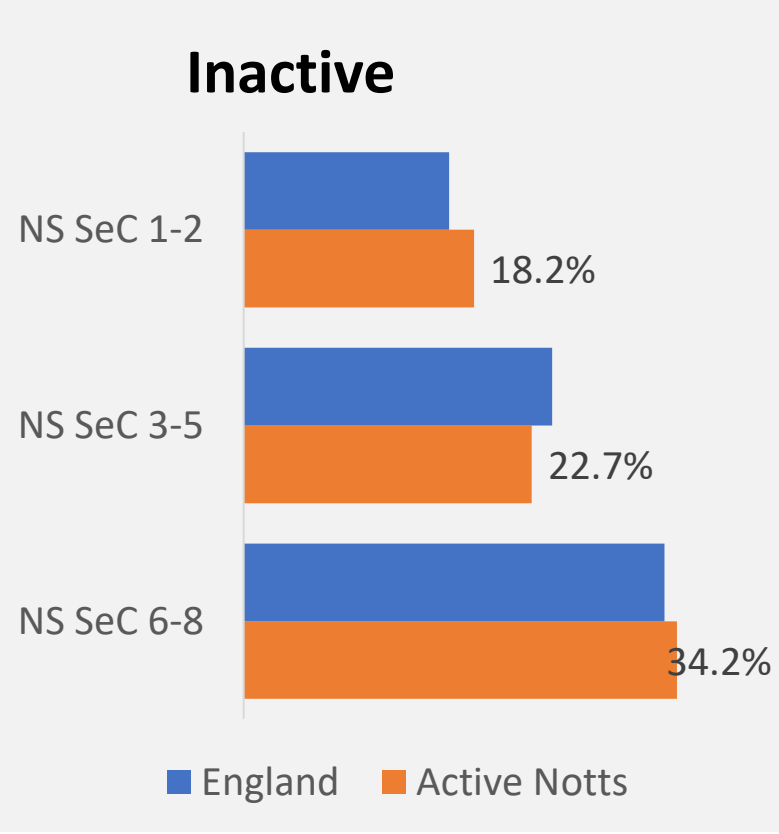
Source: Sport England, Active Lives Adults, Nov 15/16 to Nov 18/19 , age 16+, excluding gardening

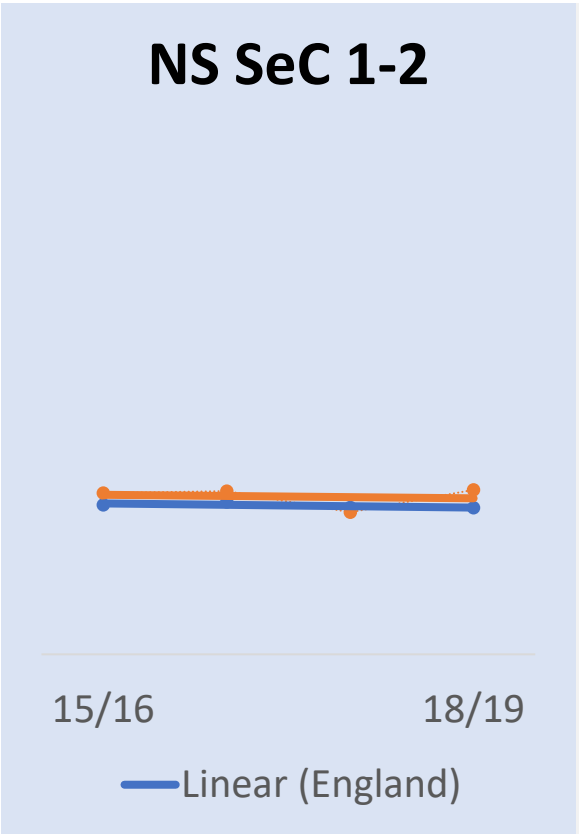
How social grade affects levels of inactivity

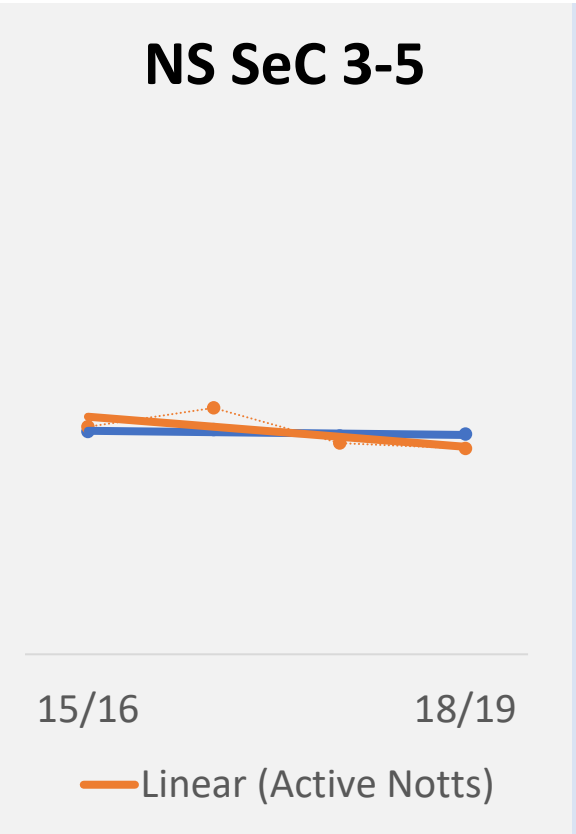
Active Notts NS Sec 1-2 appears to be performing better than England. NS SeC 3-5 and NS Sec 6-8 appear to be worsening over the last 3 years

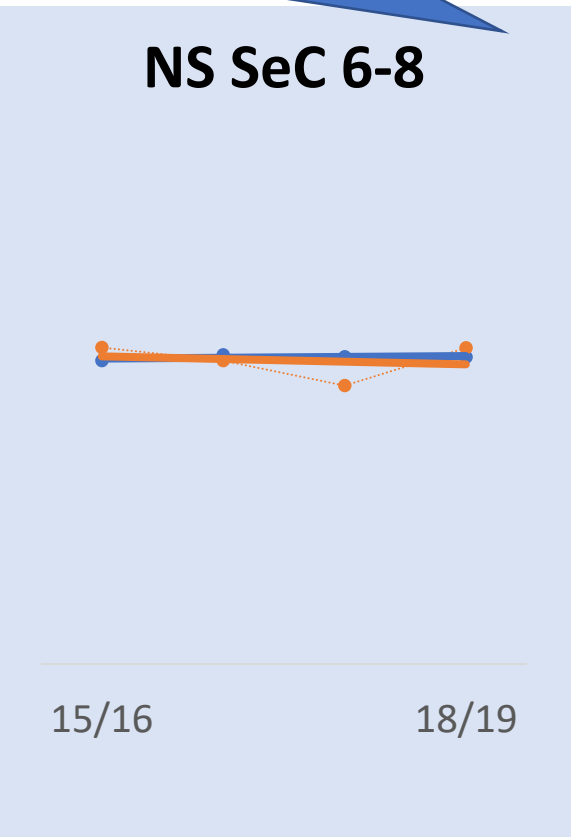
Nov 18/19

Inactivity is 16pp higher for those in NS SeC 6-8 compared to those in NS SeC 1-2









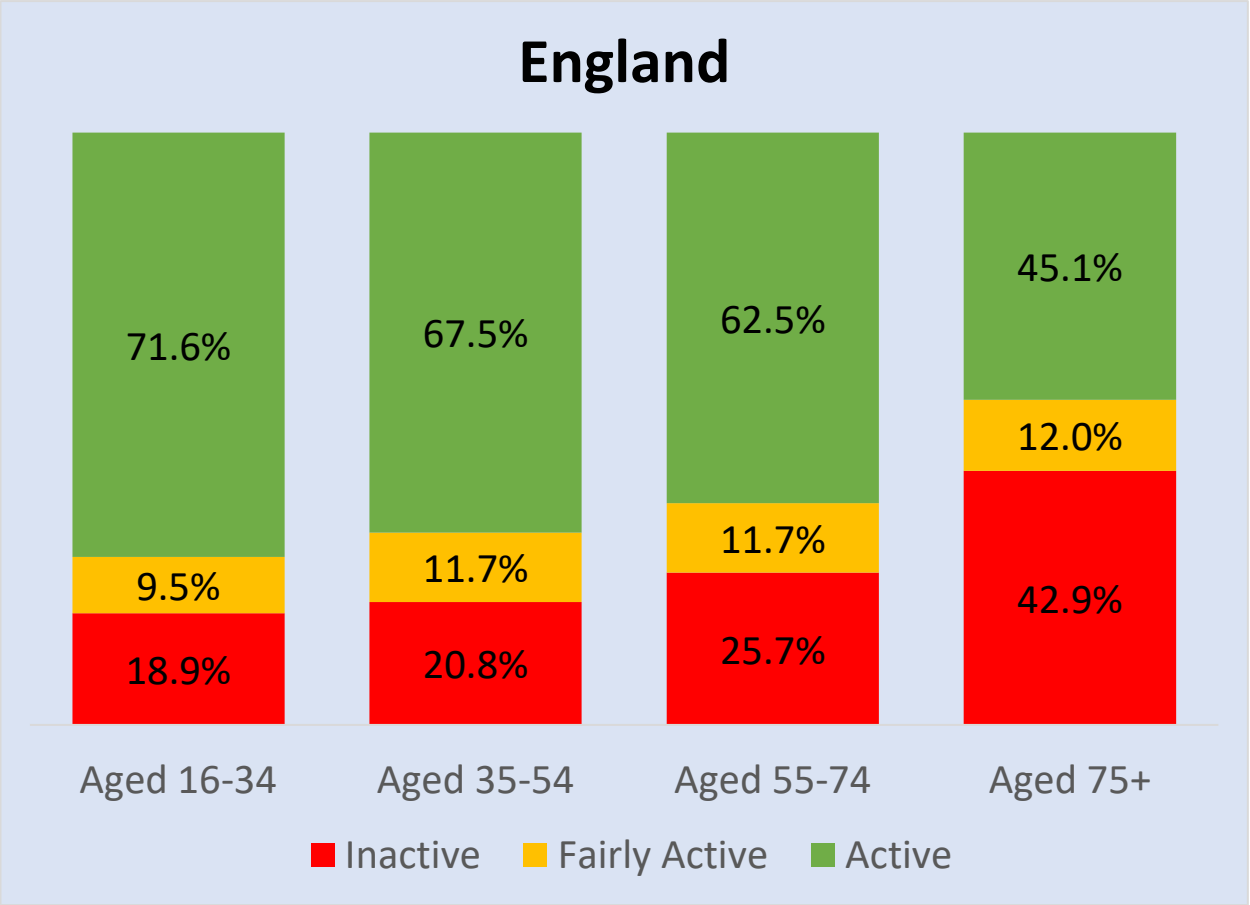
active notts

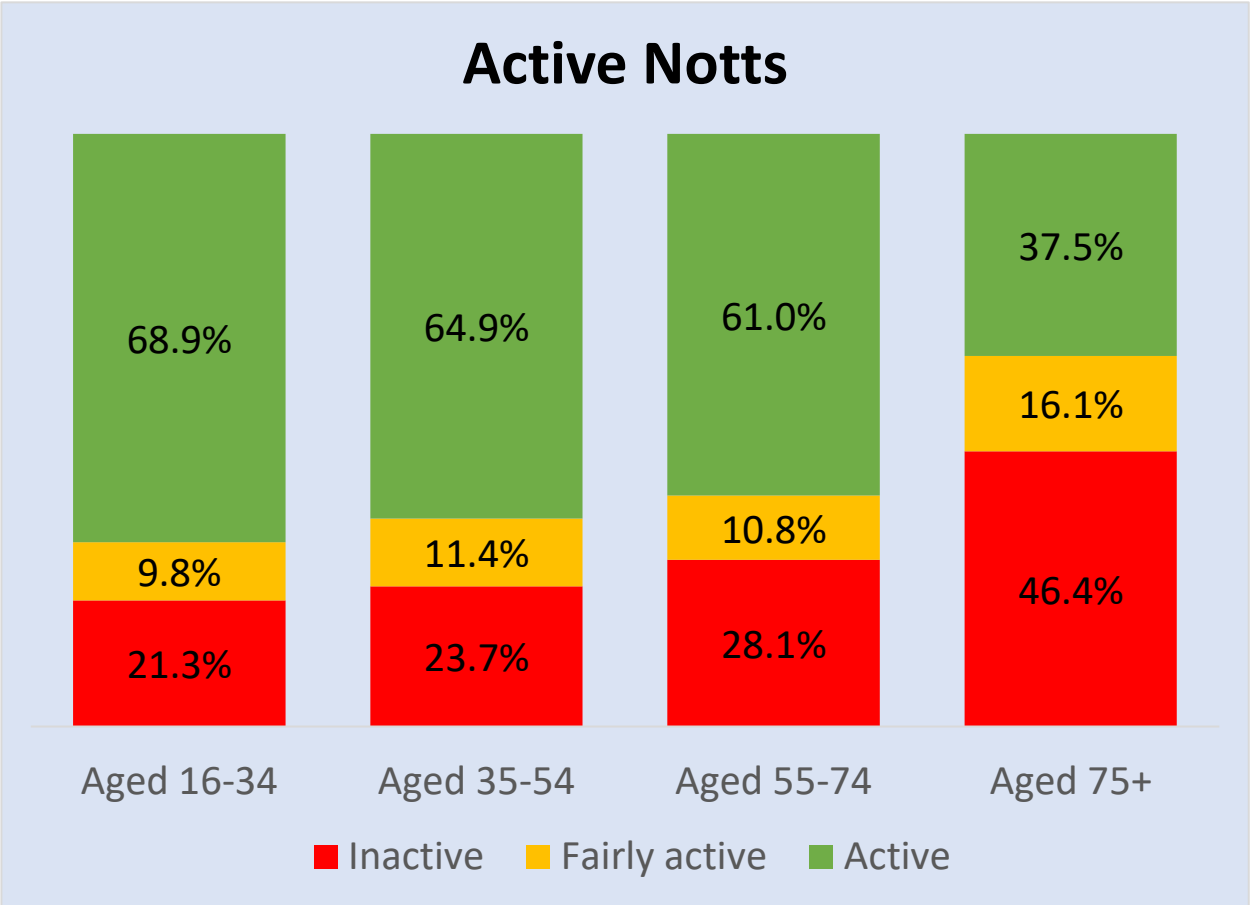
Source: Sport England, Active Lives Adults, Nov 15/16 to Nov 18/19 , age 16+, excluding gardening

Physical Activity Behaviour:

Secondary demographic

Male by age group: Physical activity behaviour

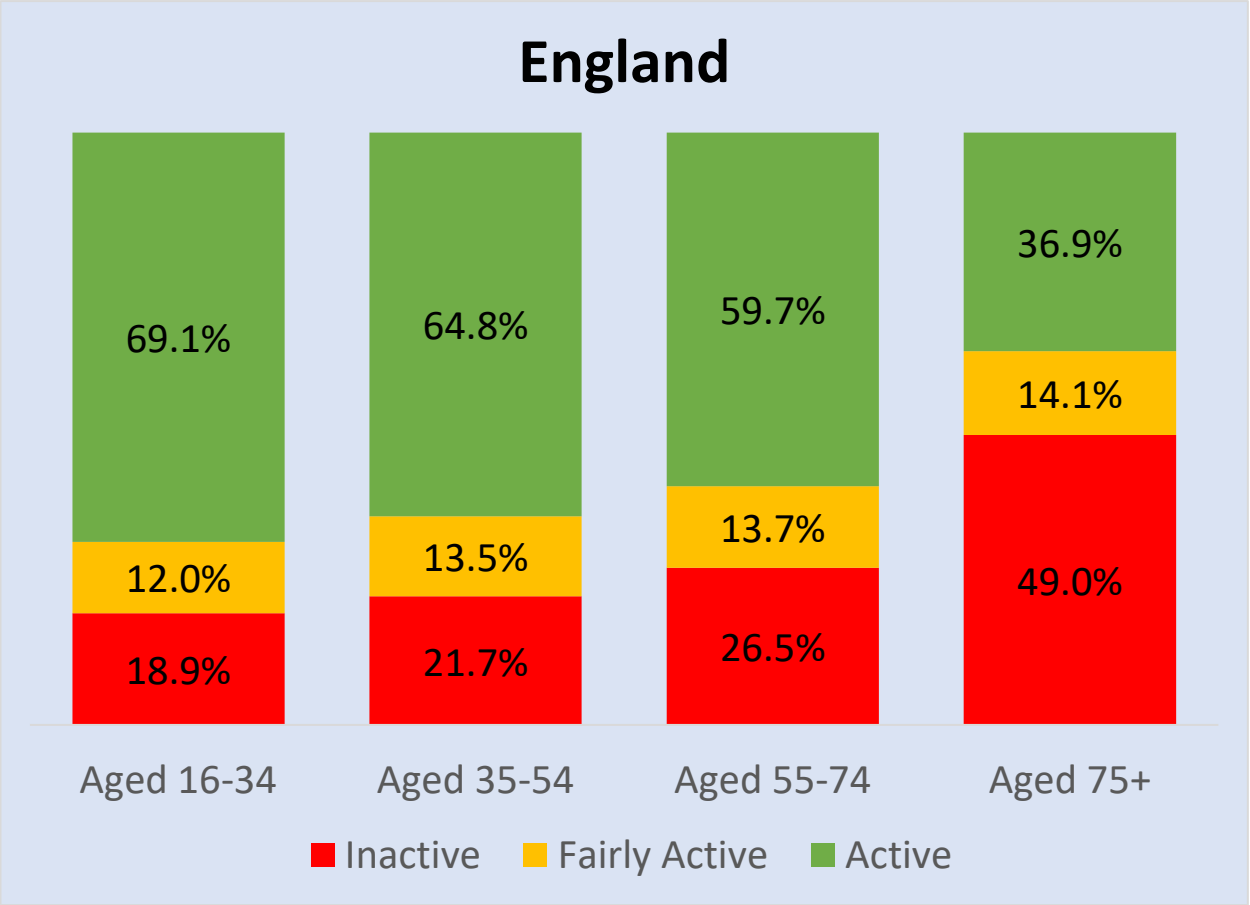


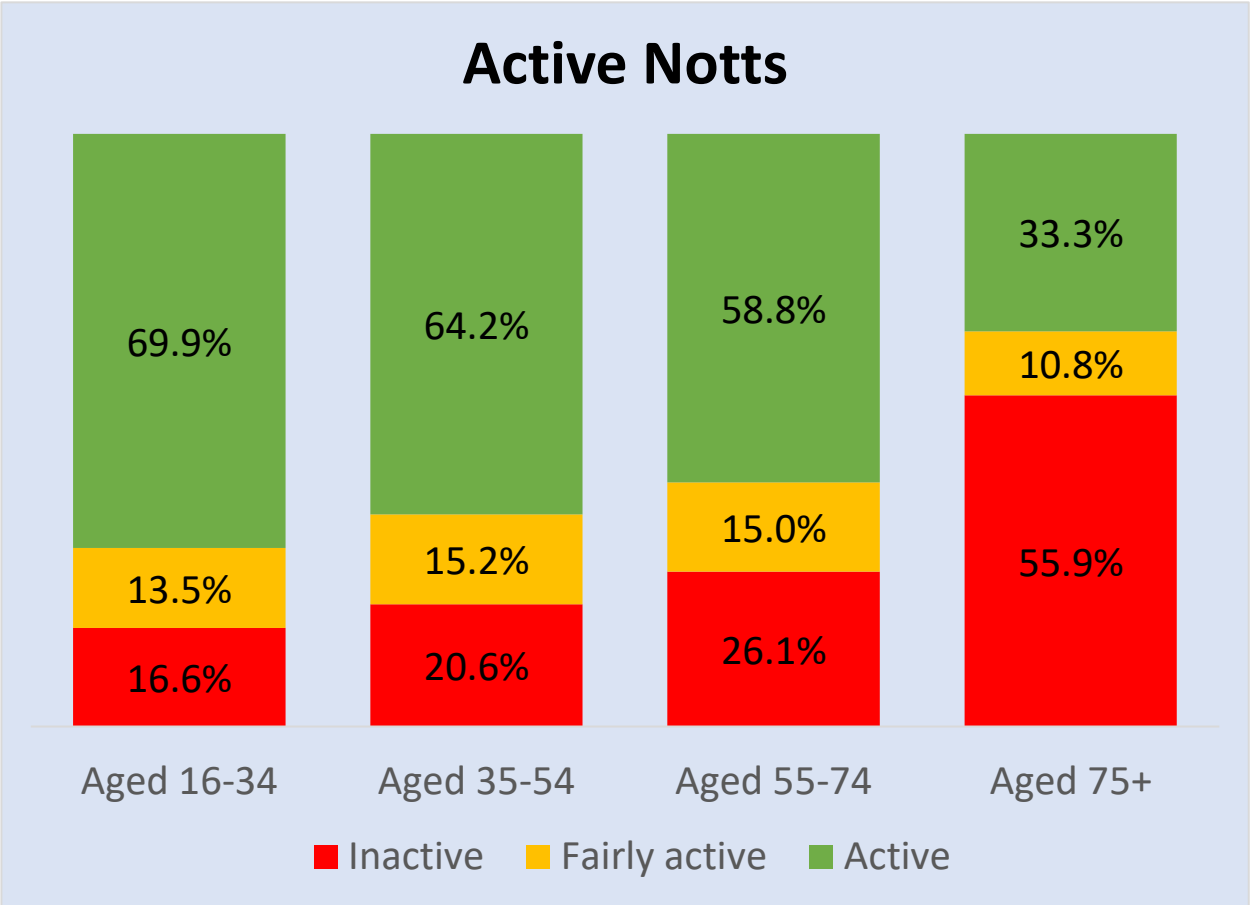


active notts

Source: Sport England, Active Lives Adults, Nov 18 to Nov 19 , age 16+, excluding gardening

Female by age group: Physical activity behaviour

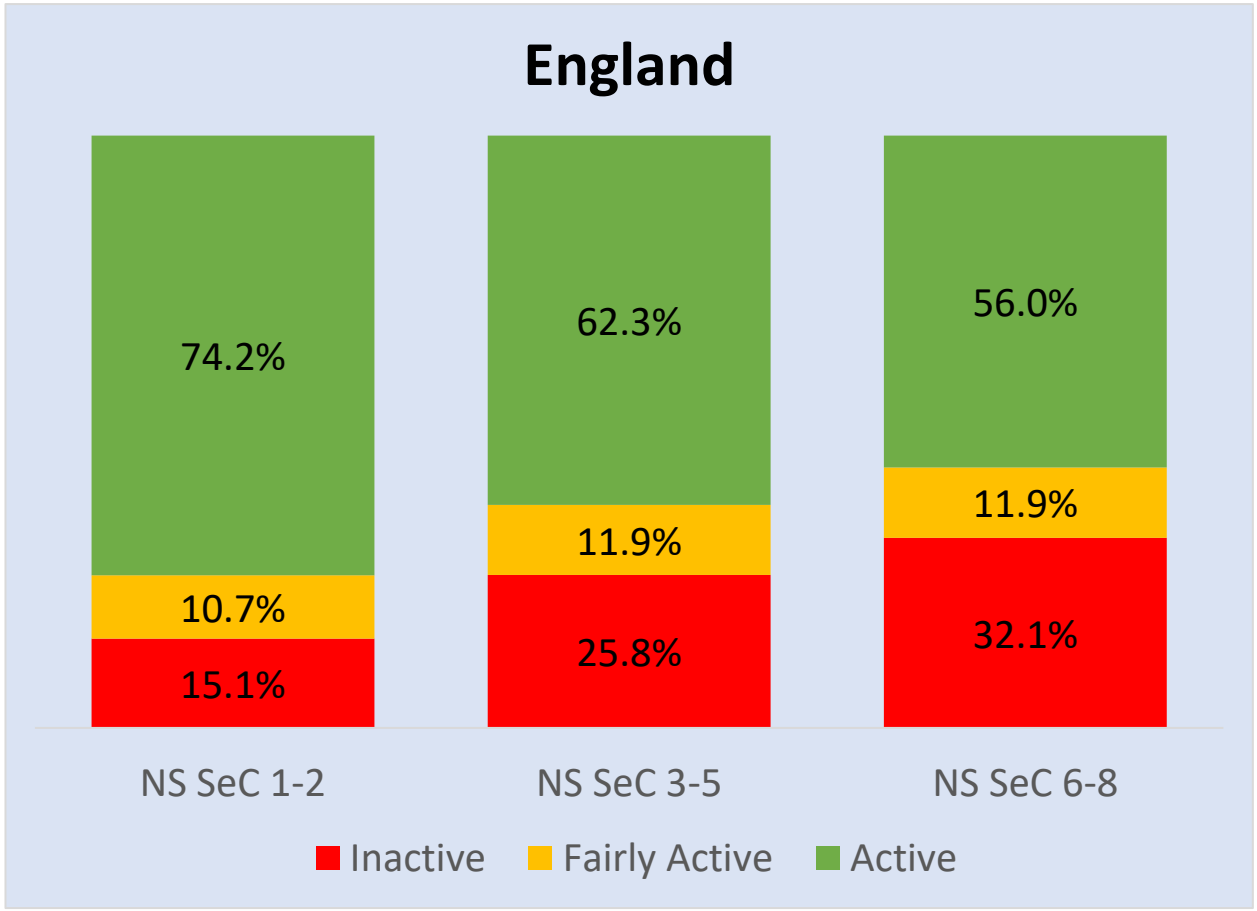


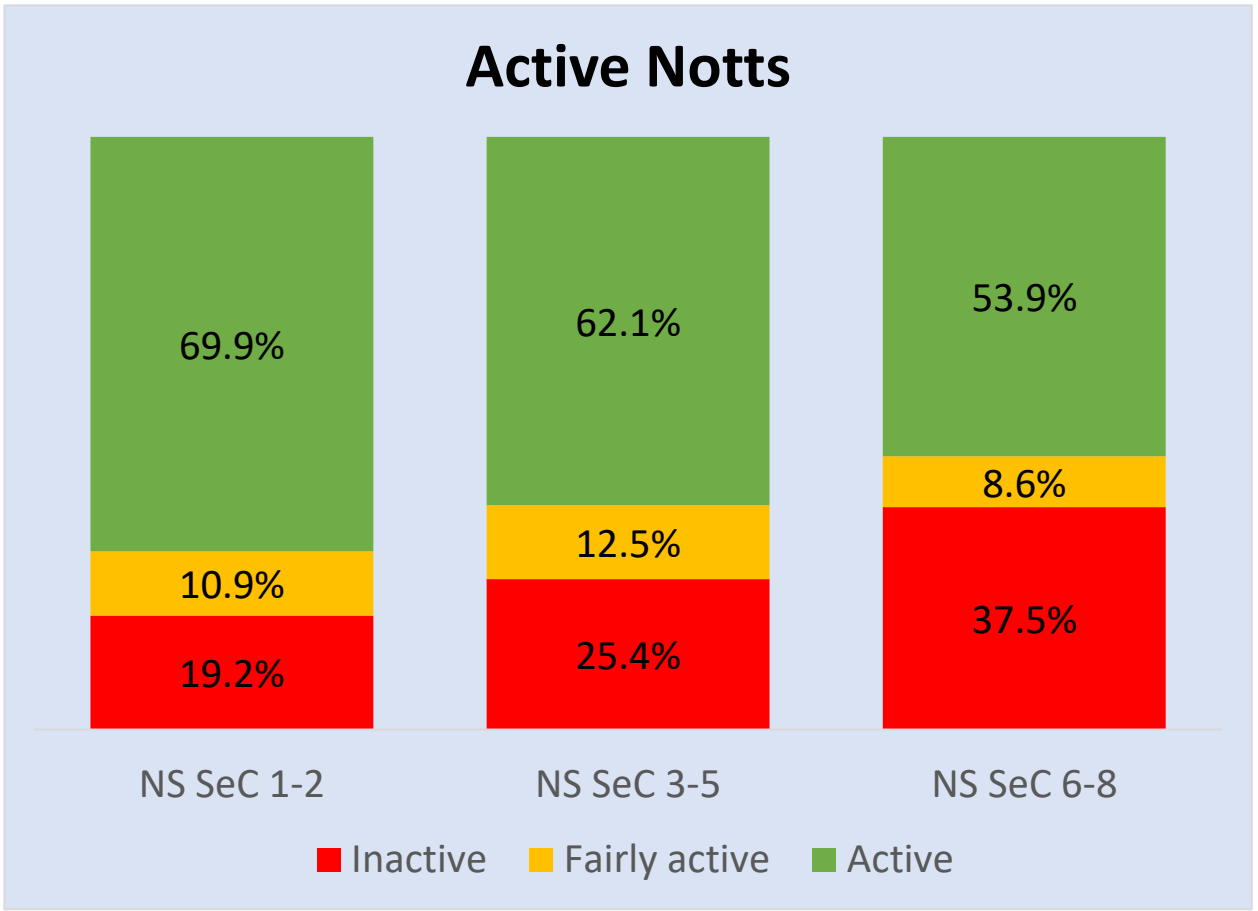


active notts

Source: Sport England, Active Lives Adults, Nov 18 to Nov 19 , age 16+, excluding gardening

Male by social grade: Physical activity behaviour

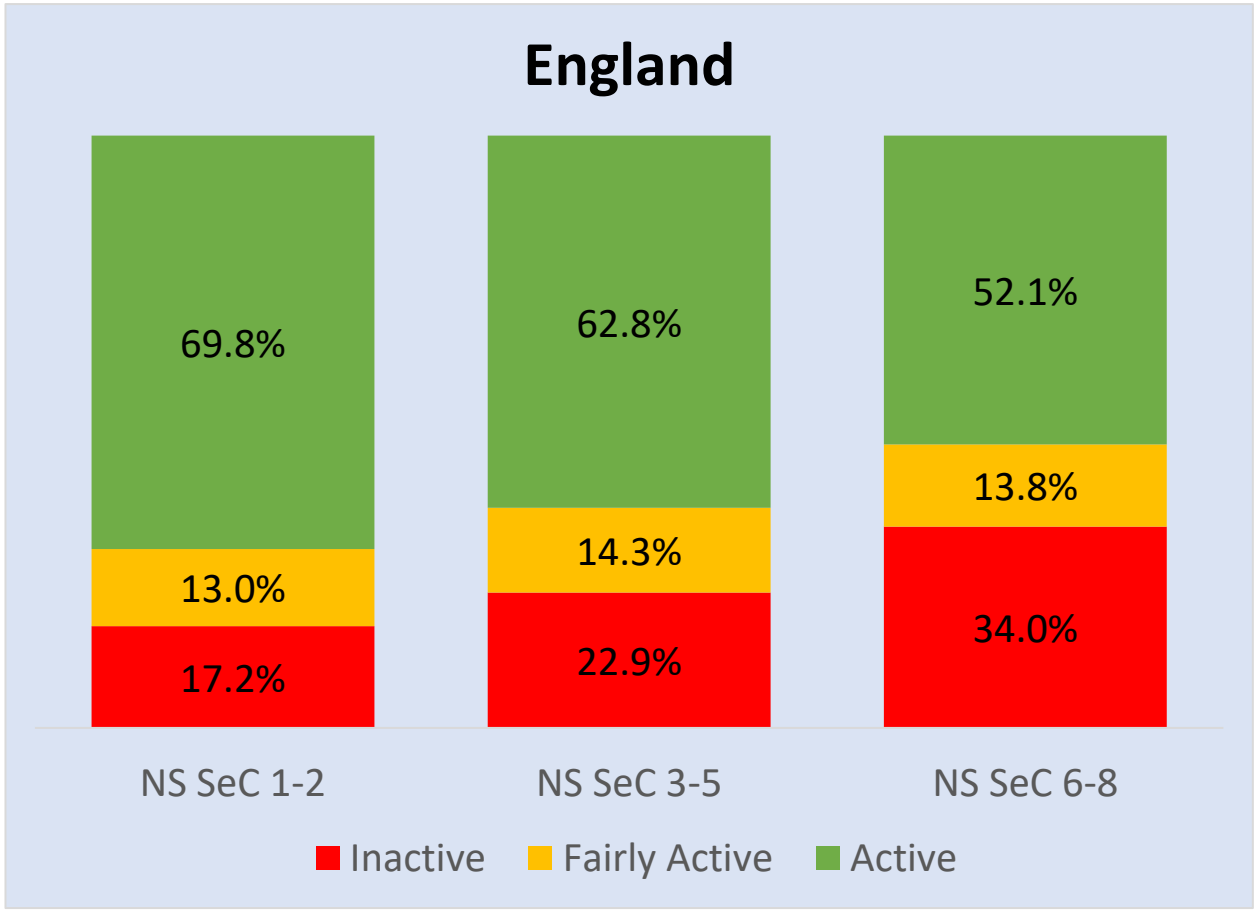


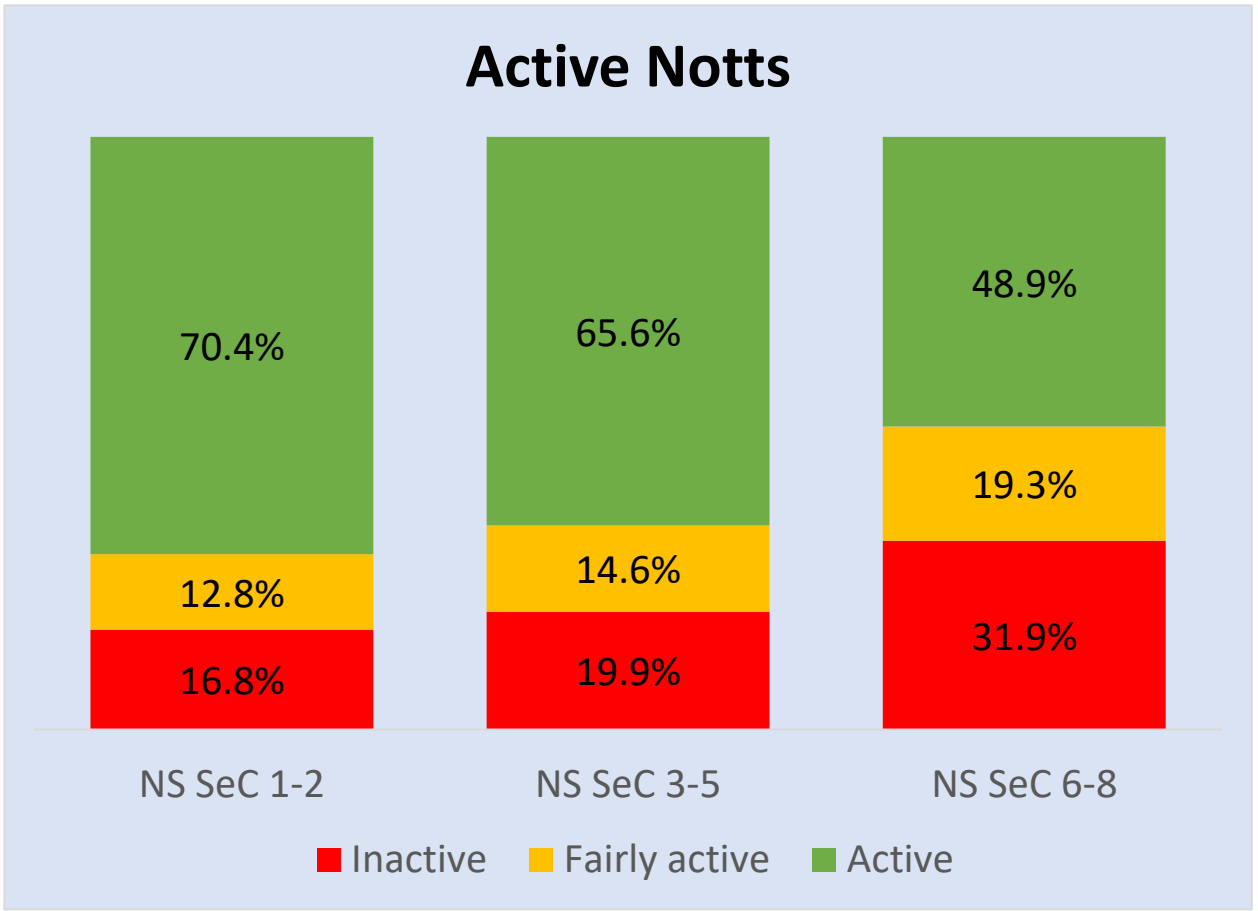


active notts

Source: Sport England, Active Lives Adults, Nov 18 to Nov 19 , age 16+, excluding gardening

Female by social grade: Physical activity behaviour

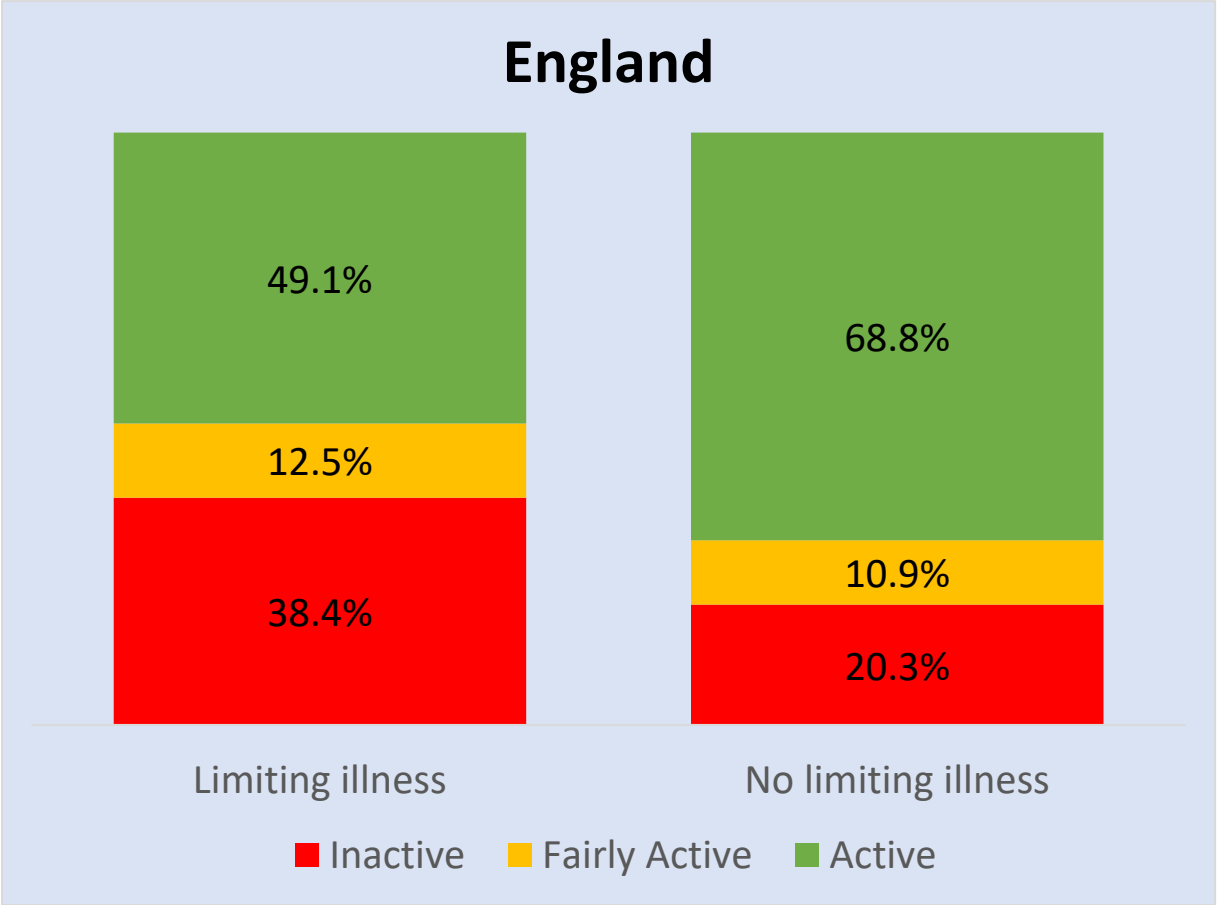


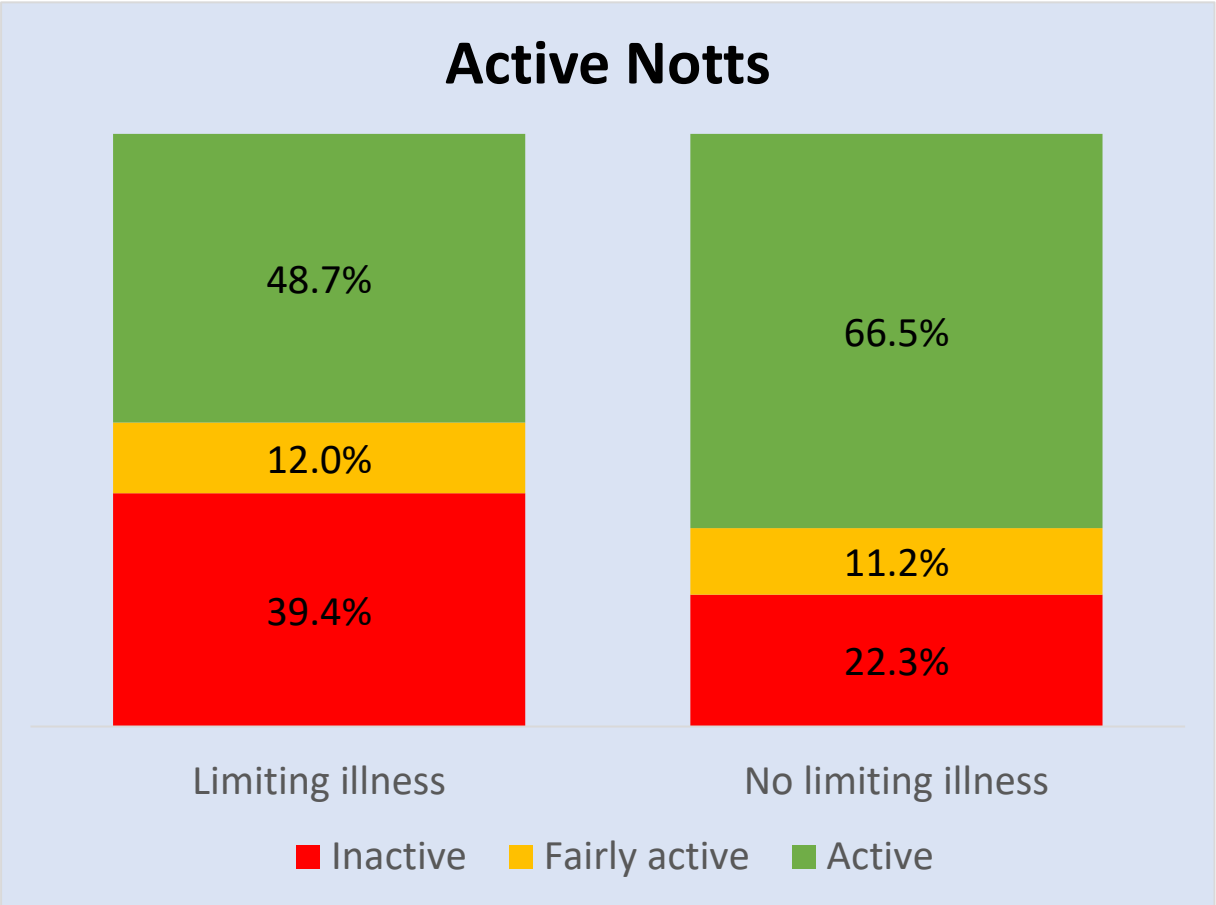


active notts

Source: Sport England, Active Lives Adults, Nov 18 to Nov 19 , age 16+, excluding gardening

Male by limiting illness: Physical activity behaviour

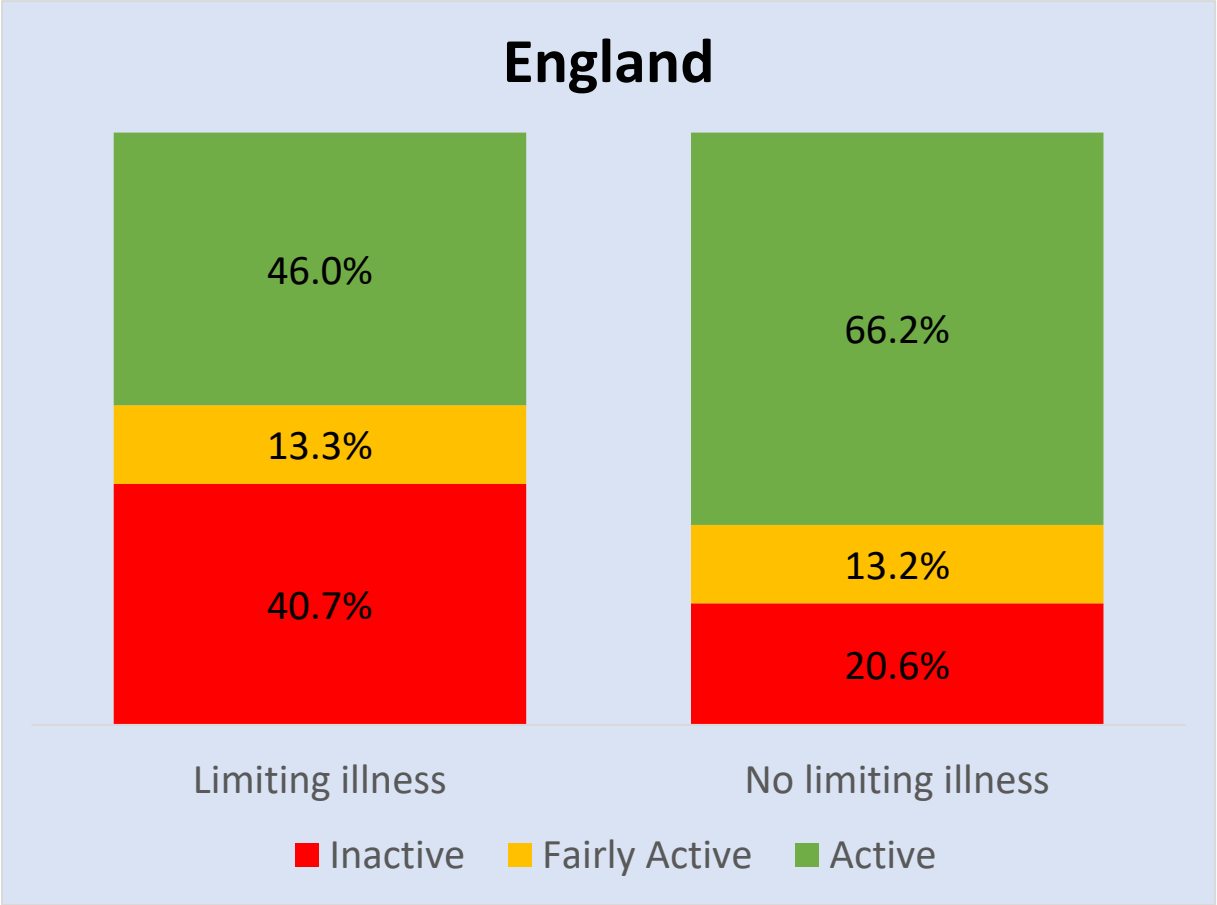


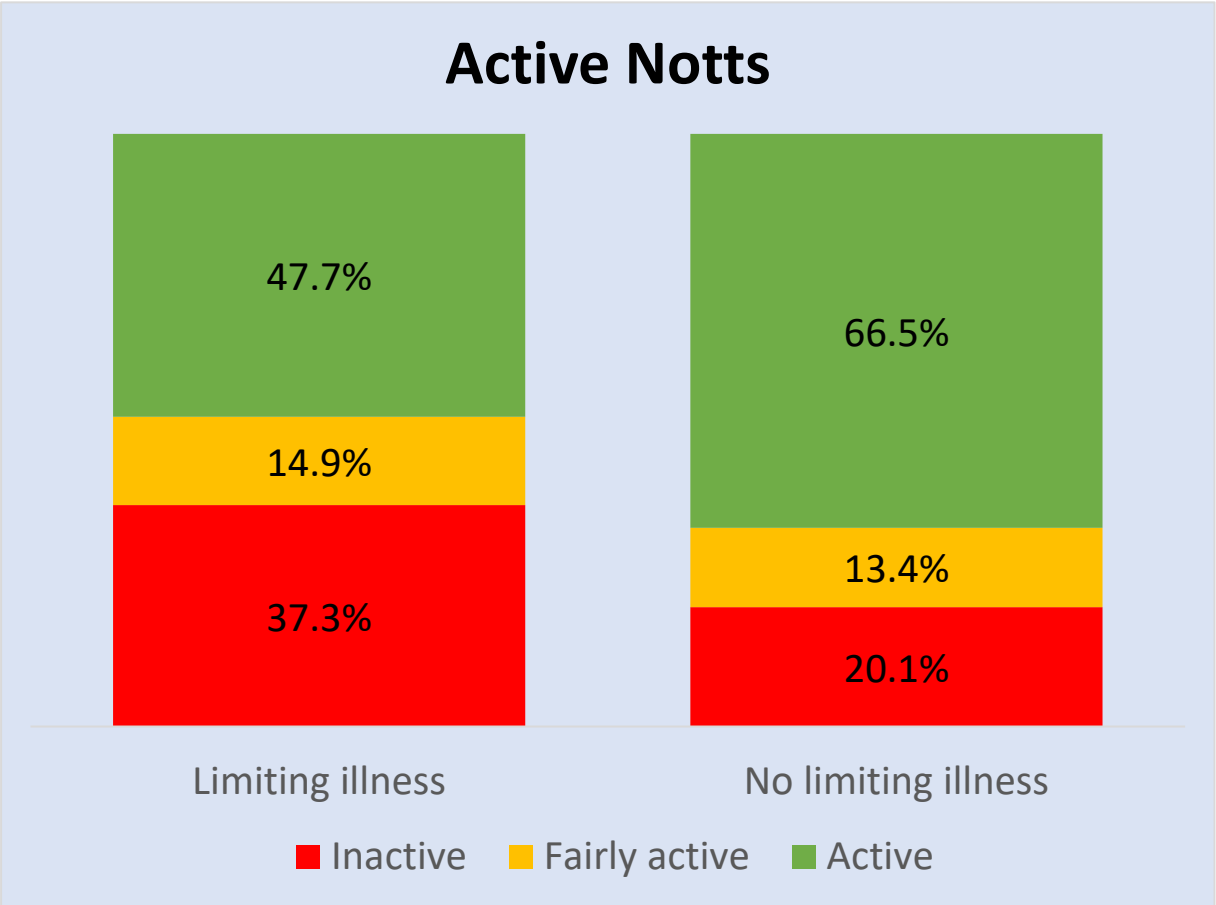


active notts

Source: Sport England, Active Lives Adults, Nov 18 to Nov 19 , age 16+, excluding gardening

Female by limiting illness: Physical activity behaviour





active notts

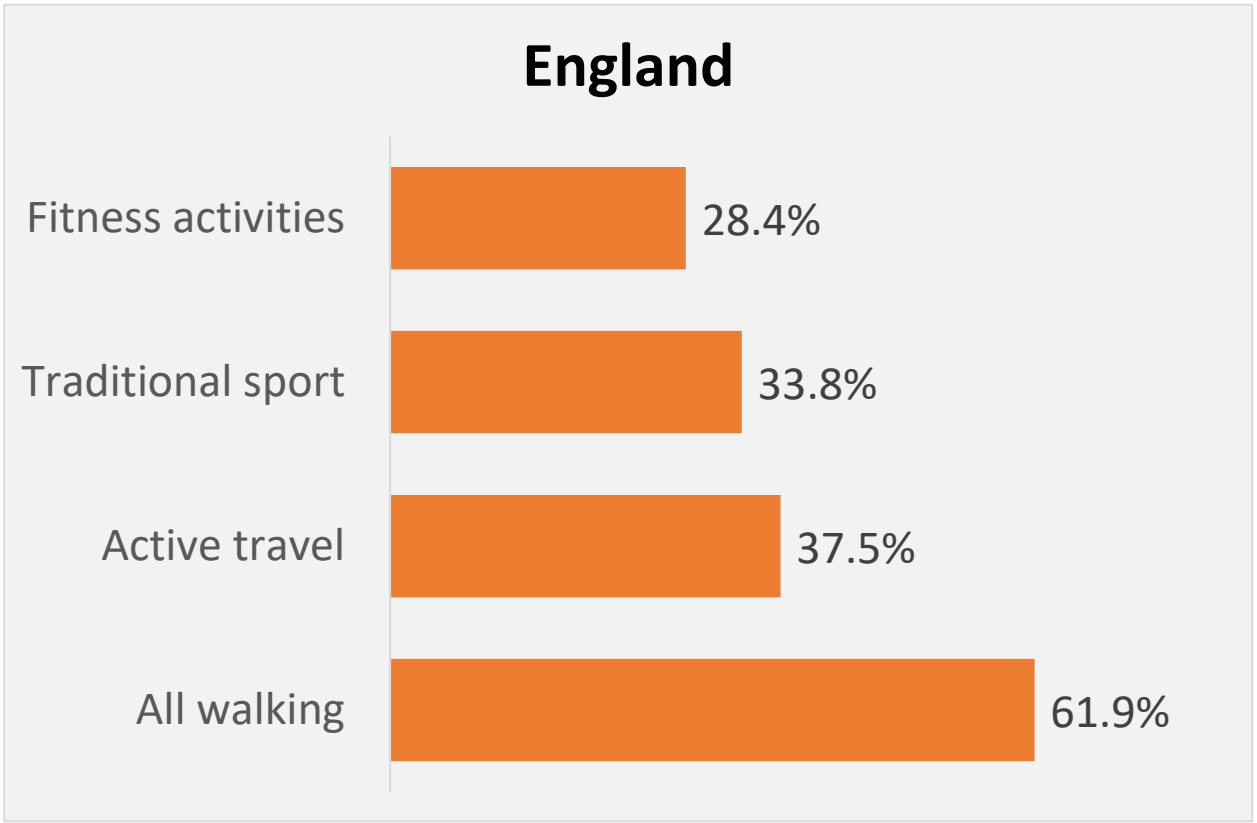
Source: Sport England, Active Lives Adults, Nov 18 to Nov 19 , age 16+, excluding gardening

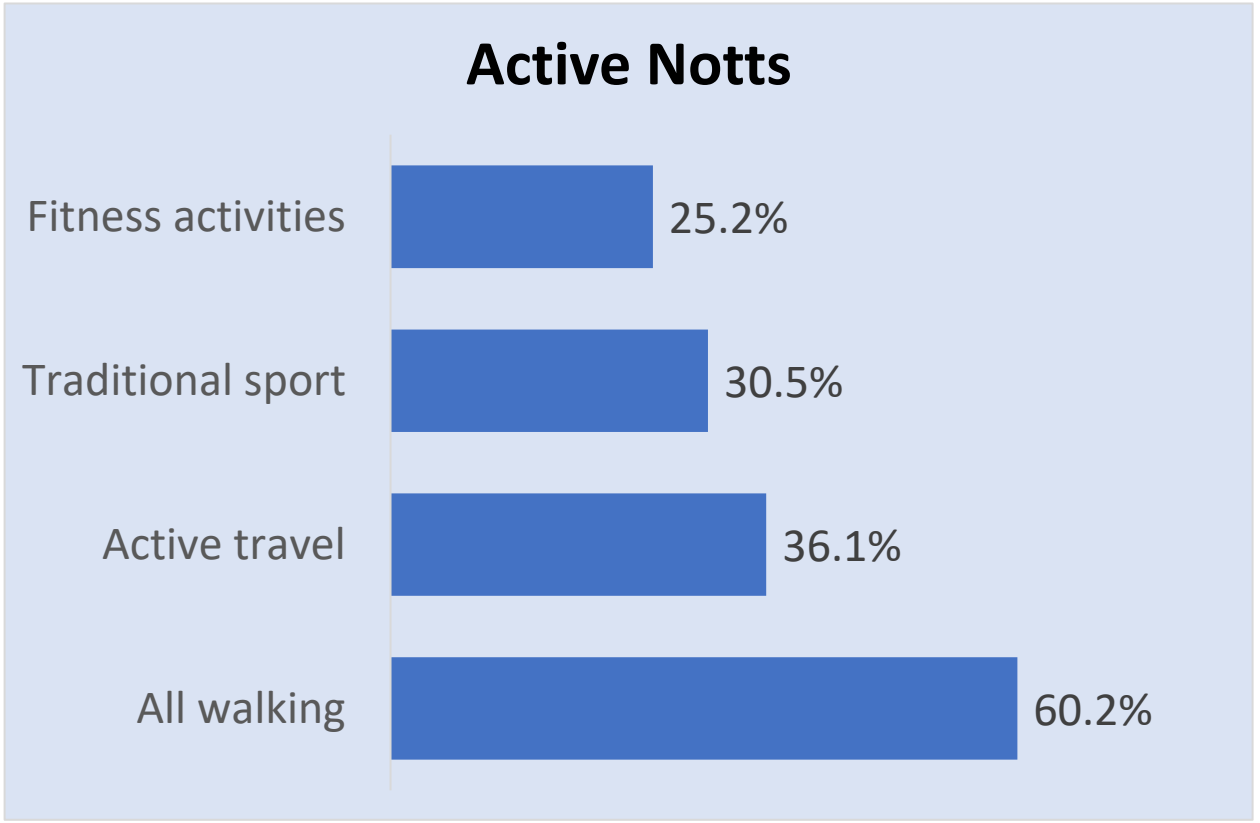
Physical Activity Behaviour:

Activities

Physical activity behaviour by activity

Twice in 28 days - Nov 18/19



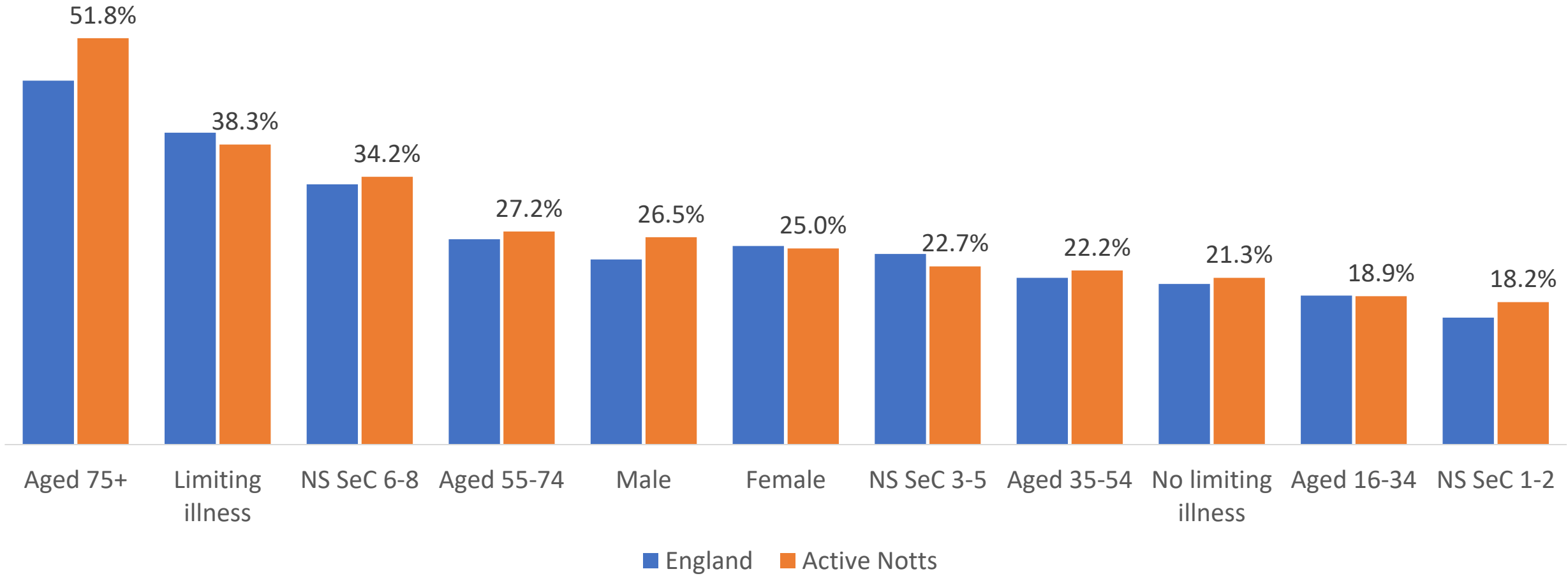


active notts

Source: Sport England, Active Lives Adults, Nov 15/16 to Nov 18/19 , age 16+, excluding gardening

Summary

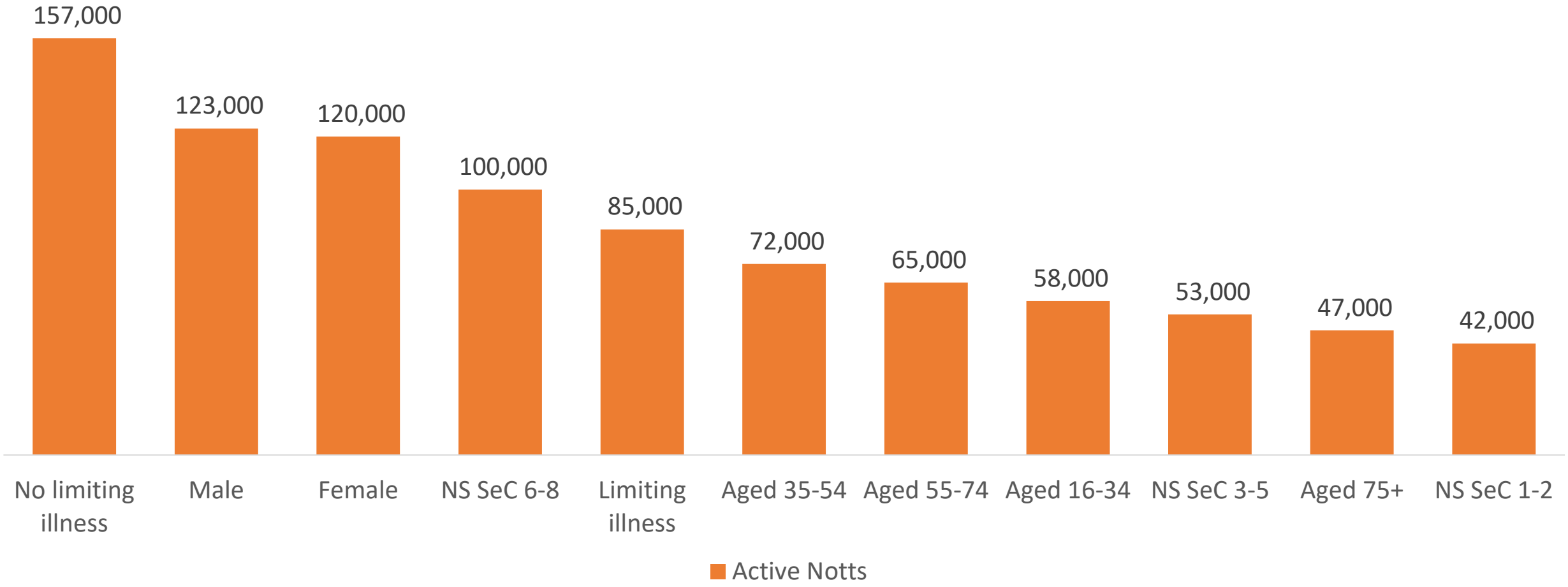
Inactive proportion by demographic group



active notts

Source: Sport England, Active Lives Adults, Nov 18 to Nov 19 , age 16+, excluding gardening

Inactive population by demographic group



active notts

Source: Sport England, Active Lives Adults, Nov 18 to Nov 19 , age 16+, excluding gardening

Overall summary

- Active Notts has a higher proportion of those from NS SeC groups 6-8 and from White British backgrounds. The population profile of Nottingham City is quite different to other districts within Active Notts including a considerably higher percentage of 16-34 year olds (37.7%)

- Overall Active Notts inactivity rates have remained fairly static – showing a slight increase (worsening) compared to Nov 17/18. However there has been a statistically significant decrease (worsening) in active proportions when compared to Nov 17/18. Notts City has conversely seen a significant improvement in inactivity rates since Nov 15/16

- Inactivity levels in Active Notts are worse than England for all age groups but 16-34 year olds inactivity levels and are now worse than Nov 15/16. They had been marginally improving between Nov 15/16 and Nov 17/18 but have got worse in Nov 18/19

active notts

Overall summary

Possible focus areas

- **Male** inactivity rates are higher than those of females and female inactivity is improving at a faster rate. Inactivity rates for **males from NS SeC groups 6-8** in particular compare poorly to males nationally and to females in Active Notts
- More than half of those **aged 75+** are inactive and Active Notts are ranked 41 of 45 partnerships. The inactivity proportion for this age group appears to be mainly driven by females

active notts