

Adult Active Lives
November 2022-23
Headlines



April 2024

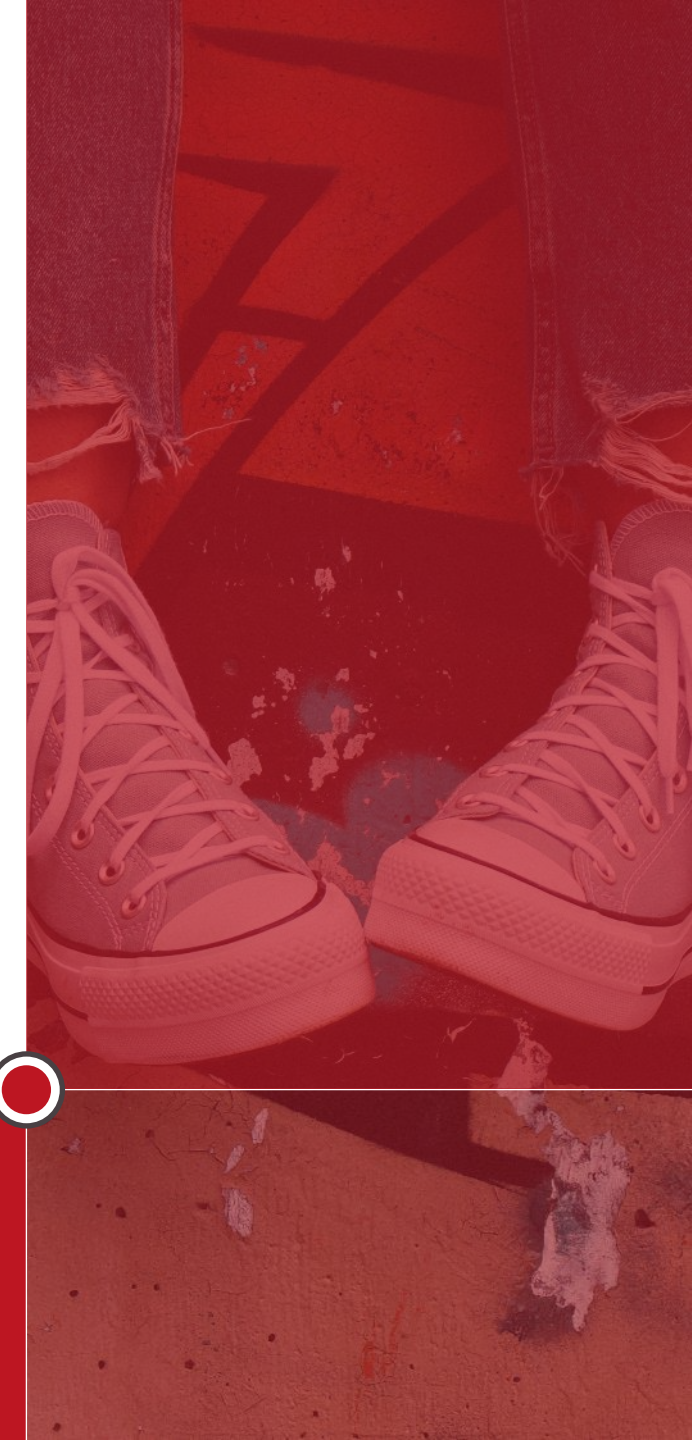


What do we know about **inactivity** in our community?

The measures we use are **inactive** and **active**:

By **inactive**, we mean those that are doing **less than 30 minutes** of physical activity a week

By **active**, we mean those that are doing **150+ minutes** of physical activity a week



National update

There are two million more adults getting active on a regular basis through sport and physical activity than in 2016, despite the impacts of the coronavirus (Covid-19) pandemic and increased cost-of-living pressures.

The figures, which we've published today in our latest Active Lives Adult Survey report, show that between November 2022 and November 2023, **63.4% 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 **29.5m adults in England** playing sport or taking part in physical activity every week.

This figure is largely unchanged from 12 months ago when 63.1% were active but means that, compared to when we first ran the survey between November 2015 and November 2016, there are two million more active adults – an increase of 1.3%.



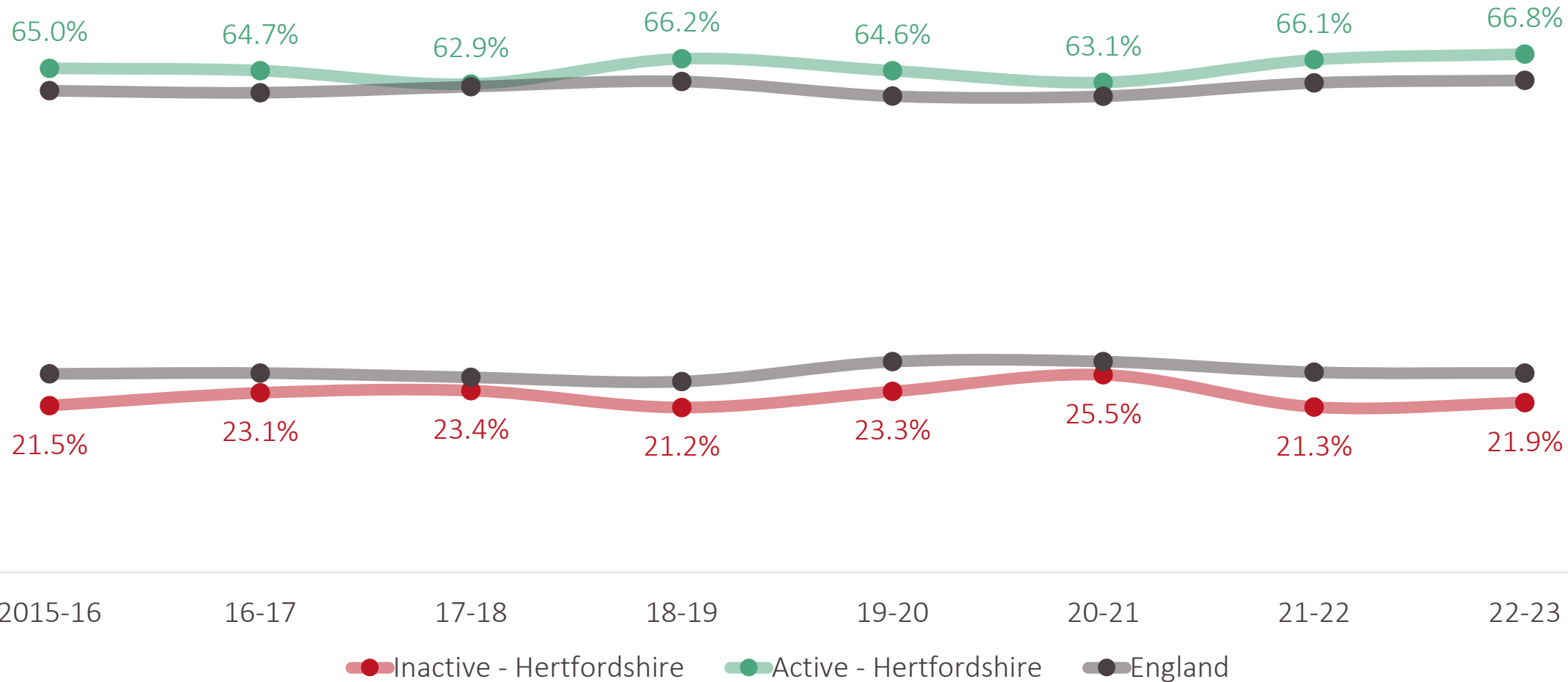
National demographics

- Over the longer term, growth has been similar for both **men and women**, with 914,000 (1.4%) more active men and 831,000 (1.3%) more active women compared to November 2015-16. Despite this, neither men nor women have seen activity levels change compared to 12 months ago
- **Adults aged 75+** continue to drive the growth in activity levels. The increase of just over 100,000 (1.6%) adults aged 75+ who are active, compared to 12 months ago, is part of a long-term increase of just under 700,000 (9.4%) compared to seven years ago (Nov 15-16). Those aged 55-74 also have a long-term upward trend in the proportion active. For both age groups the latest result represents the highest result recorded over the last seven years.
- Activity levels remain unchanged compared to 12 months ago for those with a **disability or long-term health condition**. Before the pandemic, activity levels were increasing, and we continue to see 4.2% more active adults with a disability or long-term health condition compared to seven years ago (Nov 15-16). This long-term growth is greater than for those without a disability or long-term health condition, where the proportion active is up by 1.9% over the same period.
- No **Black, Asian or minority ethnic group** is showing a reportable difference in the proportion who are active compared to November 2015-16. As a result, inequalities continue to widen as White British adults have seen activity levels increase over the same period (up 2.1%).
- There have been no reportable changes in activity levels by **social grade** compared to 12 months ago. Given this stability, we expect no further pandemic recovery for the least affluent (NS SEC 6-8) and the longer-term trend of an increased gap in activity levels between the most and least affluent to continue. The most affluent (NS-SEC 1-2) have seen long-term growth, with those who are active increasing by 1.6% compared to seven years ago (Nov 15-16). In contrast, the least affluent (NS-SEC 6-8) have seen the proportion active drop by 2.2% over the same period.

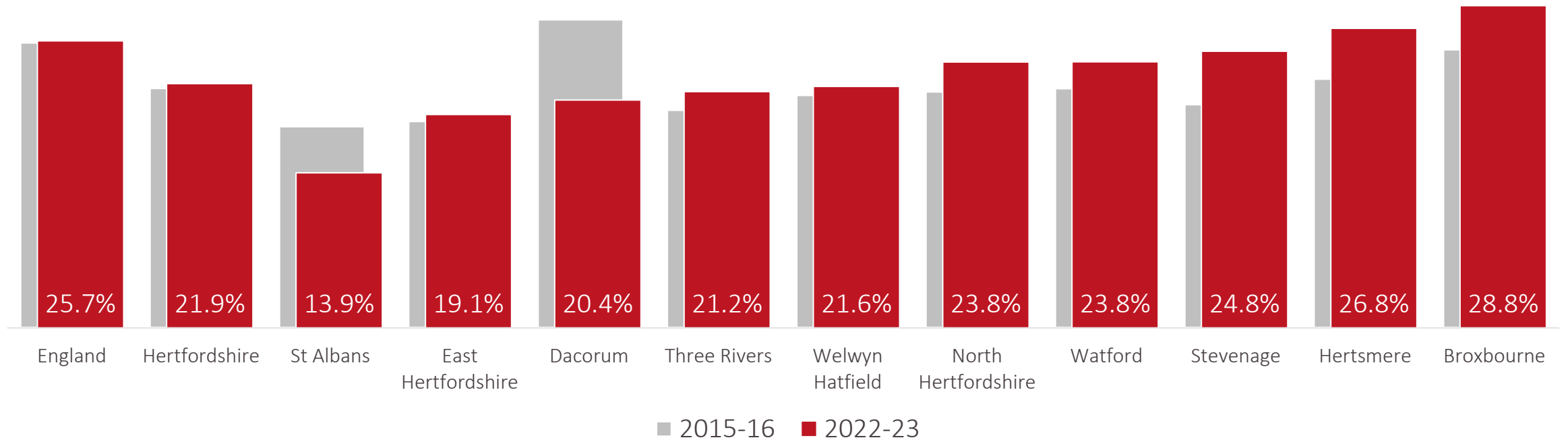




Physical activity levels



Inactivity compared to 2015-16 (baseline)



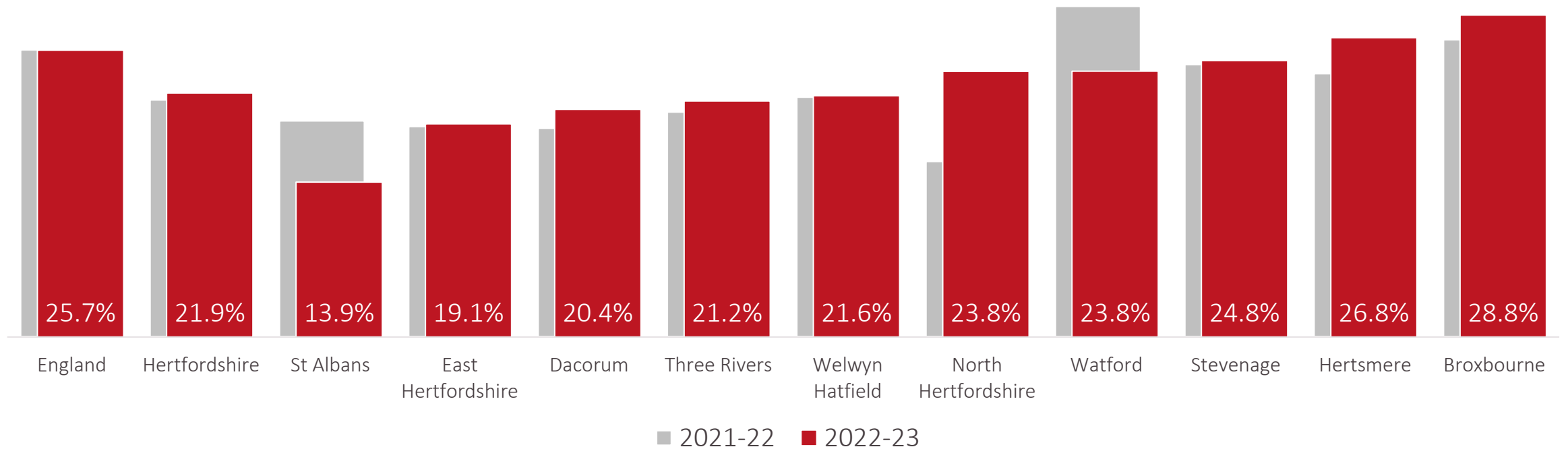
Absolute change

Nov 2015-16 to Nov 2022-23

	Inactive		Fairly Active		Active	
England	0.1%	No change	-1.4%	Significant decrease	1.3%	Significant increase
Hertfordshire	0.4%	No change	-2.2%	Significant decrease	1.8%	No change
Broxbourne	3.9%	No change	-4.4%	No change	0.5%	No change
Dacorum	-7.2%	No change	-0.6%	No change	7.9%	No change
East Hertfordshire	0.6%	No change	-2.4%	No change	1.8%	No change
Hertsmere	4.5%	No change	-4.5%	No change	0.0%	No change
North Hertfordshire	2.6%	No change	-3.7%	No change	1.1%	No change
Three Rivers	1.6%	No change	-0.6%	No change	-1.1%	No change
St Albans	-4.2%	No change	-2.4%	No change	6.6%	No change
Stevenage	4.7%	No change	-2.0%	No change	-2.7%	No change
Watford	2.4%	No change	-1.4%	No change	-0.9%	No change
Welwyn Hatfield	0.8%	No change	-0.3%	No change	-0.5%	No change



Inactivity compared to 2021-22 (previous 12 months)



Change in the last 12 months

Nov 2021-22 to Nov 2022-23

	Inactive		Fairly Active		Active	
England	-0.1%	No change	-0.2%	No change	0.3%	No change
Hertfordshire	0.6%	No change	-1.3%	No change	0.7%	No change
Broxbourne	2.1%	No change	1.0%	No change	-3.1%	No change
Dacorum	1.6%	No change	-3.0%	No change	1.4%	No change
East Hertfordshire	0.2%	No change	-2.3%	No change	2.1%	No change
Hertsmere	3.2%	No change	-2.7%	No change	-0.4%	No change
North Hertfordshire	8.0%	Significant increase	-4.4%	No change	-3.7%	No change
Three Rivers	0.9%	No change	1.5%	No change	-2.4%	No change
St Albans	-5.5%	No change	-0.5%	No change	6.0%	No change
Stevenage	0.3%	No change	0.6%	No change	-0.9%	No change
Watford	-5.9%	No change	0.1%	No change	5.8%	No change
Welwyn Hatfield	0.1%	No change	-0.8%	No change	0.7%	No change



Summary

In the last 12 months:

- Inactivity rates have increased by 0.6pp in Hertfordshire. Nationally, inactivity rates have decreased by 0.1pp
- Broxbourne now has the highest inactivity rates within Hertfordshire(28.8%)
- North Herts has seen a significant increase in inactivity (8.0pp)
- Watford (5.9pp) and St Albans (4.5pp) have seen the biggest improvements in the last 12 months. All other LAs have seen an increase in inactivity

Since baseline:

- Inactivity rates have increased by 0.4pp in Hertfordshire. Nationally, inactivity rates have decreased by 0.1pp
- St Albans and Dacorum are the only LAs in Hertfordshire to have made any improvement in inactivity since baseline. All other LAs have seen an increase in inactivity

