



An insight into adult  
physical activity  
behaviour in  
Hertfordshire



September 2024

Active Lives Adults Survey 2022-23



# Sport England's National headline

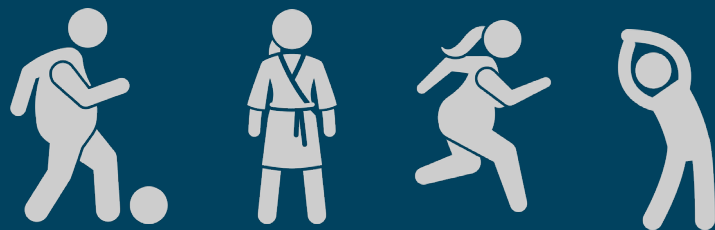
Active Lives Adults Survey 2022-23

“ Long-term increase in activity levels positive but further action needed to tackle inequalities\* ”

In a nutshell, there are “two million more adults getting active on a regular basis through sport and physical activity than in 2016\*”



**But the news isn't so positive for some demographic groups where inequalities continue to widen**



# Inequalities in our area

## Social status



Inactivity in the **least affluent households** remains high (NS SeC 6-8)

## Ethnicity



Our **Asian** communities experience higher levels of inactivity

## Limiting illness



Adults with a **limiting illness or disability** are nearly twice as likely to be inactive

## Gender



The gender inequality gap is at its widest

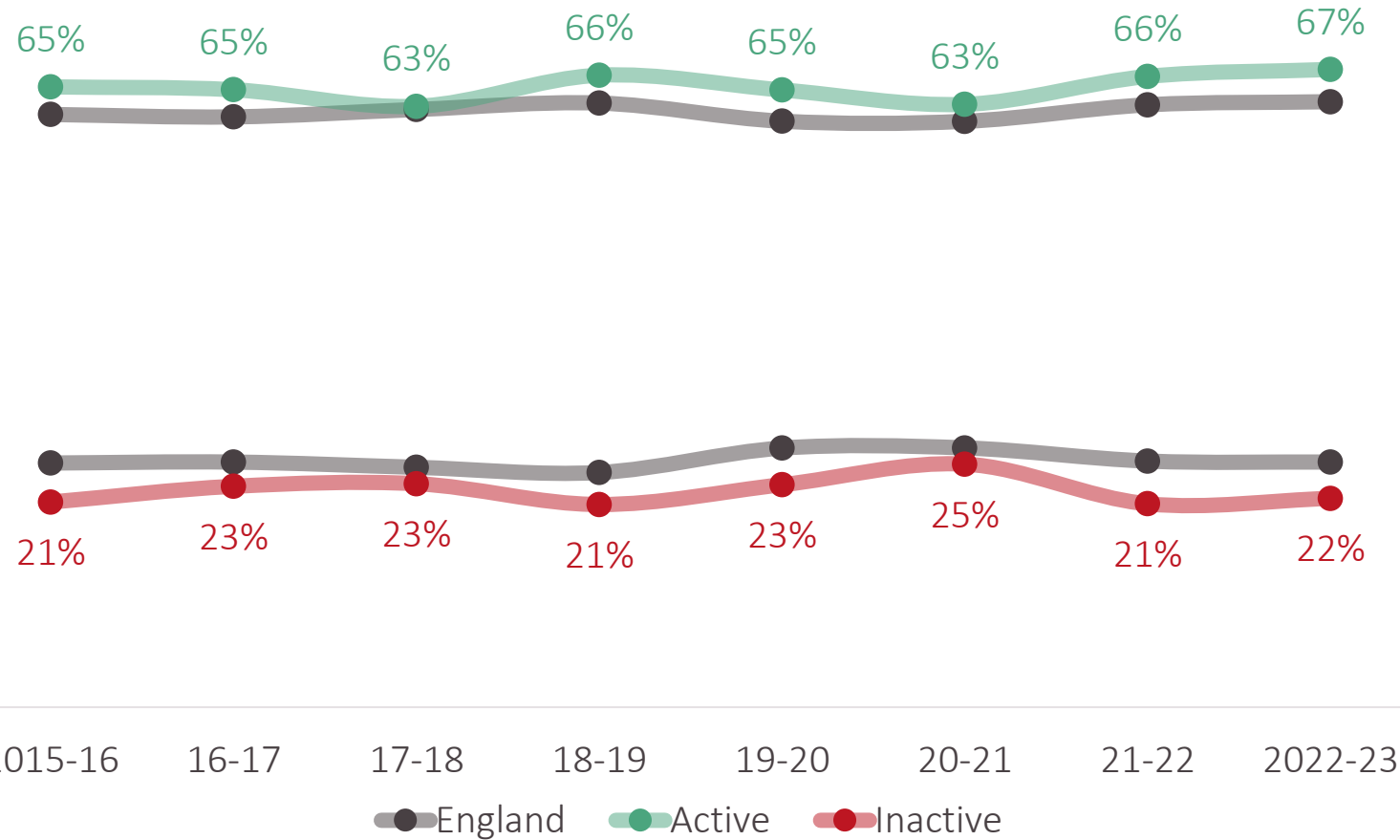




Currently, 22%  
of adults are inactive

That's  
210,000  
people

# Inactivity in our community is relatively stable

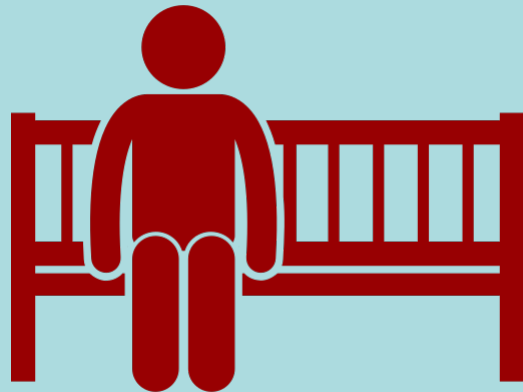




**120,000**  
adults do  
**no activity at all**  
(12%)



But not all inactive  
adults do nothing



There are **80,000**  
people missing the intensity  
(9%)

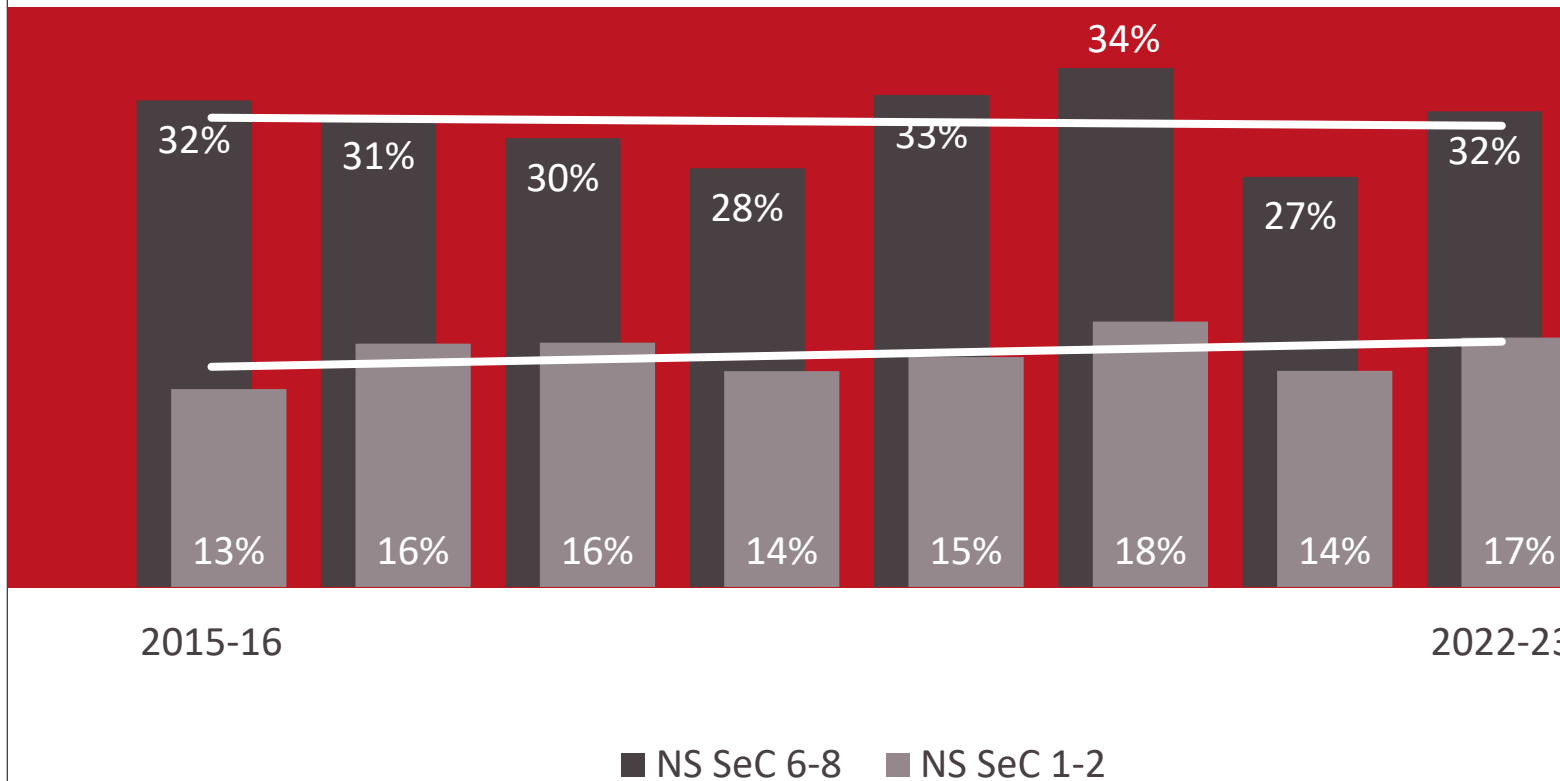


There are **10,000**  
people not active for long enough  
(1%)

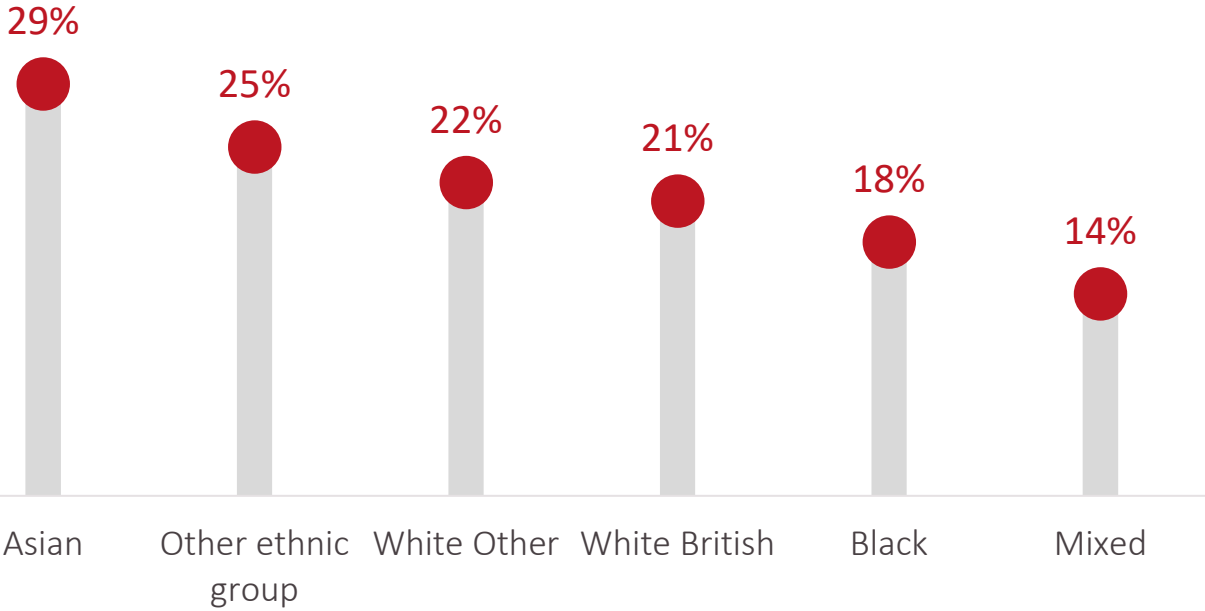
Our **least affluent** households are almost twice as likely to be inactive (NS SeC 6-8)



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



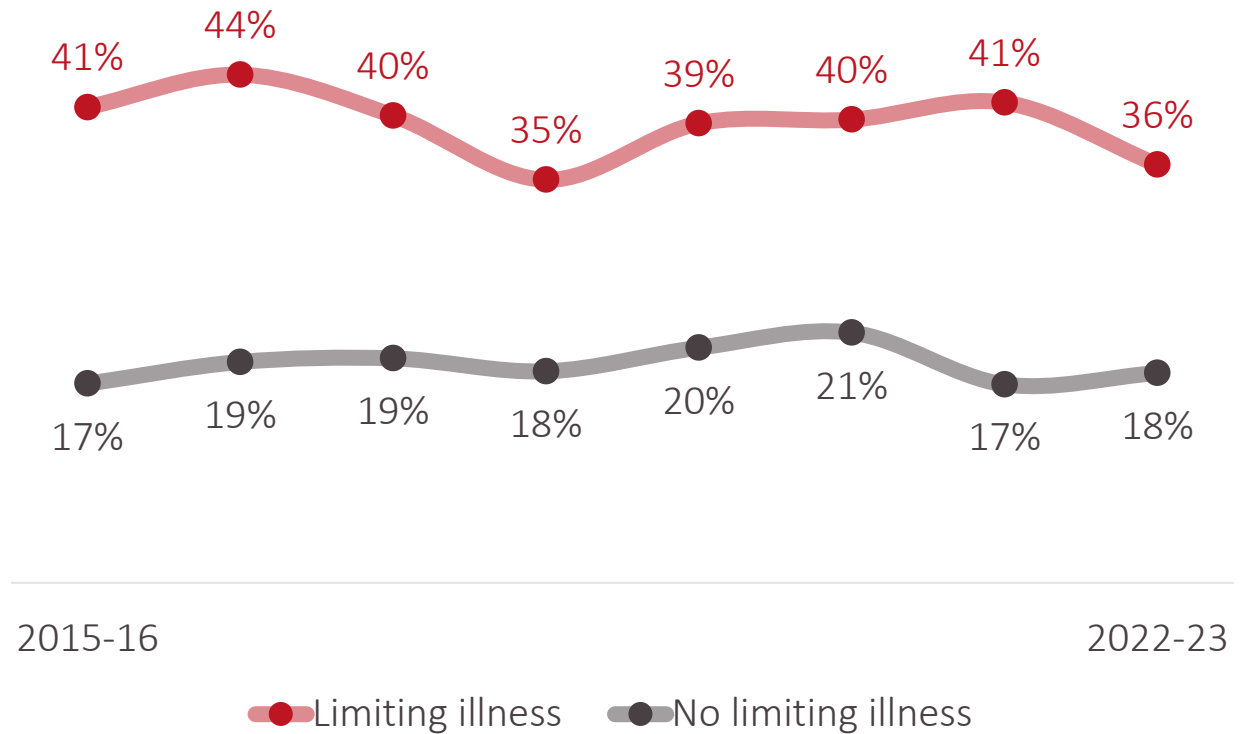
# Our Asian community experiences higher levels of inactivity



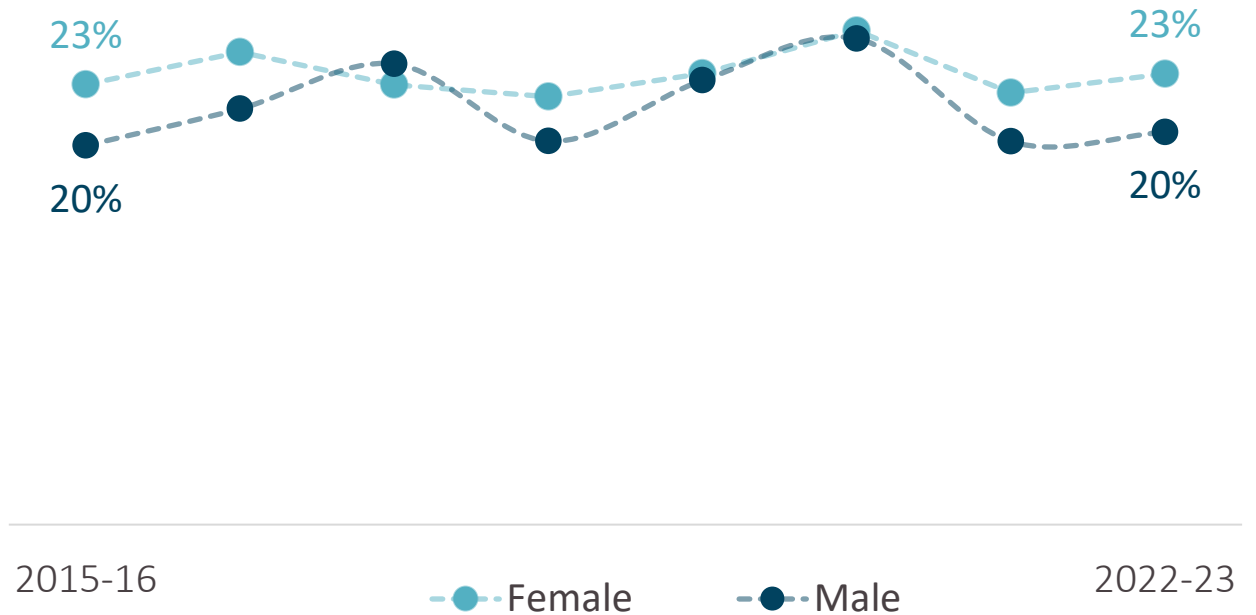


# Adults with a **limiting illness or disability** are **twice as likely to be inactive**

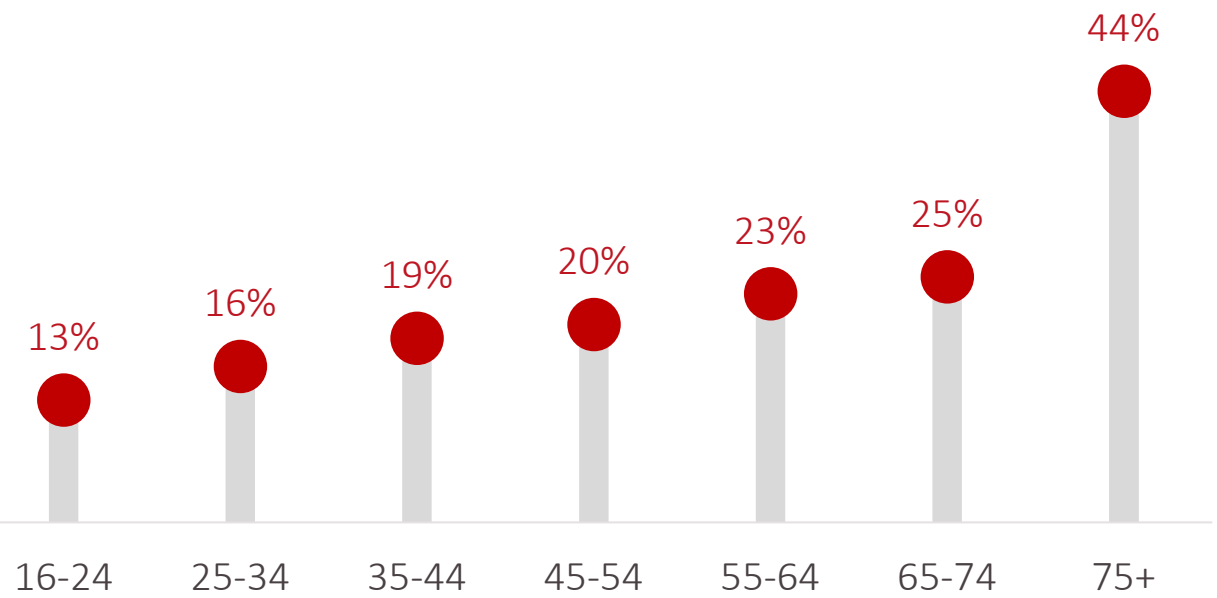
The inequality gap persists



The gender inequality gap is at its **widest**, returning to 2015-16 levels



# Inactivity increases with age

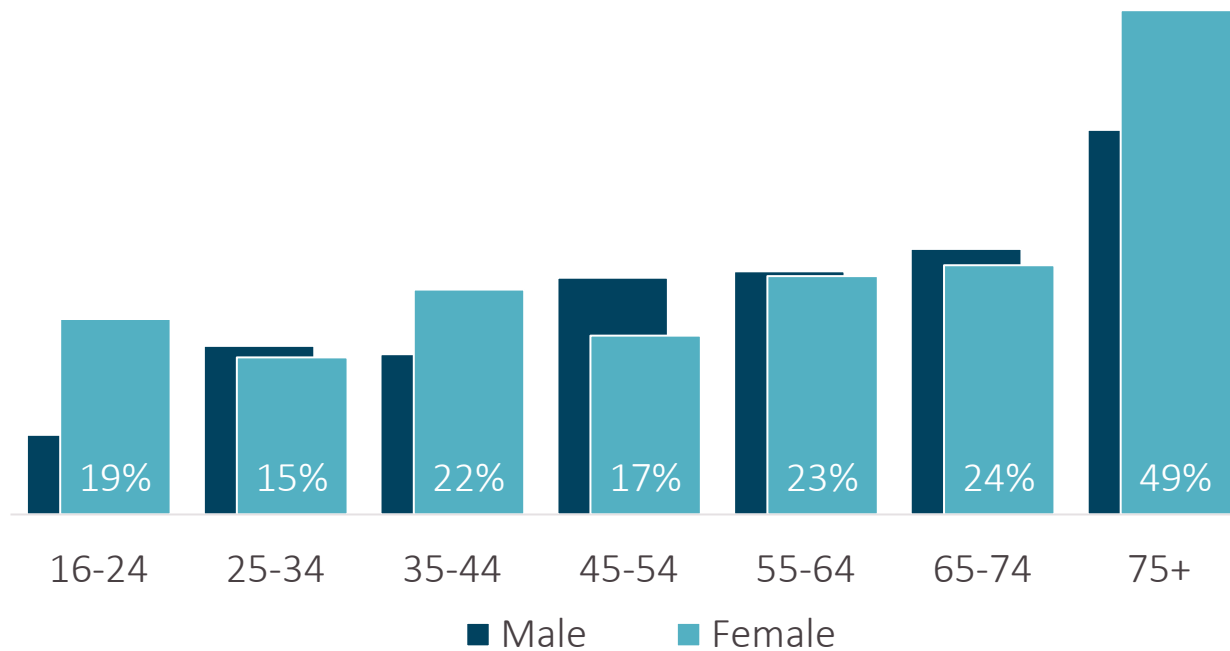


Data is for: Hertfordshire

Source: Sport England Active Lives Survey 2022-23 (16+)  
Measure: Physical activity levels (excluding gardening)



The biggest differences are observed in the younger adults (16-24 and 35-44), where **women have higher inactivity levels**

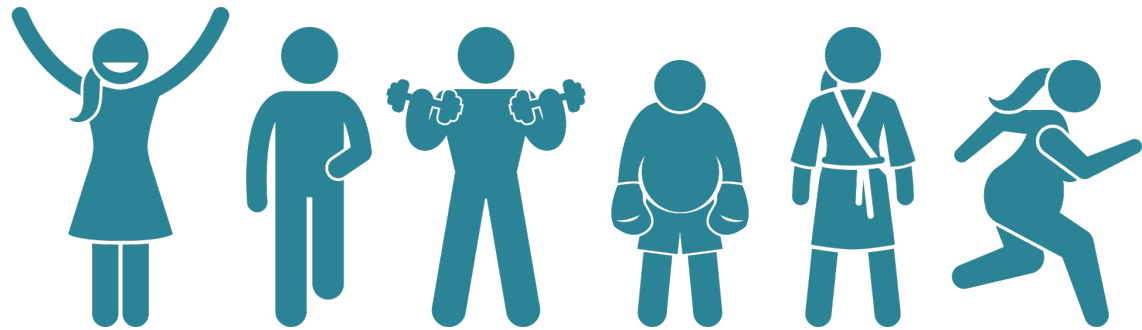




**4 in 10** adults living in the **most deprived** neighbourhoods are inactive (41%)



Compared to fewer than **2 in 10** adults living in the **least deprived** neighbourhoods (17%)



# 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

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



## Walking for travel

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



## Walking for leisure

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



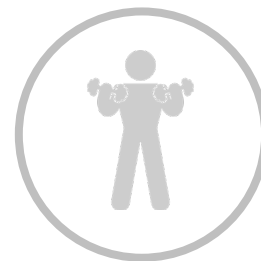
## Cycling

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



## Traditional sport

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



## Fitness activities

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



## Dance

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

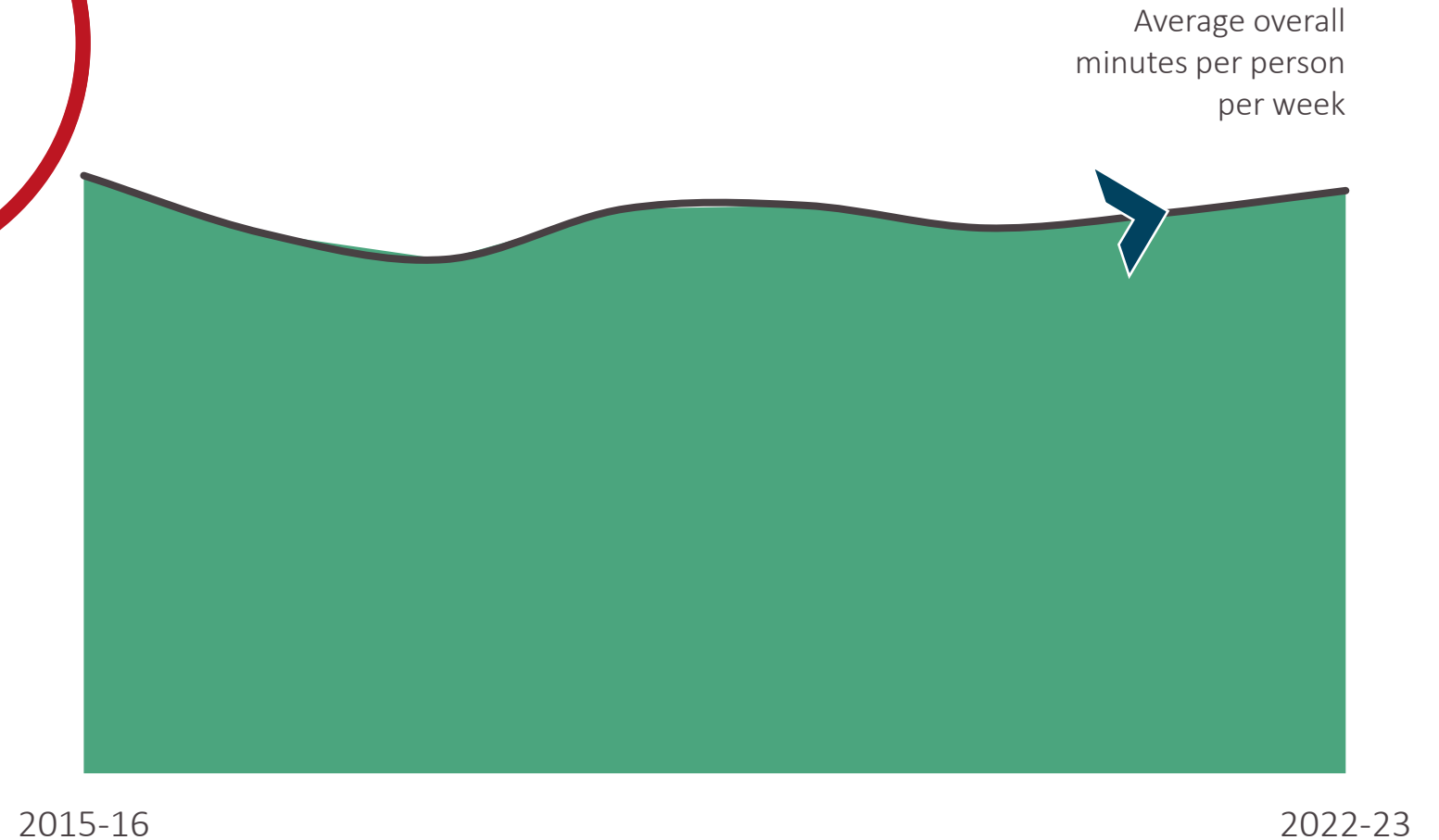
\*walking around shops is excluded



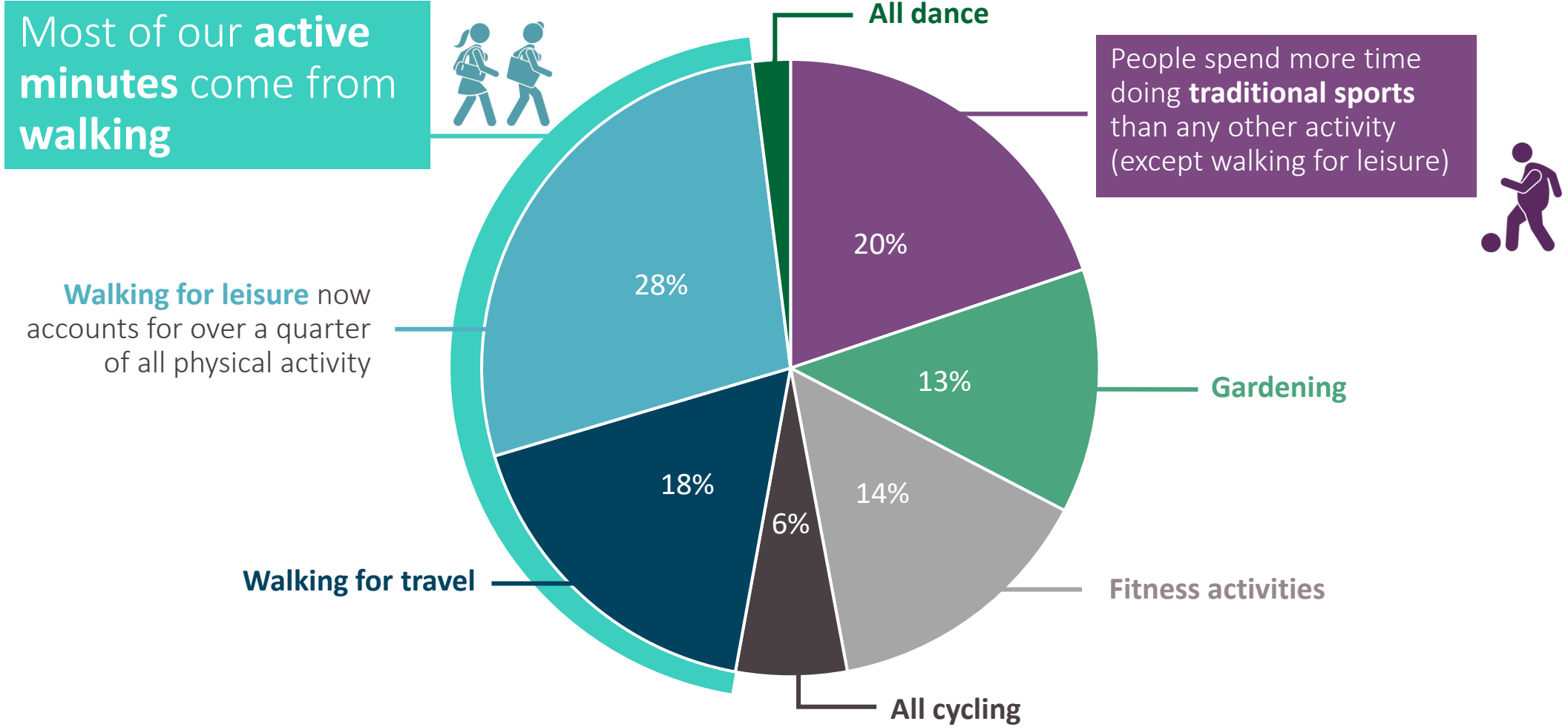




Activity minutes have rebounded and are now higher than pre-pandemic levels



# What does activity look like where we live?



# Appendix



# Sample size

## Active Lives Adult

	15-16	16-17	17-18	18-19	19-20	20-21	21-22	22-23
All adults (aged 16+)	4,972	5,006	4,944	5,060	4,950	4,927	5,039	5,051
NS SEC 1-2	2,733	2,695	2,665	2,798	2,694	2,672	2,772	2,771
NS SEC 3-5	993	1,130	1,095	1,091	1,014	1,012	965	981
NS SEC 6-8	379	412	397	384	394	411	426	369
16-34	867	823	904	947	960	860	904	929
35-54	1,794	1,753	1,802	1,796	1,768	1,727	1,726	1,727
55-74	1,753	1,896	1,728	1,835	1,707	1,769	1,816	1,772
75+	510	493	470	448	477	541	555	585
Male	2,175	2,231	2,218	2,208	2,169	2,200	2,193	2,226
Female	2,785	2,764	2,716	2,832	2,759	2,702	2,824	2,801
No limiting illness	4,035	4,033	4,017	4,036	3,969	3,918	3,967	3,884
Limiting illness	658	697	671	729	706	747	818	878
Working full or part time	2,842	2,839	2,935	3,007	2,912	2,859	2,958	2,940
Unemployed	95	93	96	114	137	152	116	135
Not working	1,668	1,701	1,528	1,503	1,452	1,543	1,590	1,580
Student full or part time	153	158	161	172	181	142	148	162
White Other	356	357	363	373	381	388	411	430
Asian	274	239	235	283	286	315	373	346
Black	64	94	73	91	86	88	108	97
Mixed	56	63	71	79	81	87	98	87
Other ethnic group	42	44	51	43	61	39	61	58
White British	4,009	3,978	3,909	3,931	3,853	3,779	3,802	3,838
Minority ethnic group	792	797	793	869	895	917	1,051	1,018



# Adult population breakdown

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

	Hertfordshire	England
No limiting illness	83.5%	80.2%
Limiting illness	16.5%	19.8%
16-34 years	22.2%	24.2%
35-54 years	28.4%	26.4%
55-74 years	21.2%	22.4%
75+ years	8.2%	8.6%
NS SeC 1-2	40.5%	33.2%
NS SeC 3-5	28.5%	27.4%
NS SeC 6-8	24.4%	31.8%
Asian	8.4%	9.0%
Black	3.6%	3.9%
Mixed	2.4%	2.0%
White British	73.0%	75.1%
White Other	10.5%	7.9%
Working full or part time	62.1%	57.0%
Not working	30.5%	34.3%



# Our population is **growing**, **ageing** and becoming **more diverse**

## All adults (16+)



**7%**  
increase\*

## Older adults (55+)



**18%**  
increase

## Minority ethnic groups



**58%**  
increase



# How much physical activity should adults be doing?

The Chief Medical Officer's (CMO) guidelines recommend adults (aged 16+) engage in at least 150 minutes of moderate intensity activity each week (or 75 minutes of vigorous intensity)

Activity levels in this pack are presented as:

## Active

Those that are doing 150+ minutes of physical activity a week

## Inactive

Those that are doing less than 30 minutes of physical activity a week

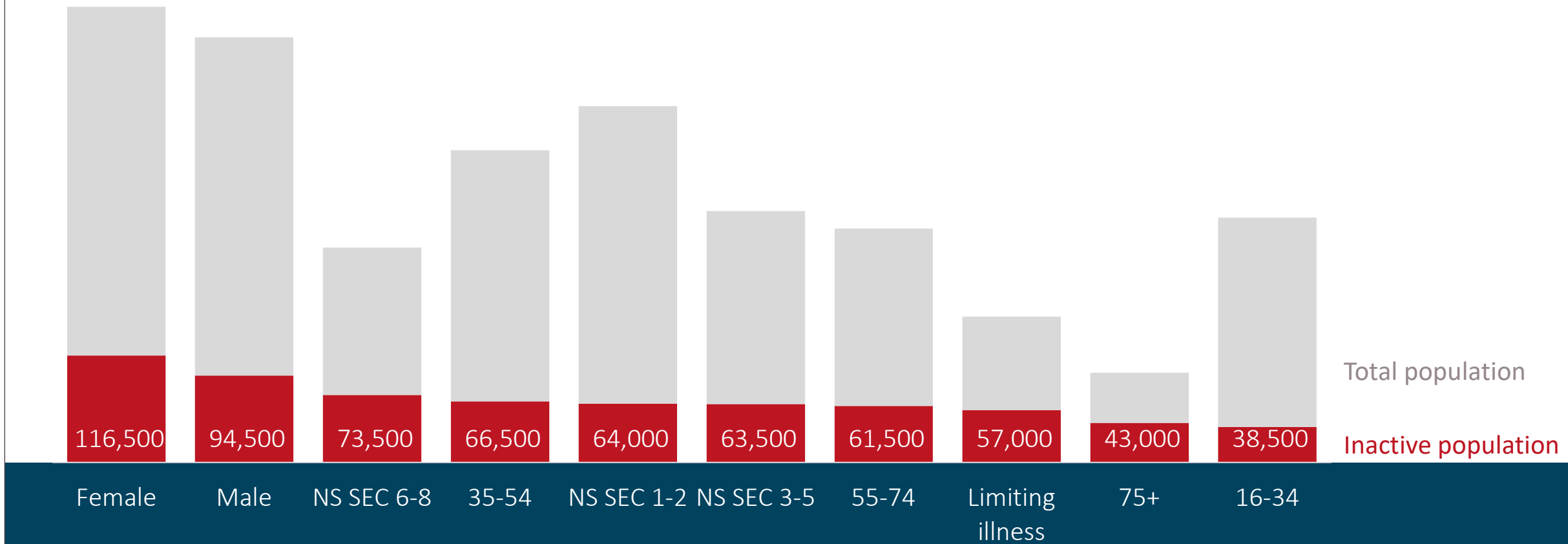


**Please note:** The majority of the data in this data pack will focus on the 'inactive' levels unless otherwise stated





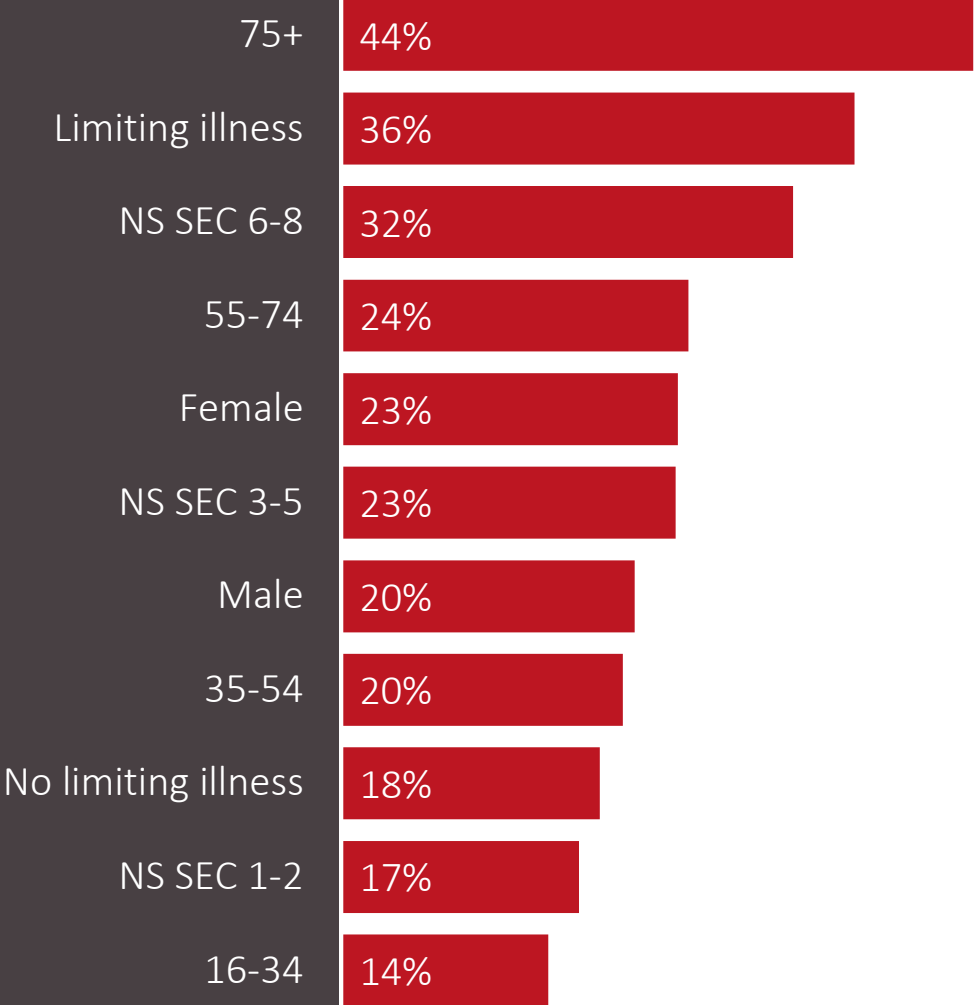
# Our **inactive population** in the context of the size of the demographic group



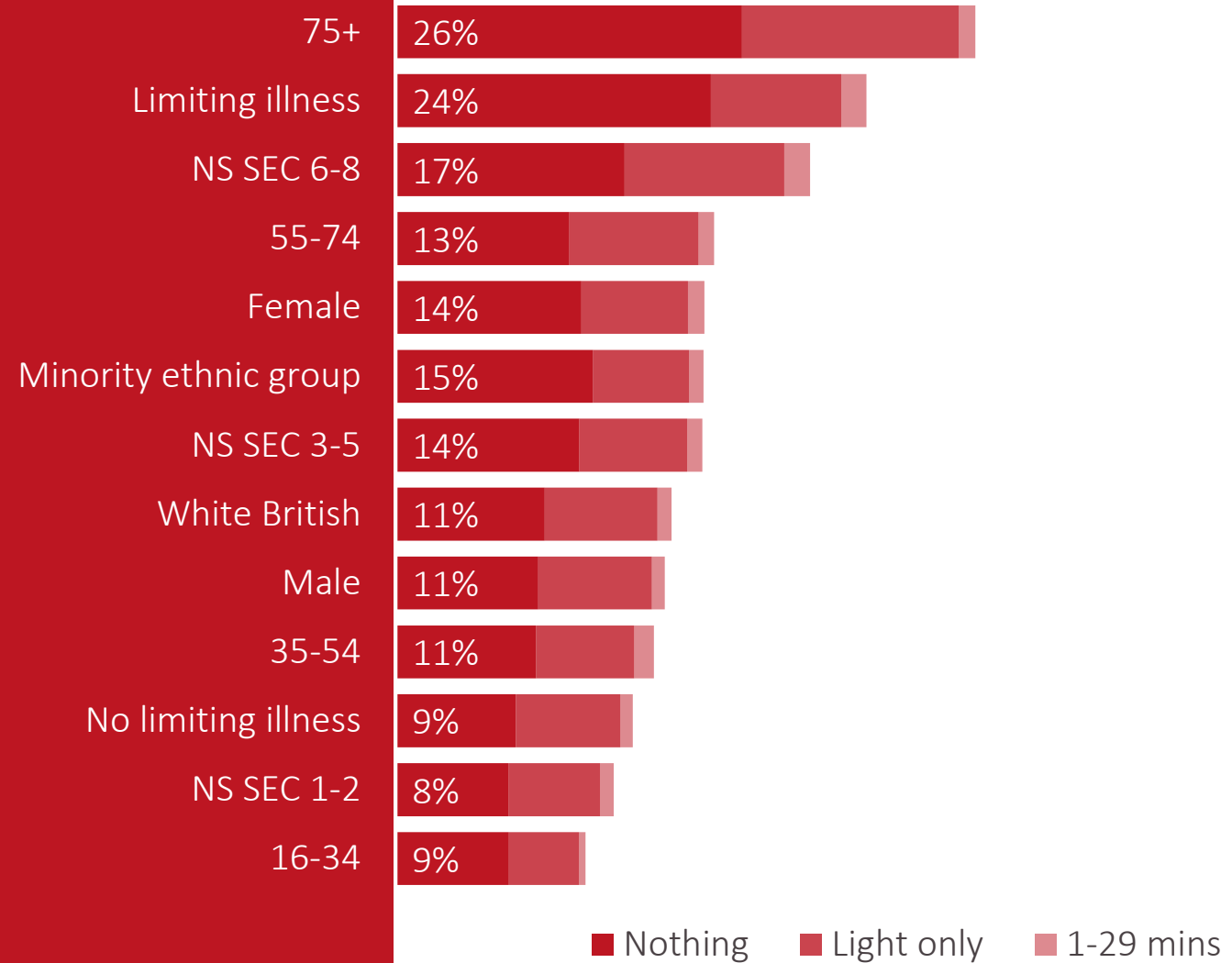
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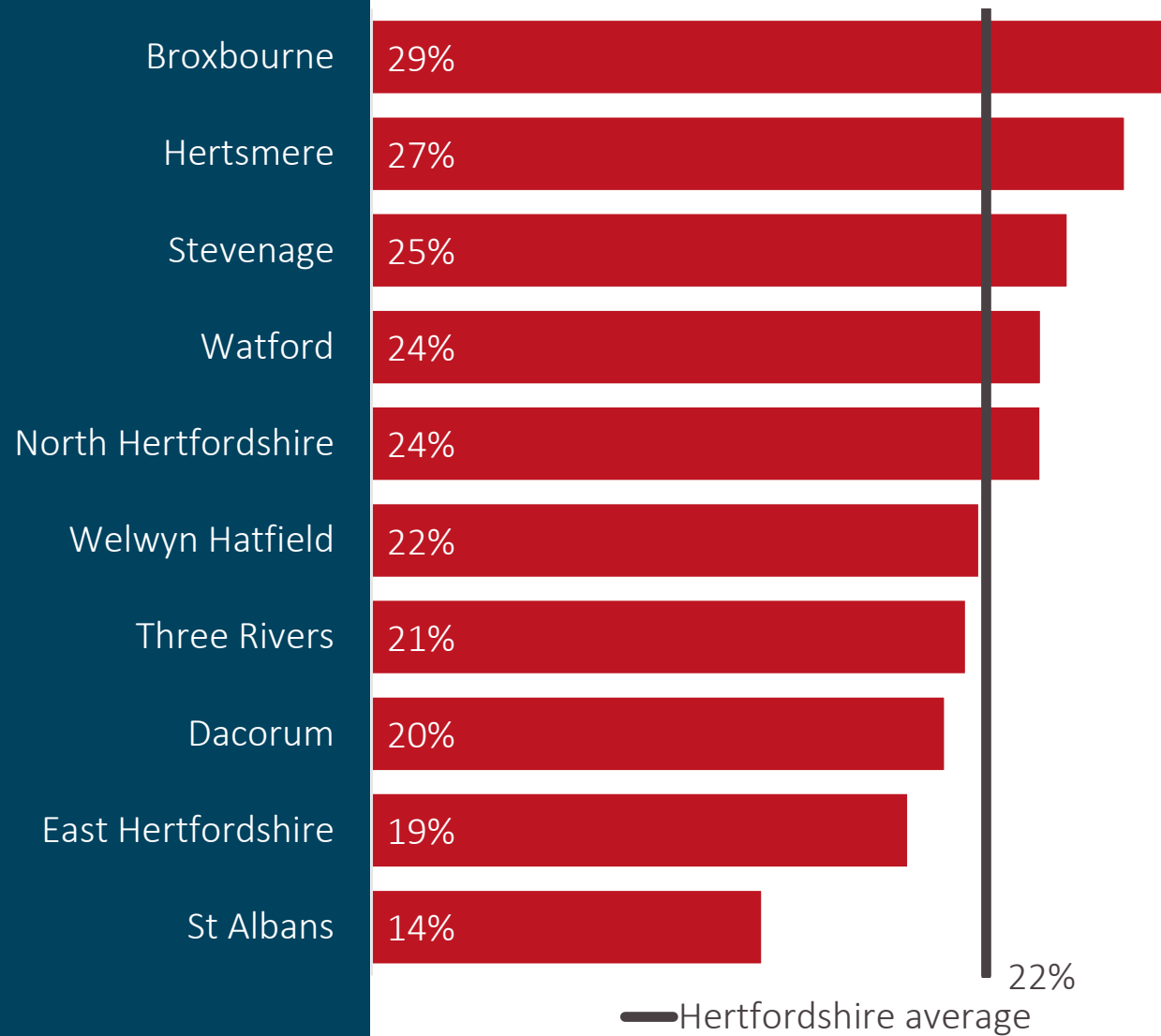
There are some **stark inequalities** in inactivity rates amongst our population



# Most inactive people do no physical activity at all (nothing)



Some of our areas are more likely to experience inactivity than others



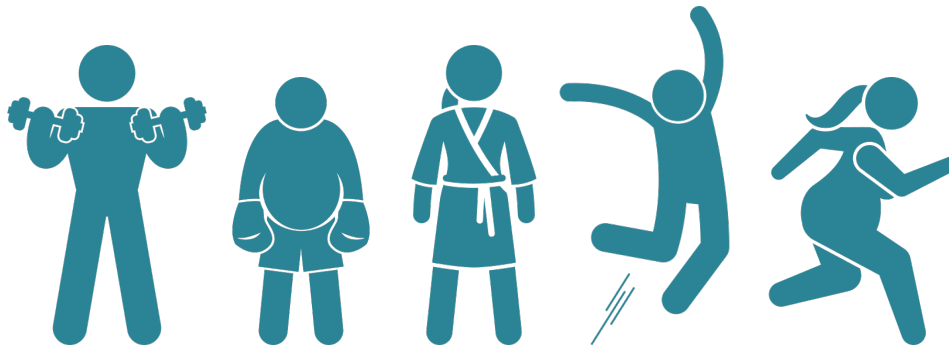
# National update

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 in the 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 active proportion. 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.



# Acknowledgements

## **This pack has been created by Press Red**

We have leveraged the power of AI to assist in crafting the narrative for this presentation, ensuring consistency in language and style

The AI-generated content has been carefully reviewed and curated by our team

Icons made by Leremy from [www.flaticon.com](http://www.flaticon.com)

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