

Hertfordshire physical activity key messages



March 2025



Our population is changing

The total population of Hertfordshire is 1.2 million.
This is an **increase of 83,000 people** in 10 years.

Older adults
(65+)



That's 30,300
more people

Asian & Asian
British



That's 31,000
people

Social status
(NS SeC 6-8)



That's 47,000
more people

Limiting illness or
disability



That's 12,800
more people

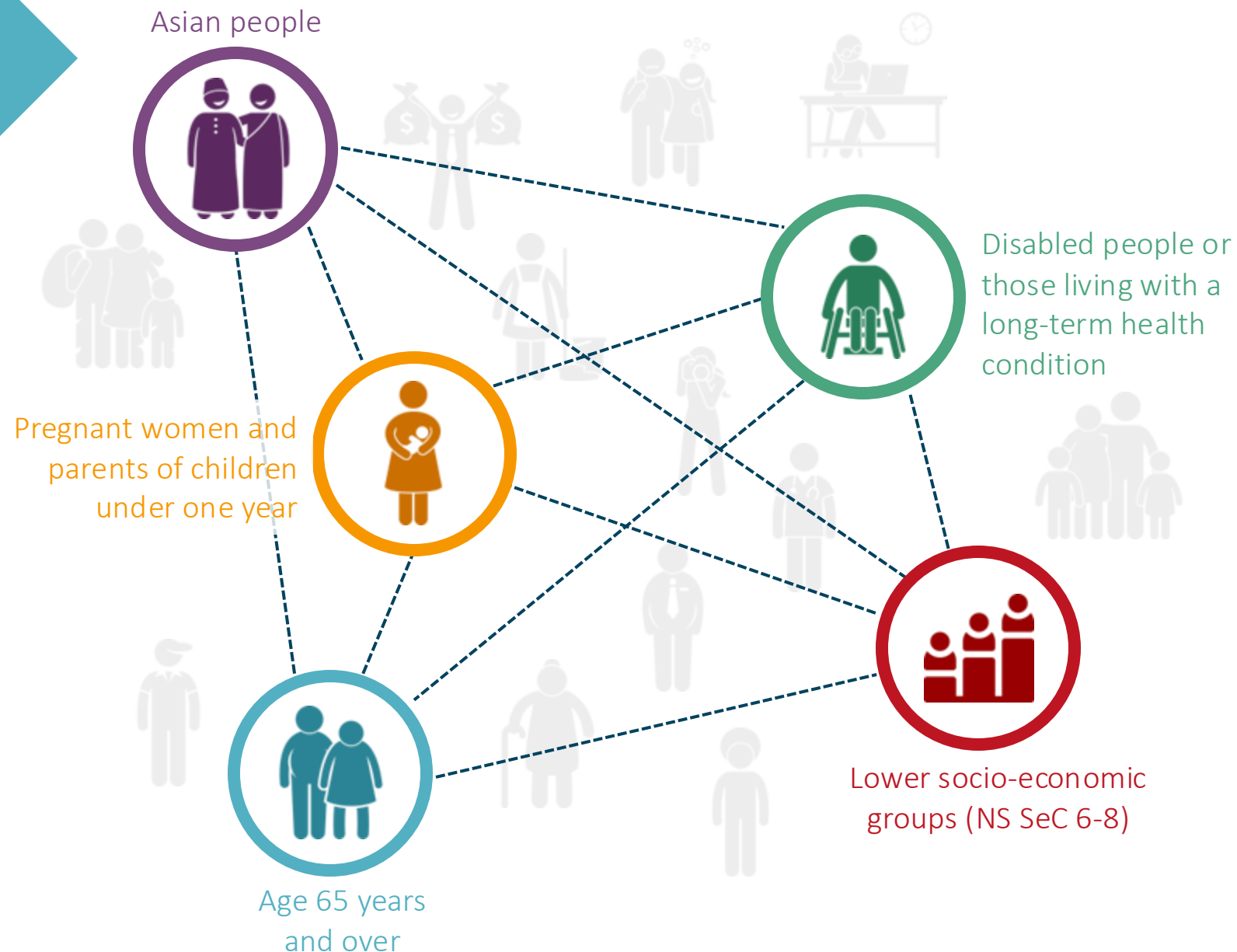


Key characteristics for adults

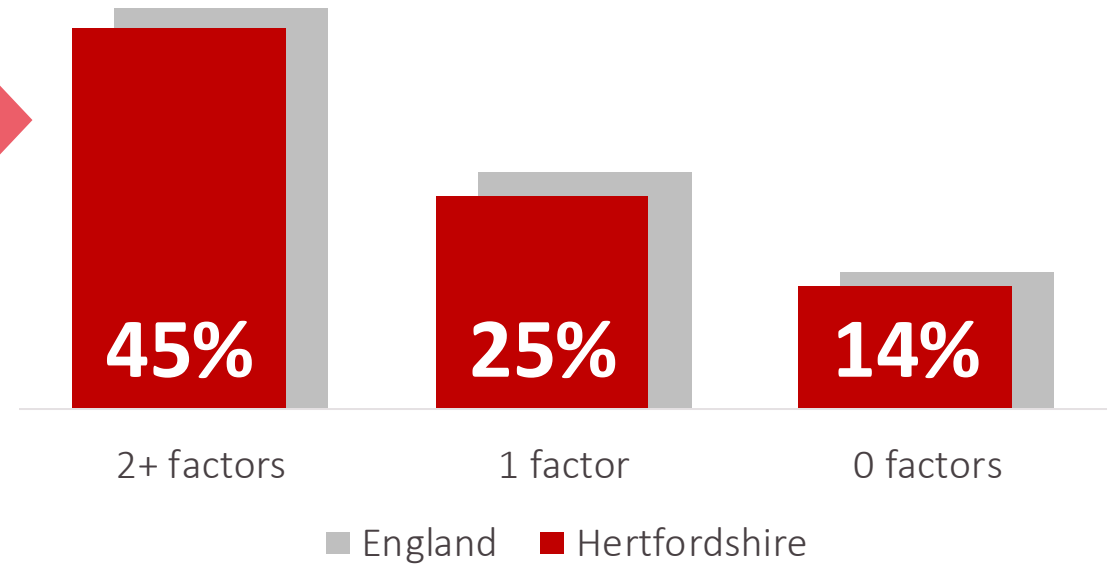
The Inequalities Metric has identified which characteristics or factors have the most impact on minutes of activity*

The key driver of lower levels of physical activity is where a person has **two or more characteristics associated with being less active**

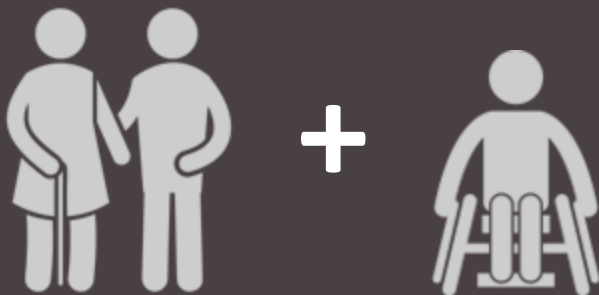
*These characteristics are different for children and young people



Those that share two or more of the key characteristics, are **over 3 times more likely to be inactive**



What do we know about **older adults (65+) with a limiting illness or disability** in Hertfordshire?



There are

65,100

people aged 65 and over with a limiting illness or disability

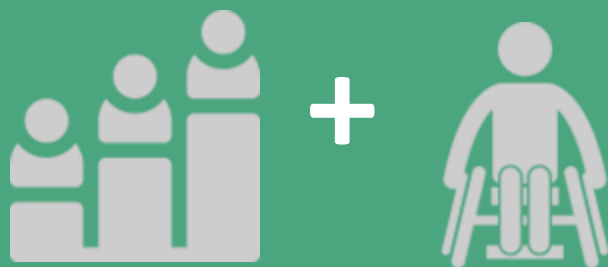
Of these

31,500

are inactive (48%)



What do we know about adults in **lower socio-economic groups** (NS SeC 6-8) **with a limiting illness or disability** in Hertfordshire?



There are

61,200

people in NS SeC 6-8 with a disability



Of these

24,000

are inactive (39%)



What do we know about adults in **lower socio-economic groups and have Asian heritage** in Hertfordshire?



There are

17,800

people in NS SeC 6-8 with Asian heritage

Of these

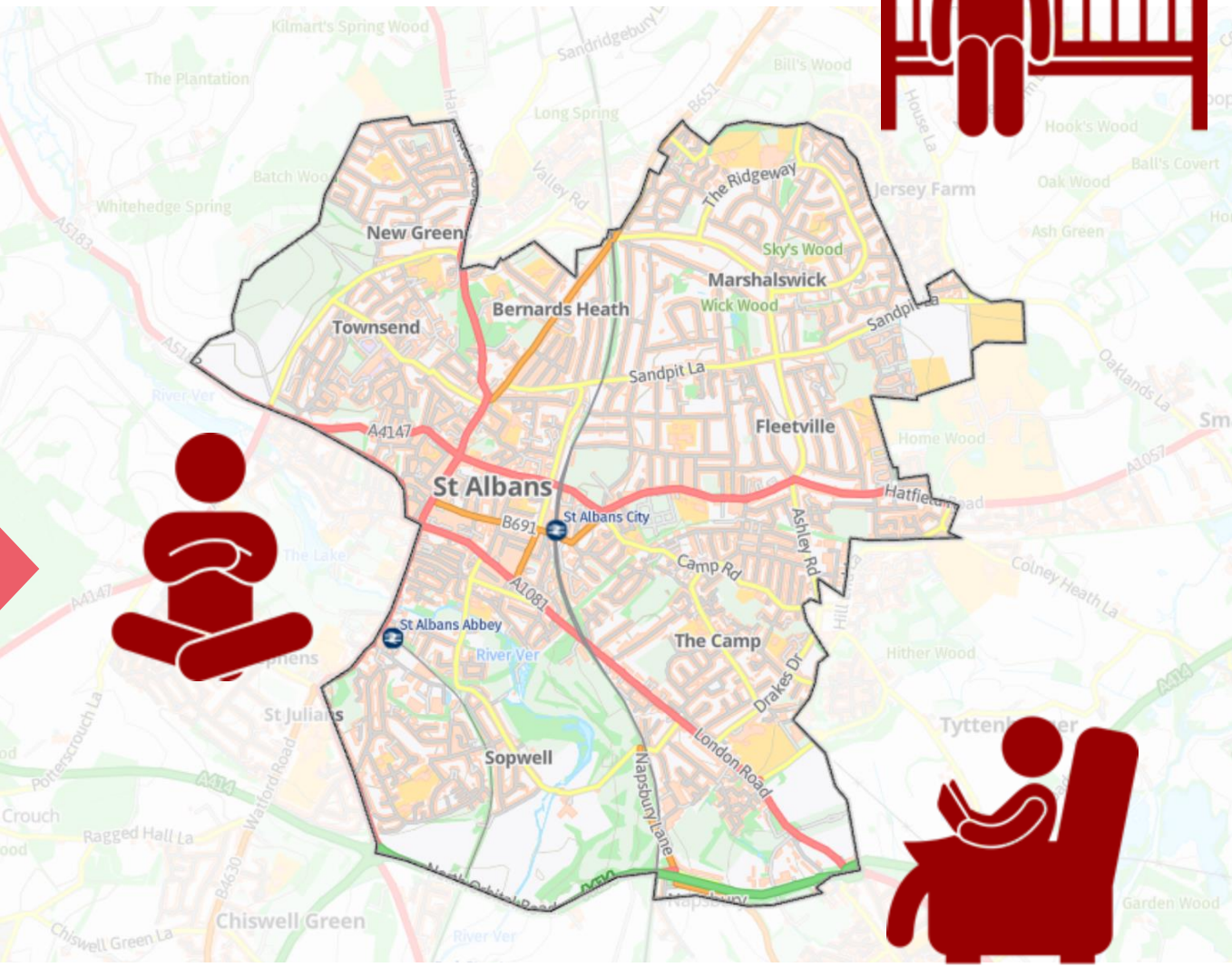
8,500

are inactive (47%)



That's over 60,000 inactive people

Roughly the same as the number of people who live in St Albans



Data is for: Hertfordshire

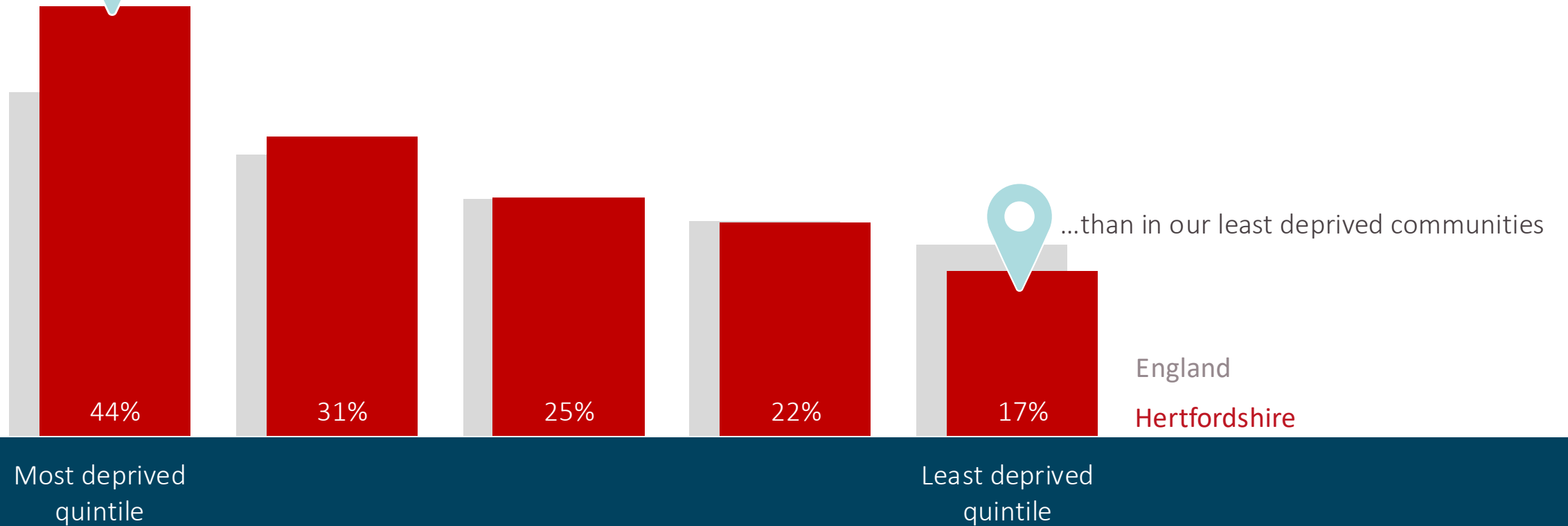
Source: Sport England Active Lives Survey 2015-16 to 2022-23 (16+)
Measure: Physical activity levels (excluding gardening)



Where we live makes a difference



Inactivity in our most deprived communities is **2.5 times** higher



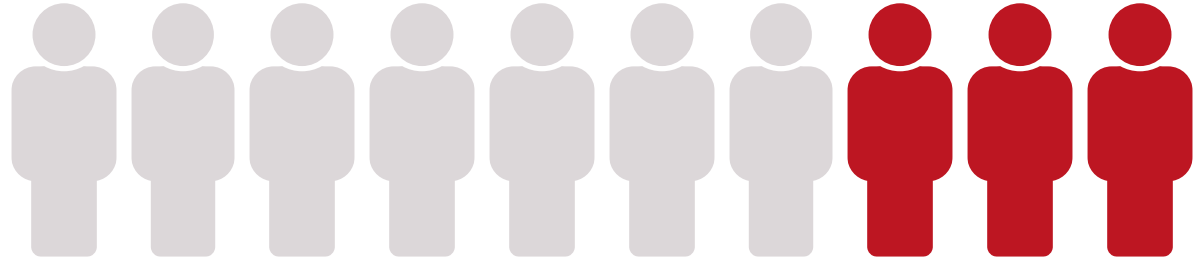
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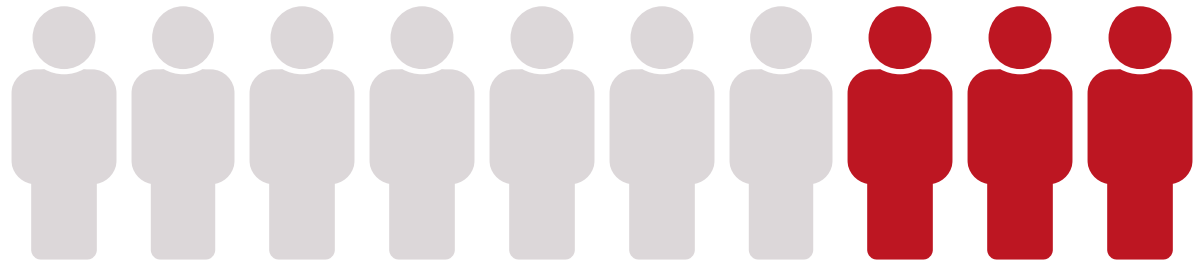
When we are **out of the workforce**, our inactivity levels appear to rise substantially



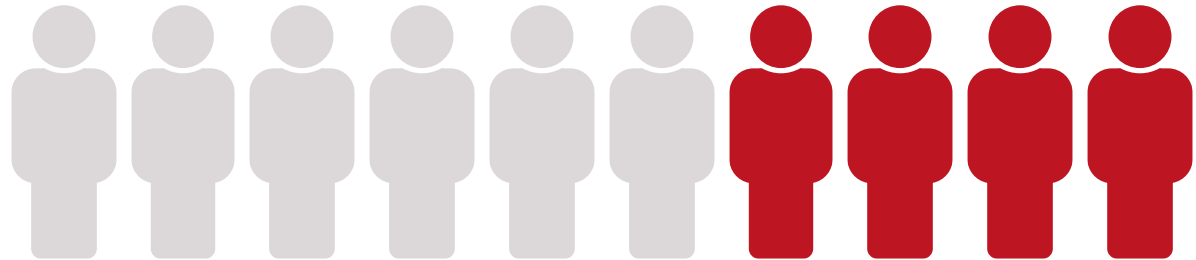
3 in 10 people who are **unemployed** are inactive



3 in 10 **retired** people are inactive



4 in 10 **disabled people** without work are inactive



Active and fairly active

Inactive

Physical inactivity affects over 200,000 Hertfordshire residents, with stark inequalities across our communities.

- Prioritising resources towards the groups with **multiple inequality factors** will help to address these inequalities
- Living in **areas of deprivation** or being **economically inactive** presents significant barriers to physical activity
- All of these priority groups represent **growing populations** in Hertfordshire, making addressing these inequalities increasingly important

