

## Salford Overview (Nov 2017-18)

**25.5%**

### Inactive

Do less than 30 minutes a week.

**14.8%**

### Fairly Active

Don't reach 150 minutes per week.

**59.7%**

### Active

Do 150 minutes or more a week.

## MORE PEOPLE MOVING



Overall there are 149,600 adults moving in Salford, an increase of 14,100 adults since 2015-16. Whilst those achieving 150 minutes a week has increased by 6,800 adults (+2.2%), those who are fairly active has increased by 7,600 adults (+3.4%).

## 1/4 OF ADULTS INACTIVE

There are still over a quarter of adults (25.5%) that are inactive (not achieving 30 minutes of activity a week), which is below the GM average of 26.8% and above the national average of 25.1%. This equates to 51,200 adults in Salford who are inactive, which is a decrease by -5.6% and 9,900 adults since 2015-16.

## 4/10 ADULTS & 6/10 CYP

There are still 4/10 (40.3%) adults (16+ years) and 6/10 (56.4%) CYP (Children and Young People, between 5-15 years) not reaching Chief Medical Officers Guidelines, to benefit their health. This is higher than the GM average for adults at 39.4% and less than the GM average for CYP at 60.1%.



## GM TARGETS

**1.896M** Moving

towards the target of **2M**  
moving by **2021**

**30TH**

most active region out of  
45.

**69.6%**

Active/ Fairly Active towards  
the target of 75% by  
**2025**

# PEOPLE IN A PLACE

There are significant inequalities in **inactivity** levels across people and place. The trend at a GM and national level since 2015-16 has seen the gender, disability and age (between 16-34 year olds and 75+) inactivity gaps narrow, or improve, but the socio-economic status (SES, between SES 6-8 and SES 1-2) gap has remained the same.

Whereas in **Salford**, the SES and disability gaps have narrowed but the gender and age gaps have increased.

The **gender** gap has increased by **+4.4%** to 7.1%, the second highest across GM.

The **SES** gap has narrowed considerably by **-16.4%**, the biggest decrease across GM, and the lowest gap at 7.4%, despite starting with the biggest gap of 23.8% in 2015-16.

**FEMALE**  
decreased by  
-3.1% to  
**29.2%**

**MALE**  
decreased by  
-7.5% to  
**22.1%**  
Third lowest  
across GM.

**SES 1-2**  
decreased by  
-1.2% to  
**16.9%**

**SES 3-5**  
increased by  
+2.3% to  
**27.4%**

**SES 6-8**  
decreased by  
-19.2% to  
**24.3%**  
From highest to  
lowest across  
GM.

The **disability** gap has narrowed by **-3%**.

The **age** gap has increased by **+5.7%** and is the highest across GM at 44.5%. Inactivity has decreased across all age groups but more so in the younger age groups.

**DISABILITY**  
decreased by  
-9.3% to  
**40.6%**

**NO  
DISABILITY**  
decreased by  
-6.3% to  
**20%**  
Second lowest  
across GM.

**16-34**  
decreased by  
-6.4% to  
**14.7%**  
Lowest across  
GM.

**35-54**  
decreased by  
-5.6% to  
**24.2%**

**55-74**  
decreased by  
-4.9% to  
**32.2%**

**75+**  
decreased by  
-0.7% to  
**59.2%**  
Second highest  
across GM.