**Active Lives Results** 

75.2%

74.9%

26.7%

12.1%

61.2%

74.4%

**Inactive**Less than 30 minutes a week.

**Fairly Active** 30-149 minutes a week.

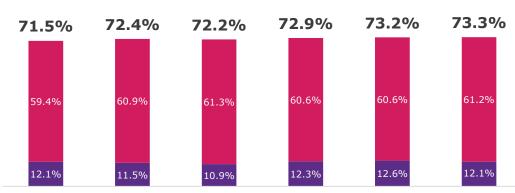
Active 150+ Minutes per week.

• 73.3% of adults in Greater Manchester (GM) are moving, at least 30 minutes a week, equivalent to 1.639 million adults.

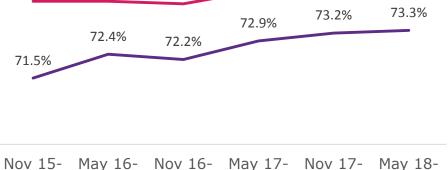
74.4%

- This is a significant improvement since baseline (November 2015-16) of 1.8% and 68.1 thousand adults.
- But only a slight improvement in the last year:
  - in the last 12 months (since May 2017-18) of 0.4% or 14.9 thousand more adults moving
  - in the last 6 months (since November 2017-18) of 0.1% or 8.6 thousand more adults moving.
- Still below England average of 75.2%, but double the rate of improvement at 1.8%, compared to 0.8% nationally.

#### **GM % Adults Moving (Fairly Active and Active)**



## Nov 15-16 May 16-17 Nov 16-17 May 17-18 Nov 17-18 May 18-19 Fairly Active Active



74.8%

**GM % Adults Moving (Fairly Active and Active)** 

74.3%

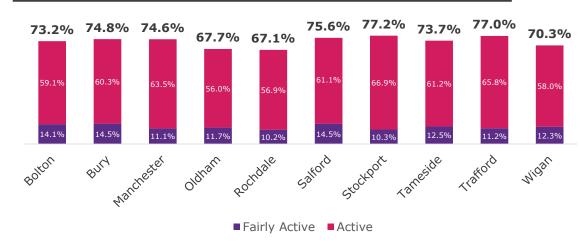


# Headline Adult Active Lives Statistics Greater Manchester Overview

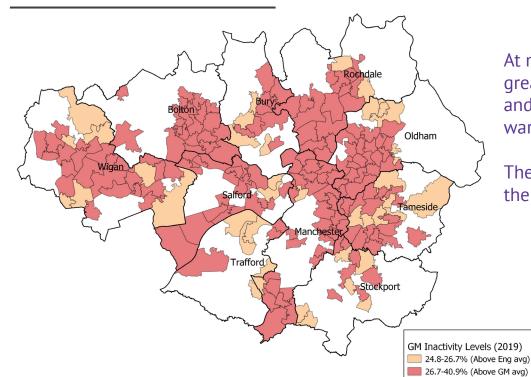
Inactivity levels range from 32.9% in Rochdale to 22.9% in Stockport. Although this gap has closed from 11.4% to 10% since November 2015-16, it has risen from 8.7% in the last 6 months.

Salford, Stockport and Trafford have lower inactivity levels than nationally (24.8%).

#### **GM Boroughs % Adults Moving (Fairly Active and Active)**



#### **Mapping of Inactivity Levels**



At middle-super output area (MSOA) level the range is even greater, varying from 40.9% om Oldham 022 (across St. Mary's and Alexandra wards) to 10.2% in Manchester 060 (Deansgate ward), out of 346 MSOA's.

The orange is above the England average and the red is above the GM average for inactivity.

## Headline Adult Active Lives Statistics Greater Manchester Overview

**Active Lives Results** 

#### **Inactivity by Demographics in GM over time**

### Inactivity by Demographics in GM compared to England



Inactivity has decreased for all demographics in GM, apart from 16-34 year olds, and more so than nationally.

It is highest for those aged 75+, with a disability and those from lower socio-economic backgrounds (NS SEC 6-8).

But still remains higher than the national average across all demographics.



### **TARGETS**

When added to the number of children and young people moving in GM this equates to the following:

1.905M

moving towards the target of 2 million by 2021

69.5%

moving towards the target of 75% by 2025