Headline Adult Active Lives Statistics

Trafford Overview

November 2018-19

Active Lives Results

23.1%

10.9%

66.0%

Inactive Less than 30 minutes a week. **Fairly Active** 30-149 minutes a week.

Active 150+ Minutes per week.

Trafford Adults are Moving

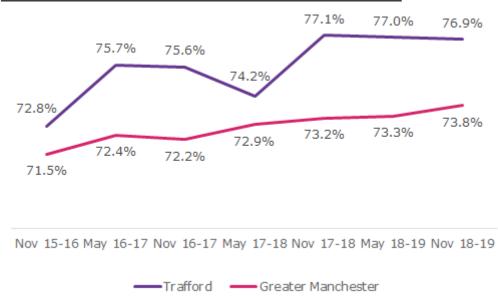
This is equivalent to 143,000 adults moving for at least 30 minutes a week.

- This is an increase since baseline (November 2015-16) of 4.1%.
- Faster rate of growth than the Greater Manchester (GM) average, Trafford still remains above the GM average for moving.
- The last 12 months (since Nov 2017-18) has seen a decrease in activity levels of 0.3% with 200 fewer adults moving in Trafford.

Adults Moving in Trafford (Fairly Active and Active)



Adults Moving in Trafford and Greater Manchester



Adult Active Lives Statistics: Demographics

November 2018-19

Active Lives Results

Trafford Overview

Since the first Active Lives release, (November 2015-16), Trafford has seen a decrease in inactivity levels across a number of cohorts. The largest decreases in inactivity have been amongst those from middle income categories with a 13.1% decrease, those aged 55-74, a 9.6% decrease, and females, an 8.8% decrease.



With females moving more and male inactivity rising the inactivity gender gap has reduced to 2.9%. This is higher than the GM gap of 2.5%.



Both those with a long term limiting disability and those without have become more active, this has helped reduce the inactivity disability gap to 25.5%. This is higher than the GM gap of 21.4%.

Inactivity by Demographics in Trafford over time

Inactivity by Demographics in Trafford compared to GM

