

Headline Adult Active Lives Statistics

November 2018-19

Salford Overview

Active Lives Results

23.3%

Inactive
Less than 30 minutes a week.

11.9%

Fairly Active
30-149 minutes a week.

64.8%

Active
150+ Minutes per week.

5,800

More adults moving in the last 12 months

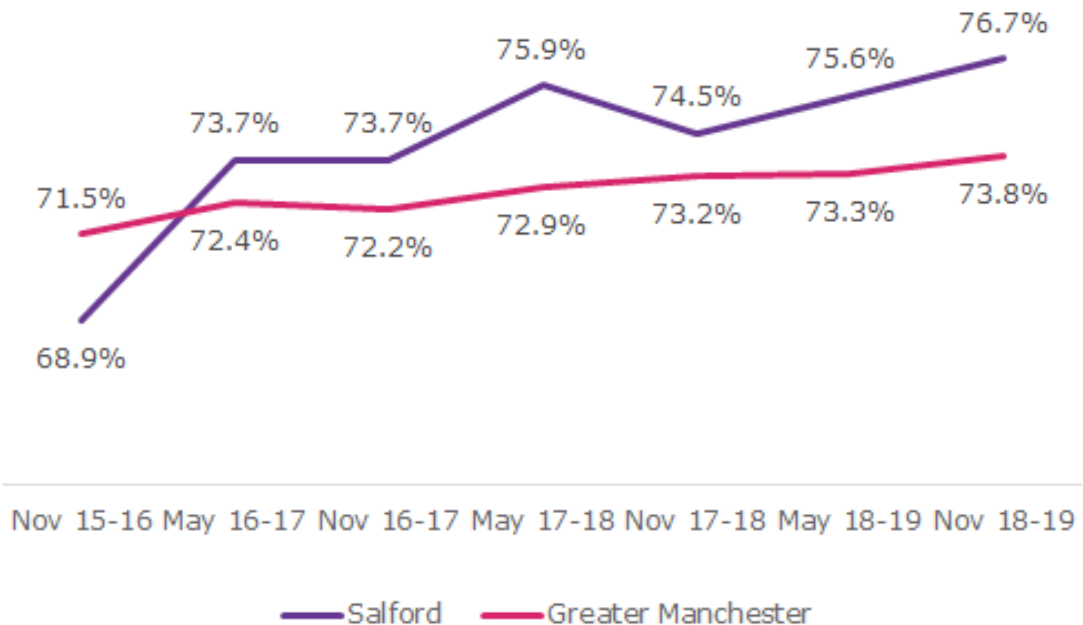
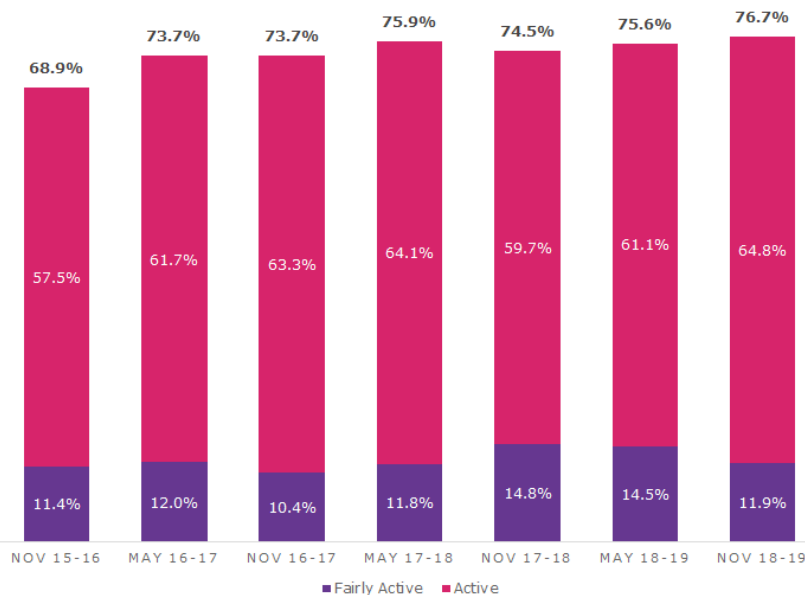
76.7%

Salford Adults Moving
This is equivalent to 155,600 adults moving for at least 30 minutes a week.

- This is an increase since baseline (Nov 2015-16) of 7.7%.
- Faster rate of growth than the Greater Manchester (GM) average, Salford is remains above the GM average for moving.
- The last 12 months (since Nov 2017-18) has seen an increase in activity levels of 2.1%.

Adults Moving in Salford (Fairly Active and Active)

Adults Moving in Salford and Greater Manchester



Adult Active Lives Statistics: Demographics

November 2018-19

Salford Overview

Active Lives Results

Since the first Active Lives release, November 2015-16, Salford has seen a decrease in inactivity levels across all cohorts. The largest decreases in inactivity have been amongst those with a long term limiting disability with a 13.0% decrease, those from lower income categories, an 11.6% decrease, and those aged 35-54, a 10.1% decrease.

0.4%

Gender gap decrease since Nov 15/16

Both males and females are moving more, this has helped to close the inactivity gender gap to 2.2%. This is lower than the GM gap of 2.5%.

8.4%

Socio-economic gap decrease since Nov 15/16

A decrease in inactivity for lower income categories and higher income categories has helped to close the inactivity socio-economic gap to 15.4%. This is lower than the GM gap of 15.5%.

6.6%

Disability gap decrease since Nov 15/16

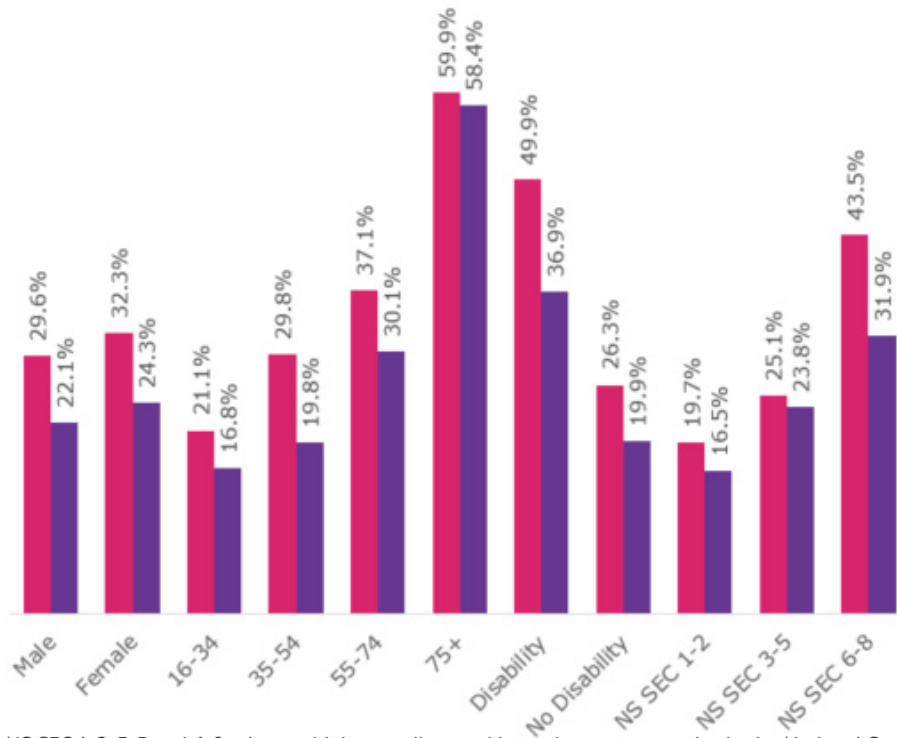
Both those with a long term limiting disability and those without have become more active, this has helped reduce the inactivity disability gap to 17.0%. This is lower than the GM gap of 21.4%.

2.9%

Age gap increase since Nov 15/16

Inactivity has declined across all ages, however, the inactivity age gap between those 75+ and 16-34 has grown to 41.7%. This is higher than the GM gap of 27.1%.

Inactivity by Demographics in Salford over time



Inactivity by Demographics in Salford compared to GM

