

Headline Adult Active Lives Statistics

November 2018-19

Stockport Overview

Active Lives Results

24.3%

Inactive
Less than 30 minutes a week.

13.4%

Fairly Active
30-149 minutes a week.

62.4%

Active
150+ Minutes per week.

1,000

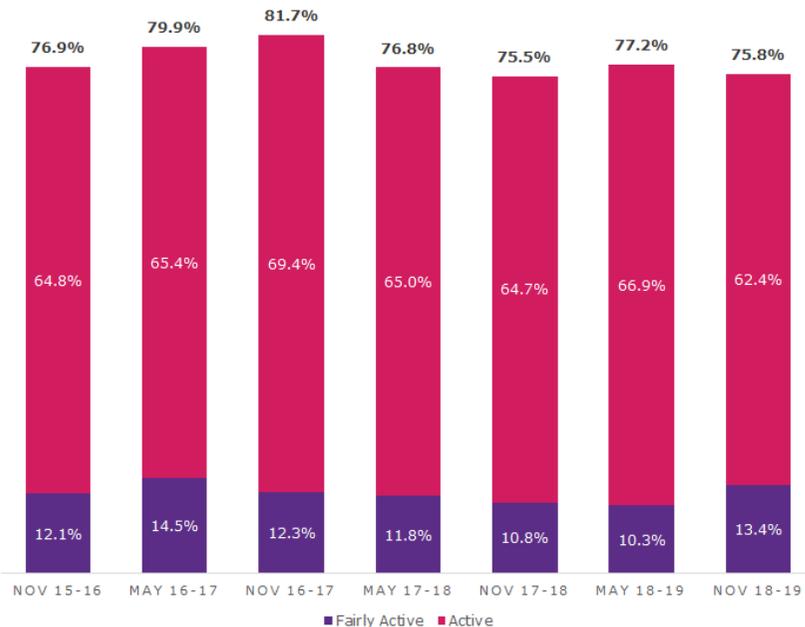
More adults moving in the last 12 months

75.7%

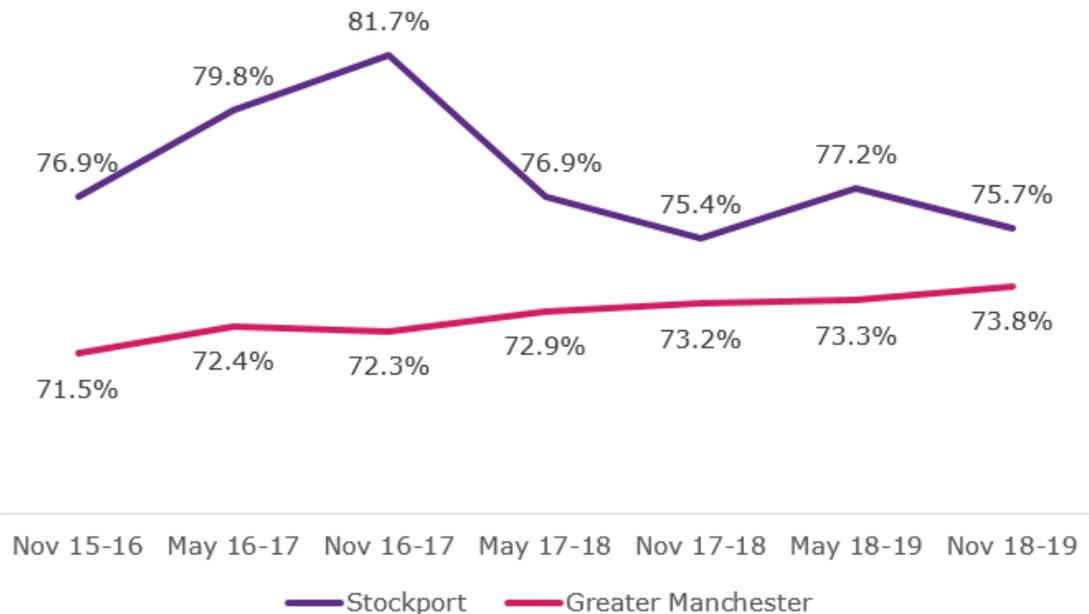
Stockport Adults Moving
This is equivalent to 178,000 adults moving for at least 30 minutes a week.

- This is a decrease since baseline (November 2015-16) of 1.1%, however, Stockport remains above the Greater Manchester (GM) level.
- The last 12 months (since Nov 2017-18) has seen an increase in activity levels of 0.3%.

Adults Moving in Stockport (Fairly Active and Active)



Adults Moving in Stockport and Greater Manchester



Adult Active Lives Statistics: Demographics

November 2018-19

Stockport Overview

Active Lives Results

Since the first Active Lives release, November 2015-16, Stockport has seen a decrease in inactivity levels across a number of cohorts. The exception to this being males, females, 16-34 year olds, those aged 75+ and those without a long term limiting disability. The largest decreases in inactivity have been amongst those with a long term limiting disability with a 6.6% decrease, those aged 35-54 a 1.9% decrease, and those from higher socio-economic categories, a 1.7% decrease.

0.1%
Gender gap increase since Nov 15/16

Both males and females are more inactive, this has contributed to the slight widening of the inactivity gender gap to 1.0%. This is lower than the GM gap of 2.5%.

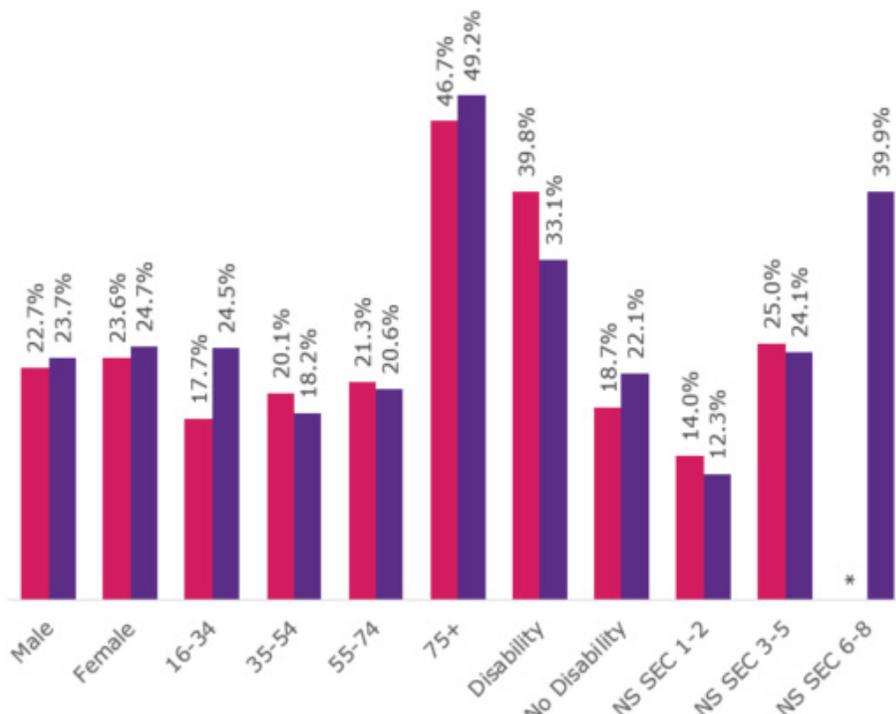
10.0%
Disability gap decrease since Nov 15/16

An increase in activity amongst those with a long term limiting disability and increasing inactivity in those without has helped reduce the inactivity disability gap to 11.0%. This is lower than the GM gap of 21.4%.

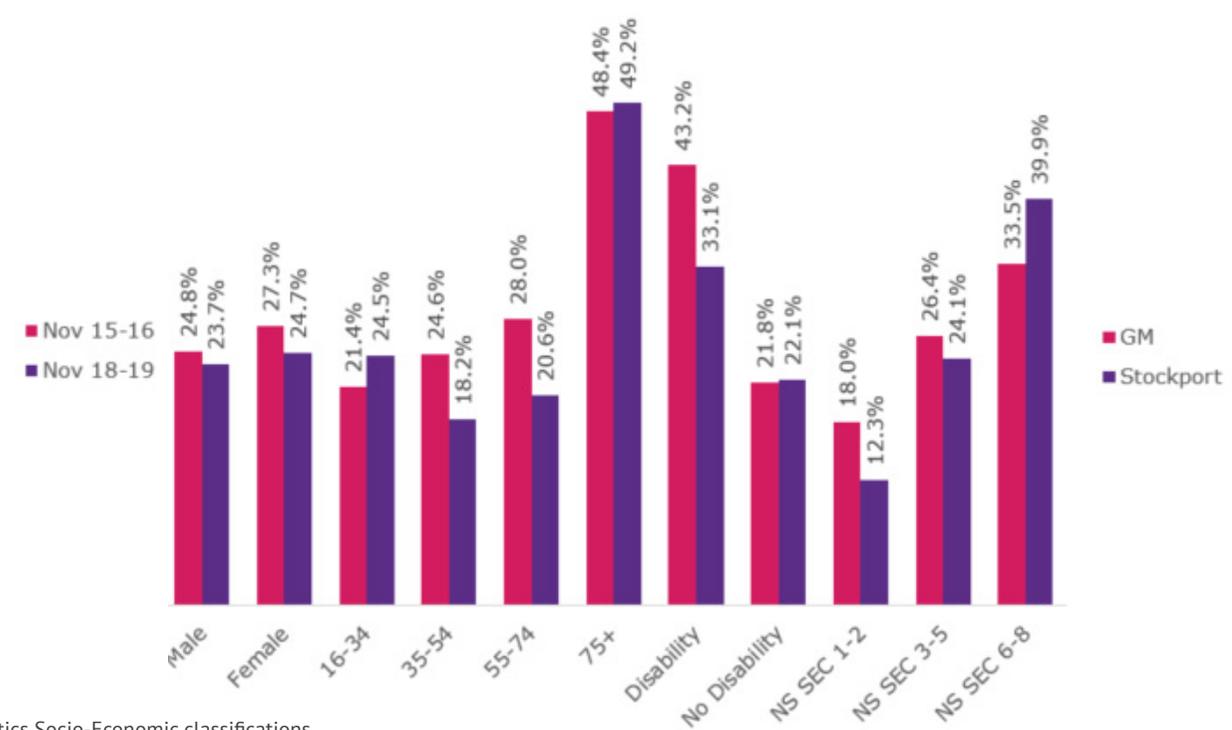
4.3%
Age gap decrease since Nov 15/16

Inactivity has increased amongst both those 75+ and 16-34 and the inactivity age gap has shrunk to 24.7%. This is lower than the GM gap of 27.1%.

Inactivity by Demographics in Stockport over time



Inactivity by Demographics in Stockport compared to GM



NS SEC 1-2, 3-5 and 6-8 relate to higher, medium and lower income categories in the National Statistics Socio-Economic classifications