

# Headline Adult Active Lives Statistics

November 2018-19

## Tameside Overview

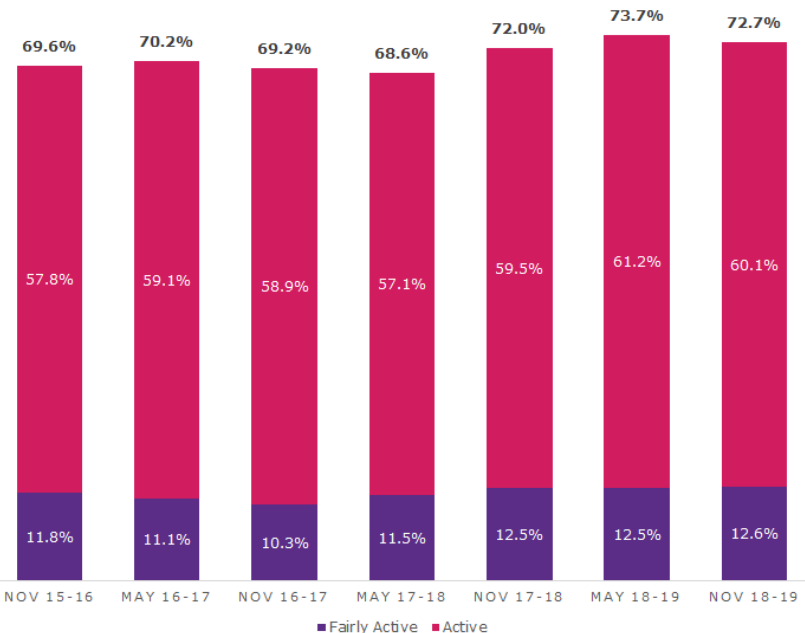
Active Lives Results



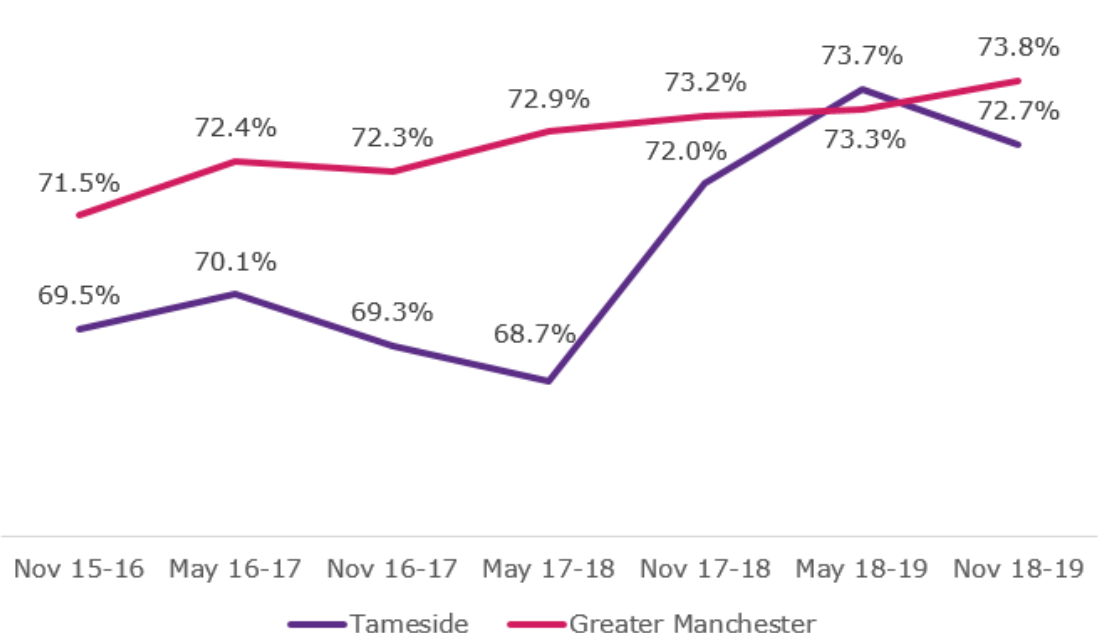
**72.7%** **Tameside Adults Moving**  
This is equivalent to 130,800 adults moving for at least 30 minutes a week.

- This is an increase since baseline (November 2015-16) of 3.2%.
- Faster rate of growth than the Greater Manchester (GM) average.
- The last 12 months (since Nov 2017-18) has seen an increase in activity levels of 0.7%.

### Adults Moving in Tameside (Fairly Active and Active)



### Adults Moving in Tameside and Greater Manchester



# Adult Active Lives Statistics: Demographics

November 2018-19

## Tameside Overview

Active Lives Results

Since the first Active Lives release, November 2015-16, Tameside has seen a decrease in inactivity levels across the majority of cohorts. The exceptions to this are those aged 16-34 and middle income categories. The largest decreases in inactivity have been amongst those aged 55-74 with a 10.6% decrease, those with a long term limiting disability, a 7.1% decrease, and those aged 75+, a 7.0% decrease.

**1.2%**

Gender gap increase since Nov 15/16

Both males and females are moving more, however, the inactivity gender gap has widened to 2.5%. This is the same as the GM gap.

**5.4%**

Socio-economic gap decrease since Nov 15/16

An decrease in inactivity for lower income categories and higher income categories has helped to close the inactivity socio-economic gap to 8.9%. This is lower than the GM gap of 15.5%.

**5.6%**

Disability gap decrease since Nov 15/16

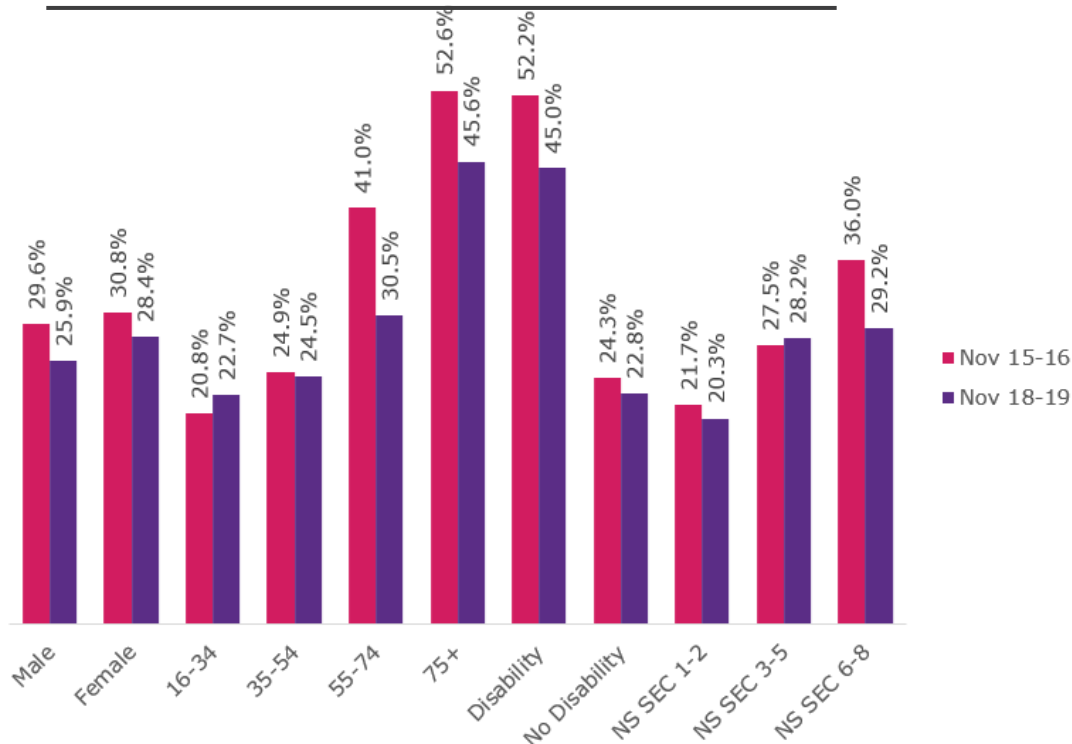
Both those with a long term limiting disability and those without have become more active, this has helped reduce the inactivity disability gap to 22.2%. This is higher than the GM gap of 21.4%.

**8.8%**

Age gap increase since Nov 15/16

Inactivity has declined amongst those 75+ whilst those 16-34 are moving less this has reduced the inactivity age gap to 23.0%. This is lower than the GM gap of 27.1%.

### Inactivity by Demographics in Tameside over time



### Inactivity by Demographics in Tameside compared to GM

