

# Active Notts

Physical activity behaviour  
insight pack  
October 2019



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# Glossary

- **Area** This data pack is for Active Notts
- **Statistically significant** Sport England provide details of whether changes in whole population activity levels are statistically significant or not. These are provided for changes in the last 12 months Nov 17/18 to Nov 18/19 aswell as changes since the first year of the survey (baseline) in Nov 15/16
- **Nearest Neighbours** Nearest neighbours have been selected using the CSPN benchmarking tool focused mainly on the demographic characteristics including levels of deprivation, BME proportions and population size, density and rural-urban classification
- **Peers** This refers to the 45 Active Partnership areas within the Sport England Active Lives survey
- **Percentage points** A percentage point is the unit for the arithmetic difference of two percentages. For example, moving up from 40% to 44% is a 4 percentage point increase, but is a 10 percent increase in what is being measured
- **Trend Points** Trendlines use actual data to show direction of change over time. These are made up of a series of trend points which average the actual data to minimise the impact of fluctuations due to sampling methods. When analysing trends we compare the trend points from Nov 15/16 and Nov 18/19

# Impact of COVID-19 lockdown measures

Between April and May 2020, Sport England ran a COVID-19 Active Lives survey to measure the impact of movement restrictions imposed on the nation during lockdown. The results showed:

- Overall, activity levels held up relatively well throughout – with a third of adults doing 30 minutes or more of physical activity (at a level that raised their breathing rate) on five or more days a week.
- However, below the surface, we saw inequalities among women, people from lower socio-economic groups, older adults, people with a long-term condition, illness or disability, and people from some BAME communities.
- **The data within this pack was gathered between Nov 2018 and Nov 2019.** The Active Lives survey will not start to show the impact of the Covid-19 pandemic until the May 19/20 data is released later this year

# Physical activity recommendations for adults

How physical activity is measured within the Active Lives survey

Based on the Chief Medical Officer for England recommendations (16+)

Active



Percentage of people aged 16+ doing at least 150 minutes of physical activity per week. Bouts of 10 minutes of moderate intensity, vigorous activity counts as double

Fairly Active



Percentage of people aged 16+ doing 30-149 minutes a week of physical activity

Inactive



Percentage of people aged 16+ doing less than 30 minutes of physical activity per week. This includes people doing nothing, 1-29 minutes of moderate intensity exercise or light only exercise



Source: Sport England, Active Lives Adults, Nov 18 to Nov 19 , age 16+, excluding gardening

# Population breakdown

	England	Active Notts
Male	49.2%	49.5%
Female	50.8%	50.5%
No limiting illness	82.4%	80.3%
Limiting illness	17.6%	19.7%
0-15 years	18.9%	18.1%
16-34 years	25.4%	26.2%
35-54 years	27.8%	27.5%
55-74 years	20.2%	20.4%
75+ years	7.7%	7.6%
NS SeC 1-2	31.3%	27.4%
NS SeC 3-5	29.1%	27.3%
NS SeC 6-8	30.6%	34.3%
Unclassified	9.0%	11.1%
White British	79.8%	85.0%
White: Other White	5.7%	3.8%
Asian/Asian British	7.8%	5.2%
Black/African/Caribbean/Black British	3.5%	2.5%
Mixed/multiple ethnic groups	2.3%	2.8%
Other ethnic group	1.0%	0.6%

# Population breakdown by local authority area

	England	Active Notts	Ashfield	Bassetlaw	Broxtowe	Gedling	Mansfield	Sherwood	Nottingham	Rushcliffe
Male	49.2%	49.5%	49.1%	49.6%	49.4%	48.7%	49.1%	49.3%	50.3%	49.2%
Female	50.8%	50.5%	50.9%	50.4%	50.6%	51.3%	50.9%	50.7%	49.7%	50.8%
No limiting illness	82.4%	80.3%	77.5%	78.2%	81.2%	80.7%	76.3%	79.7%	81.9%	84.3%
Limiting illness	17.6%	19.7%	22.5%	21.8%	18.8%	19.3%	23.7%	20.3%	18.1%	15.7%
0-15 years	18.9%	18.1%	19.1%	17.9%	16.9%	17.9%	18.2%	18.2%	18.2%	18.5%
16-34 years	25.4%	26.2%	22.7%	21.0%	22.9%	21.4%	23.8%	20.4%	37.7%	20.6%
35-54 years	27.8%	27.5%	29.0%	28.9%	28.8%	28.9%	28.4%	28.9%	24.0%	29.5%
55-74 years	20.2%	20.4%	22.0%	23.9%	22.8%	23.0%	21.6%	24.0%	14.2%	22.6%
75+ years	7.7%	7.6%	7.2%	8.3%	8.6%	8.7%	7.9%	8.5%	5.9%	8.8%
NS SeC 1-2	31.3%	27.4%	22.3%	26.4%	33.3%	32.3%	23.1%	30.0%	20.3%	44.5%
NS SeC 3-5	29.1%	27.3%	30.2%	29.5%	29.0%	32.2%	29.2%	29.9%	21.4%	27.5%
NS SeC 6-8	30.6%	34.3%	42.2%	38.4%	29.4%	29.4%	41.9%	34.0%	36.0%	19.3%
Unclassified	9.0%	11.1%	5.4%	5.8%	8.3%	6.1%	5.7%	6.1%	22.2%	8.7%
White British	79.8%	85.0%	96.0%	94.5%	89.5%	90.3%	93.2%	94.2%	65.4%	90.3%
White: Other White	5.7%	3.8%	1.7%	2.9%	3.2%	2.7%	3.9%	3.3%	6.1%	2.8%
Asian/Asian British	7.8%	5.2%	0.9%	1.1%	4.1%	2.9%	1.2%	0.9%	13.1%	4.2%
Black/African/Caribbean/Black British	3.5%	2.5%	0.4%	0.5%	0.9%	1.5%	0.4%	0.4%	7.3%	0.6%
Mixed/multiple ethnic groups	2.3%	2.8%	0.9%	0.9%	1.7%	2.3%	1.1%	1.0%	6.6%	1.8%
Other ethnic group	1.0%	0.6%	0.1%	0.2%	0.6%	0.2%	0.1%	0.1%	1.5%	0.4%

# Projected population growth – Active Notts





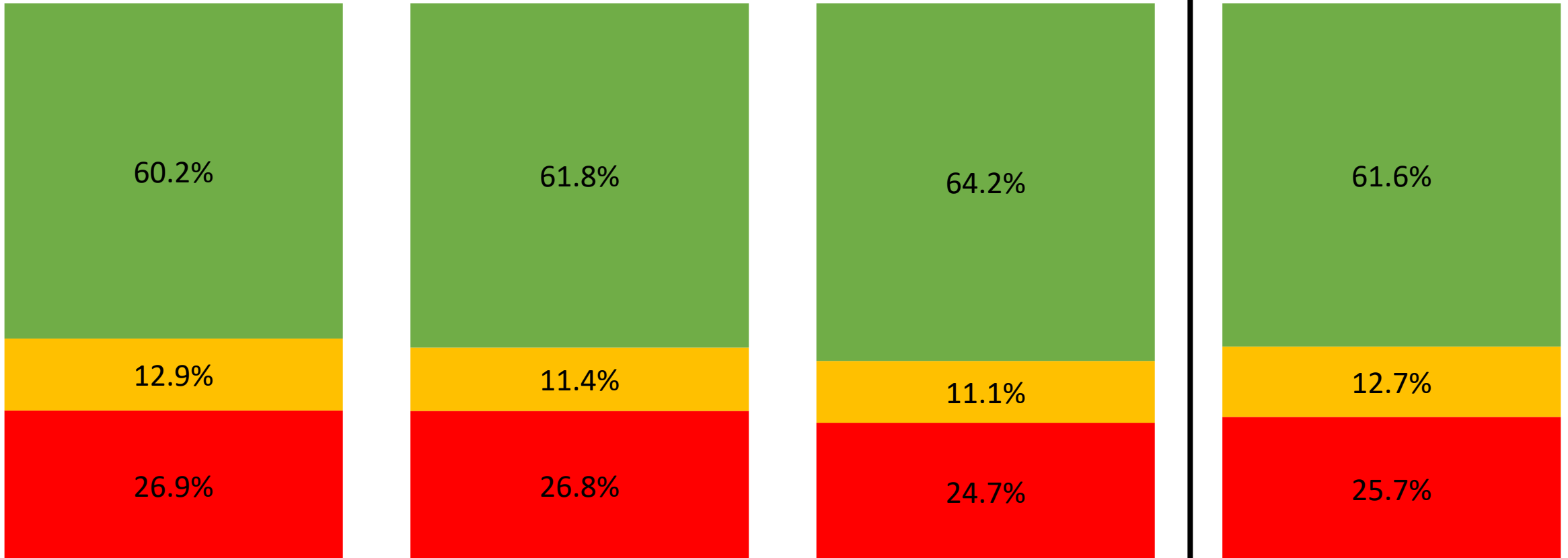
Physical Activity Behaviour:

**Whole Population (aged 16+)**

# Physical activity behaviour over time

Data within this document will be from Nov 18/19 unless otherwise stated

The latest data shows 25.7% of adults in Active Notts are inactive

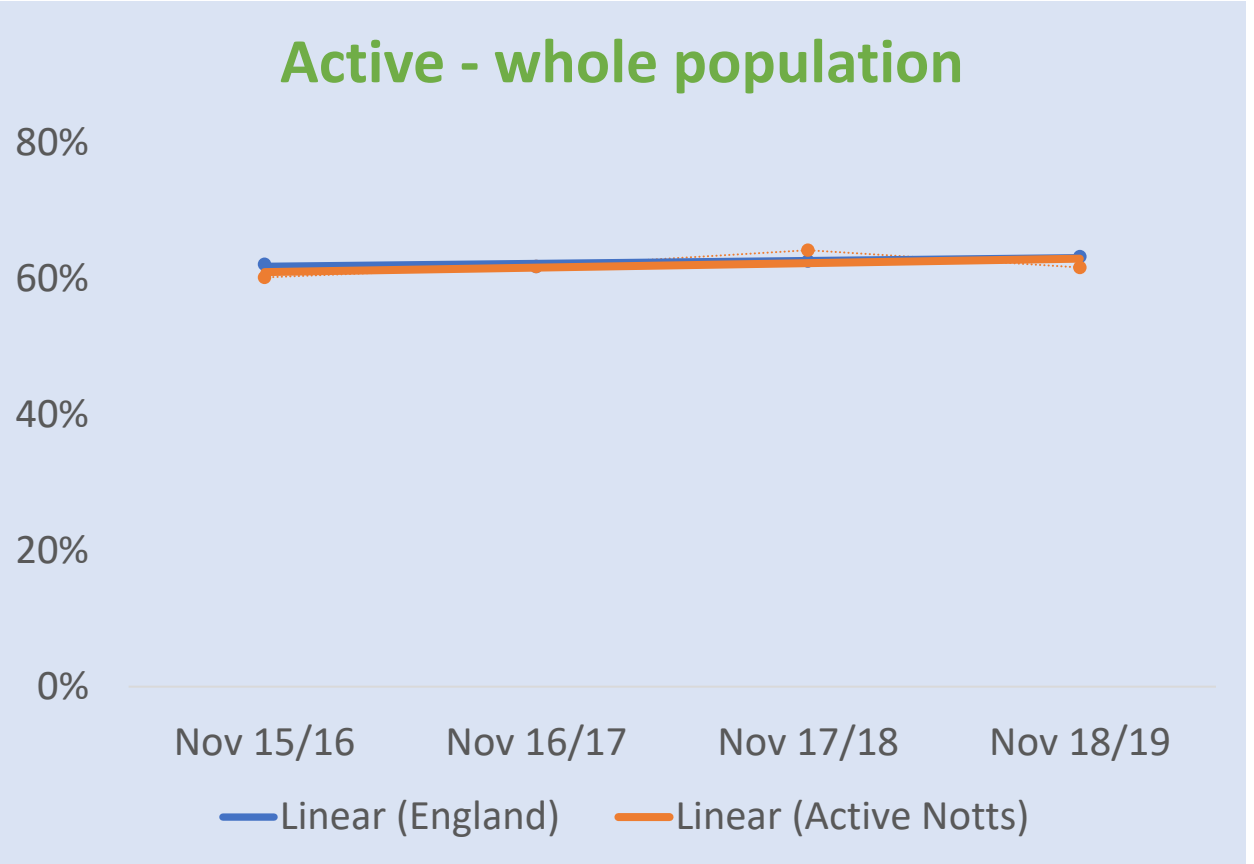
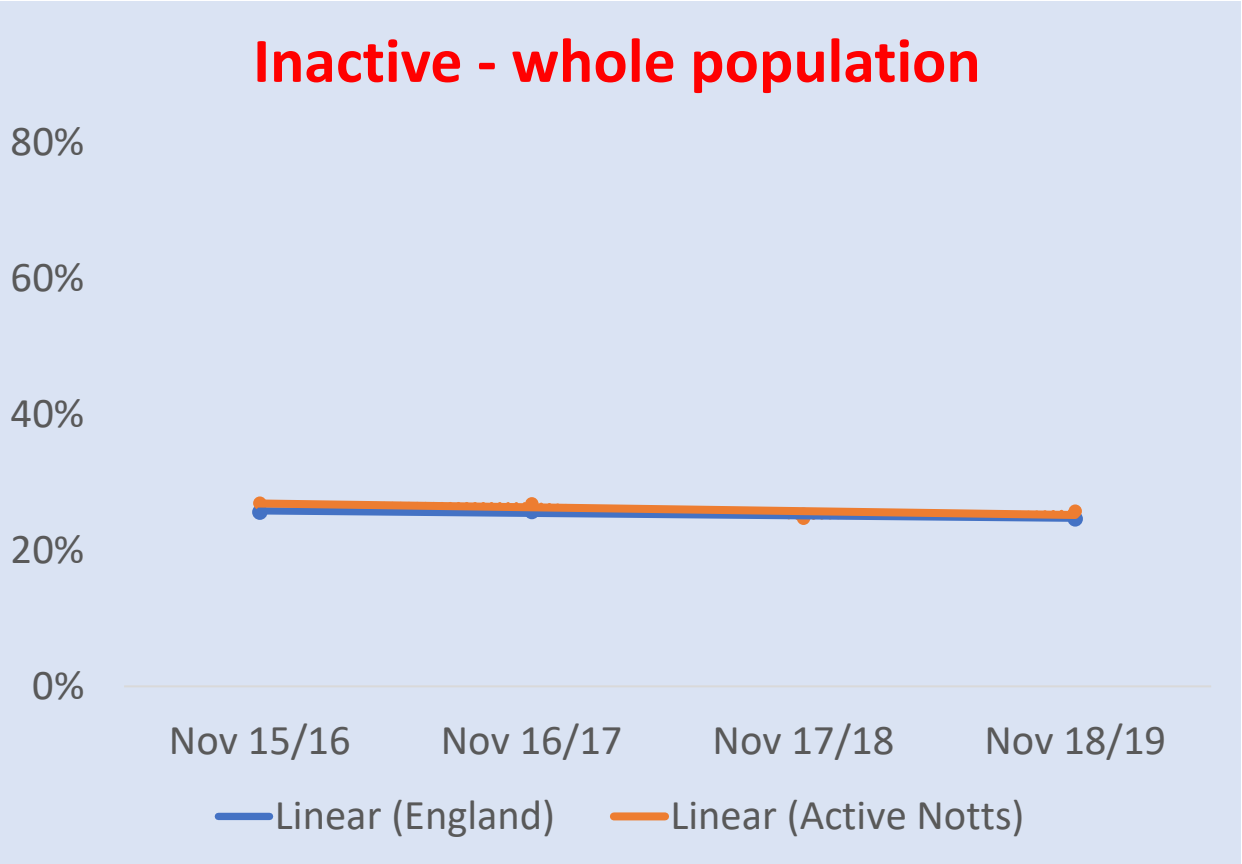


Source: Sport England, Active Lives Adults, Nov 15/16 to Nov 18/19 , age 16+, excluding gardening

# Physical activity behaviour trends

Active Notts has seen no statistically significant change in its inactive levels between Nov 17/18 and Nov 18/19 or since the baseline was taken in Nov 15/16

Active Notts has seen a statistically significant decrease (worsening) of active levels between Nov 17/18 and Nov 18/19 by -2.7% but no statistically significant change since the Nov 15/16 baseline

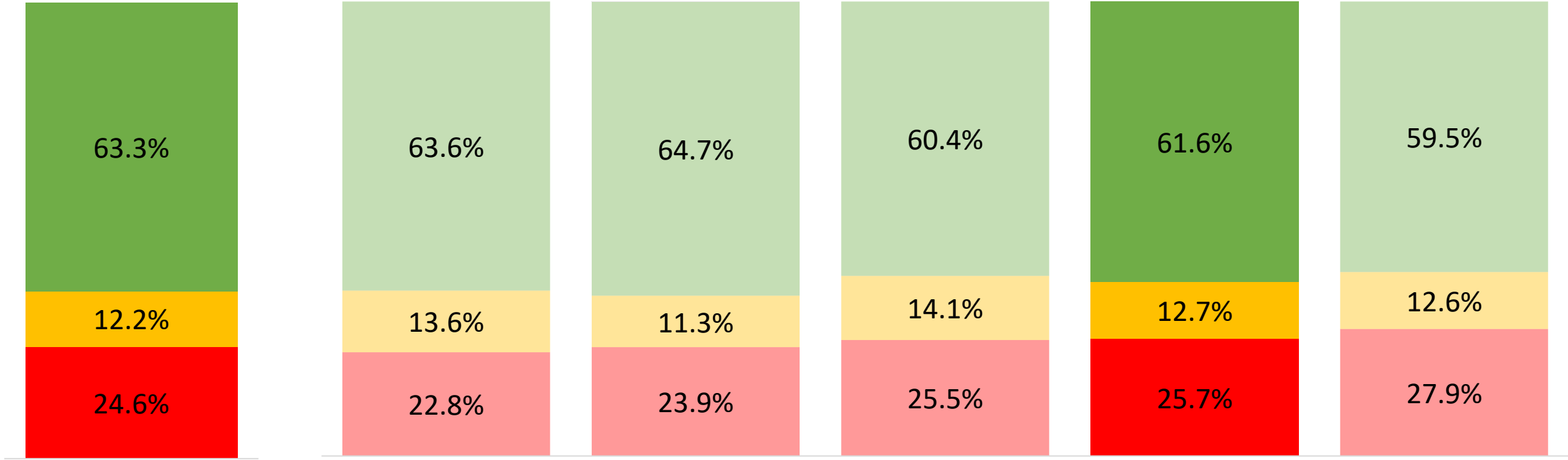


Source: Sport England, Active Lives Adults, Nov 15/16 to Nov 18/19 , age 16+, excluding gardening

# Physical activity behaviour comparisons

England and nearest neighbours

## Whole Population



England

Herefordshire and  
Worcestershire

Derbyshire

Northamptonshire

Active Notts

Staffordshire and  
Stoke-on-Trent

■ Inactive ■ Fairly active ■ Active



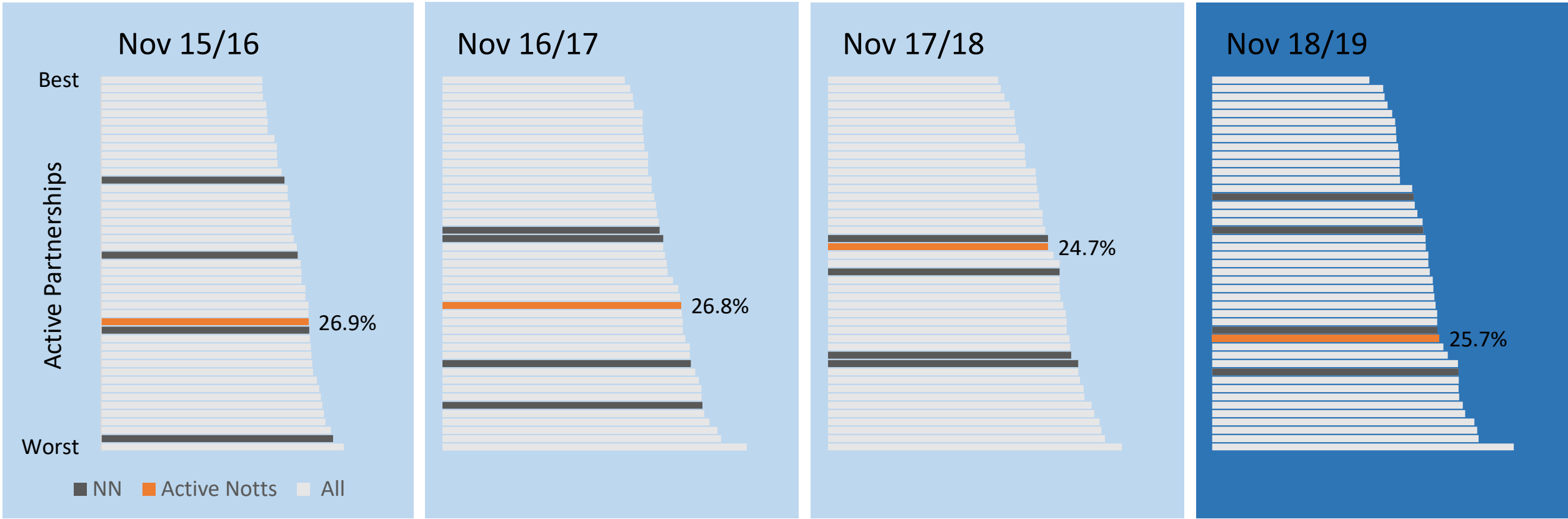
Source: Sport England, Active Lives Adults, Nov 18 to Nov 19, age 16+, excluding gardening

# Inactive behaviour comparisons

Comparison against all Active Partnerships over time

The inactive value for Active Notts currently ranks 32 of 45 Active Partnerships

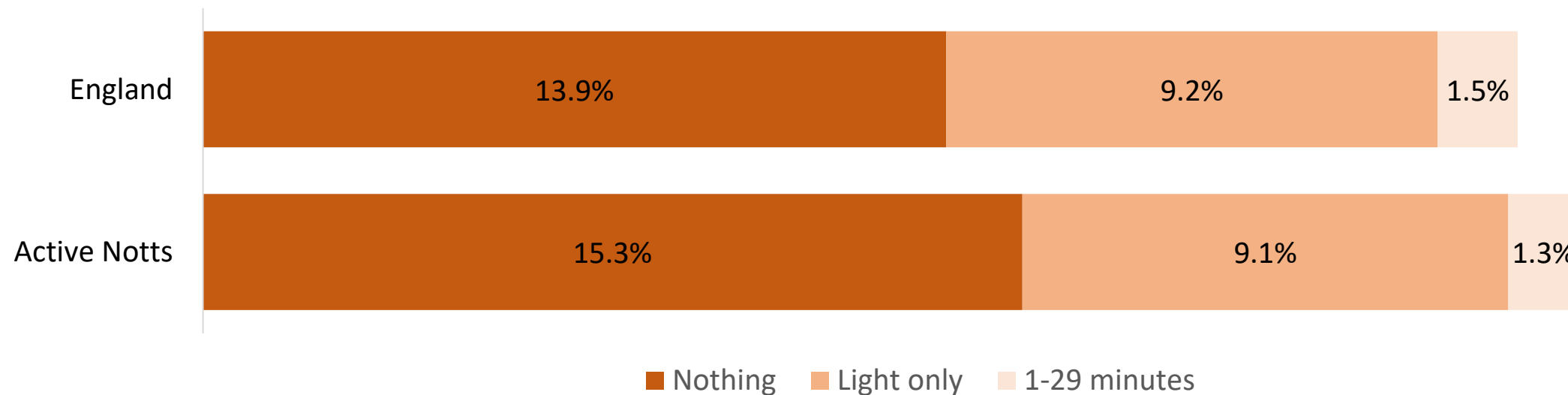
## Whole population



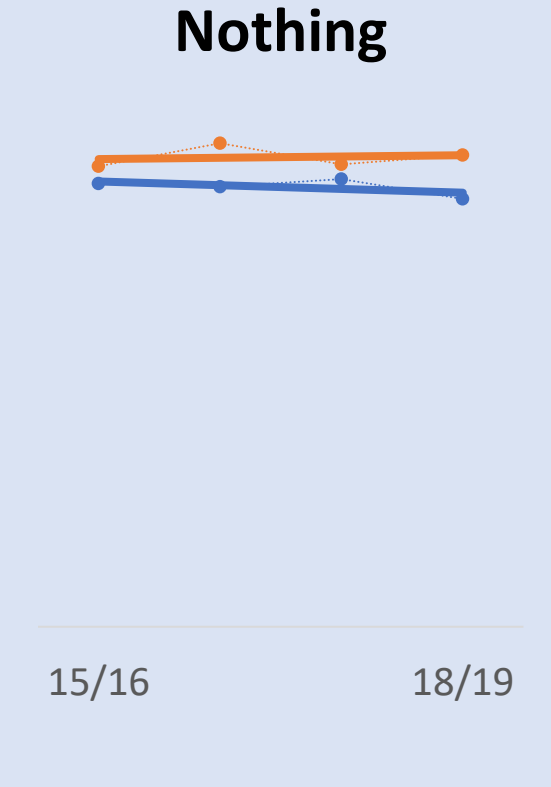
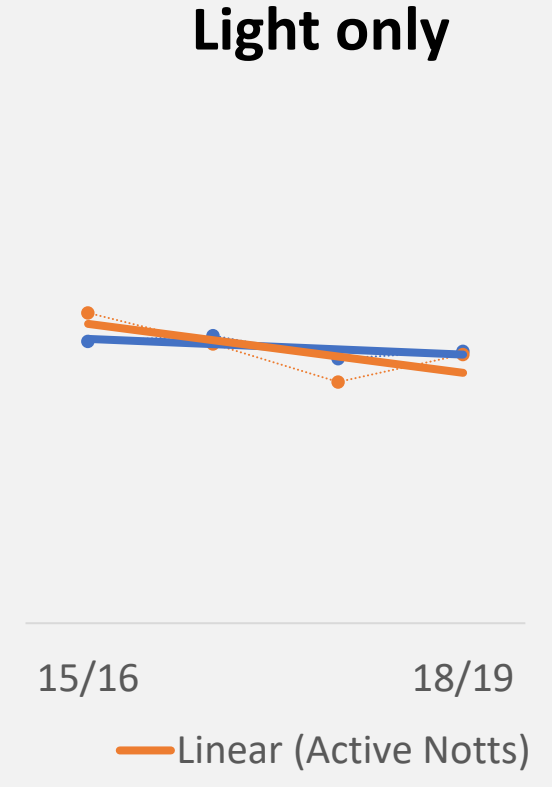
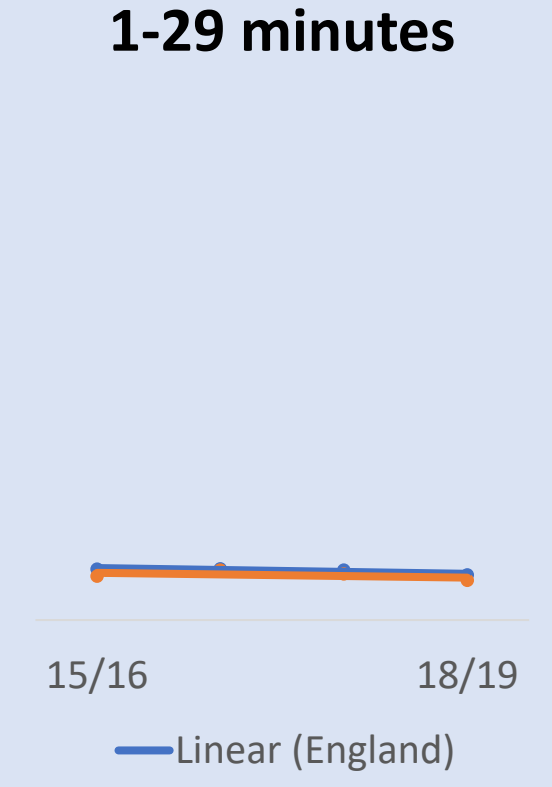
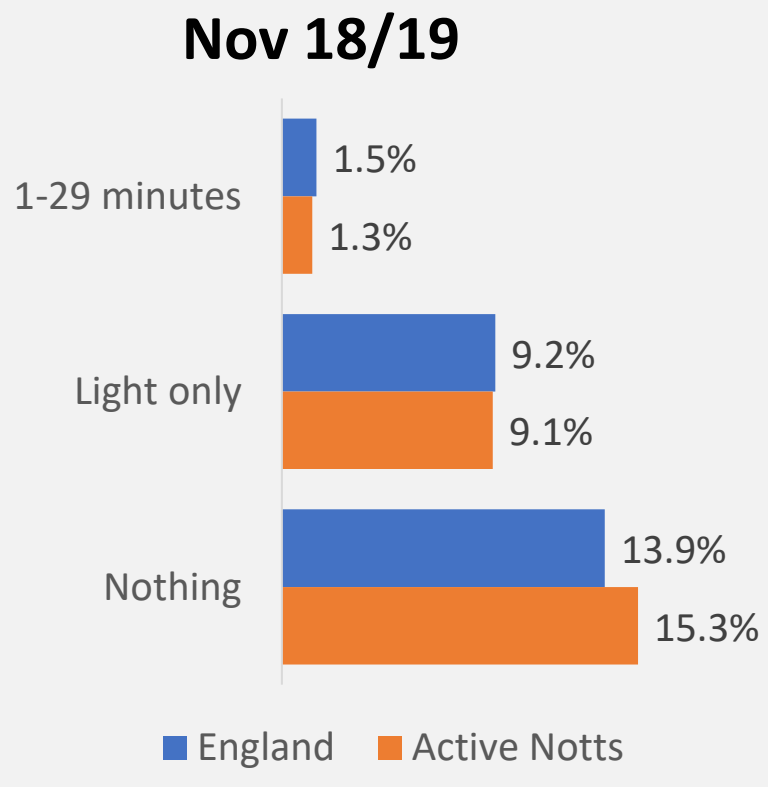
Source: Sport England, Active Lives Adults, Nov 15/16 to Nov 18/19 , age 16+, excluding gardening

# The inactive population of Active Notts is approximately 242,000 people

- Nothing:** 15.3% do no physical activity at all, approximately 144,000 people
- Light only:** 9.1% of the population are missing the intensity, approximately 85,000 people
- 1-29 minutes:** 1.3% are active but not for 30 minutes per week. This is approximately 12,000 people

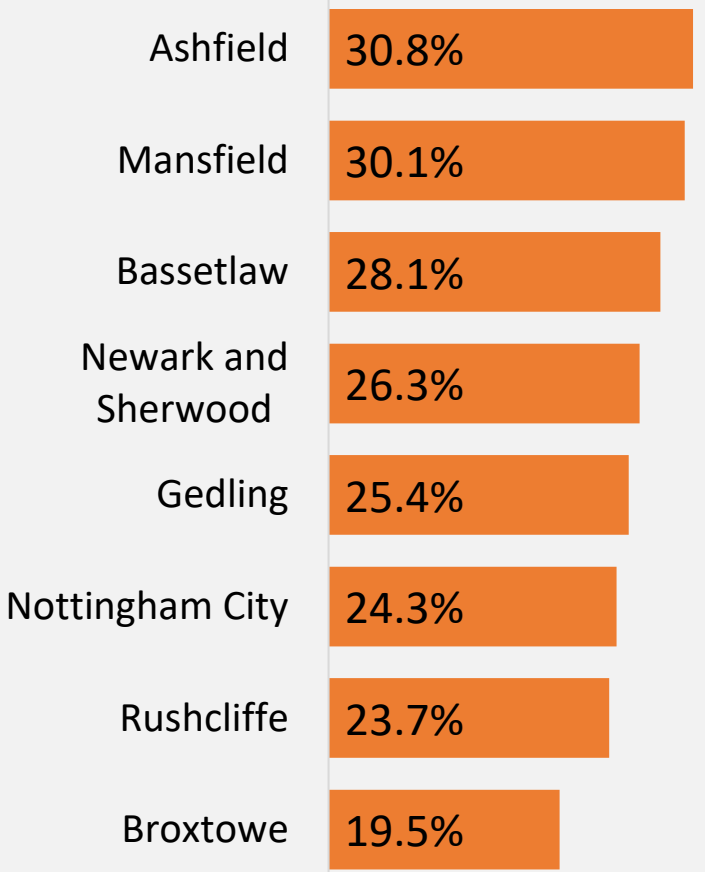


# Physical inactivity behaviour over time

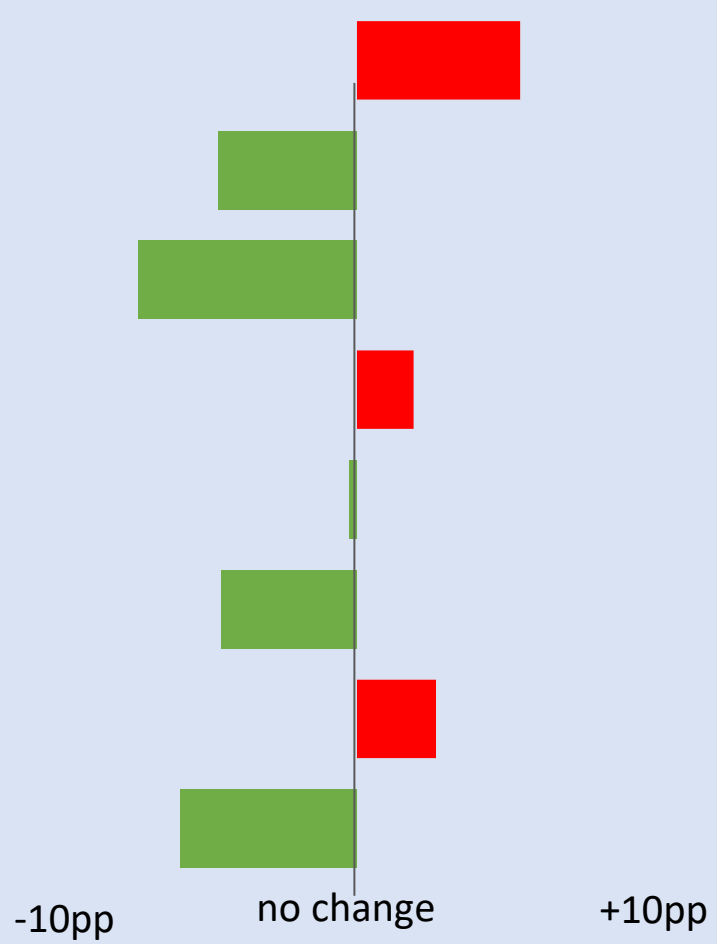


# Inactive behaviour by locality

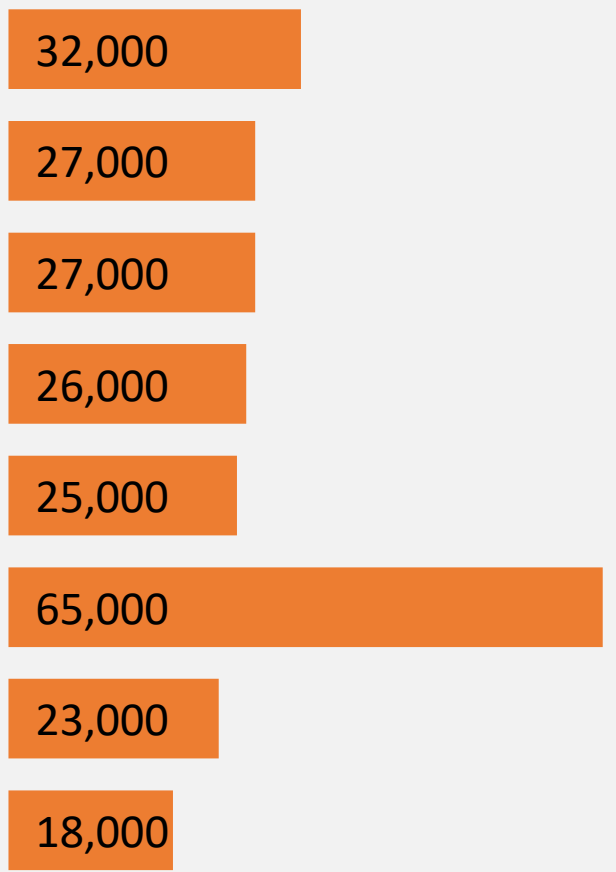
## Inactive Nov 18/19



## Change since Nov 15/16



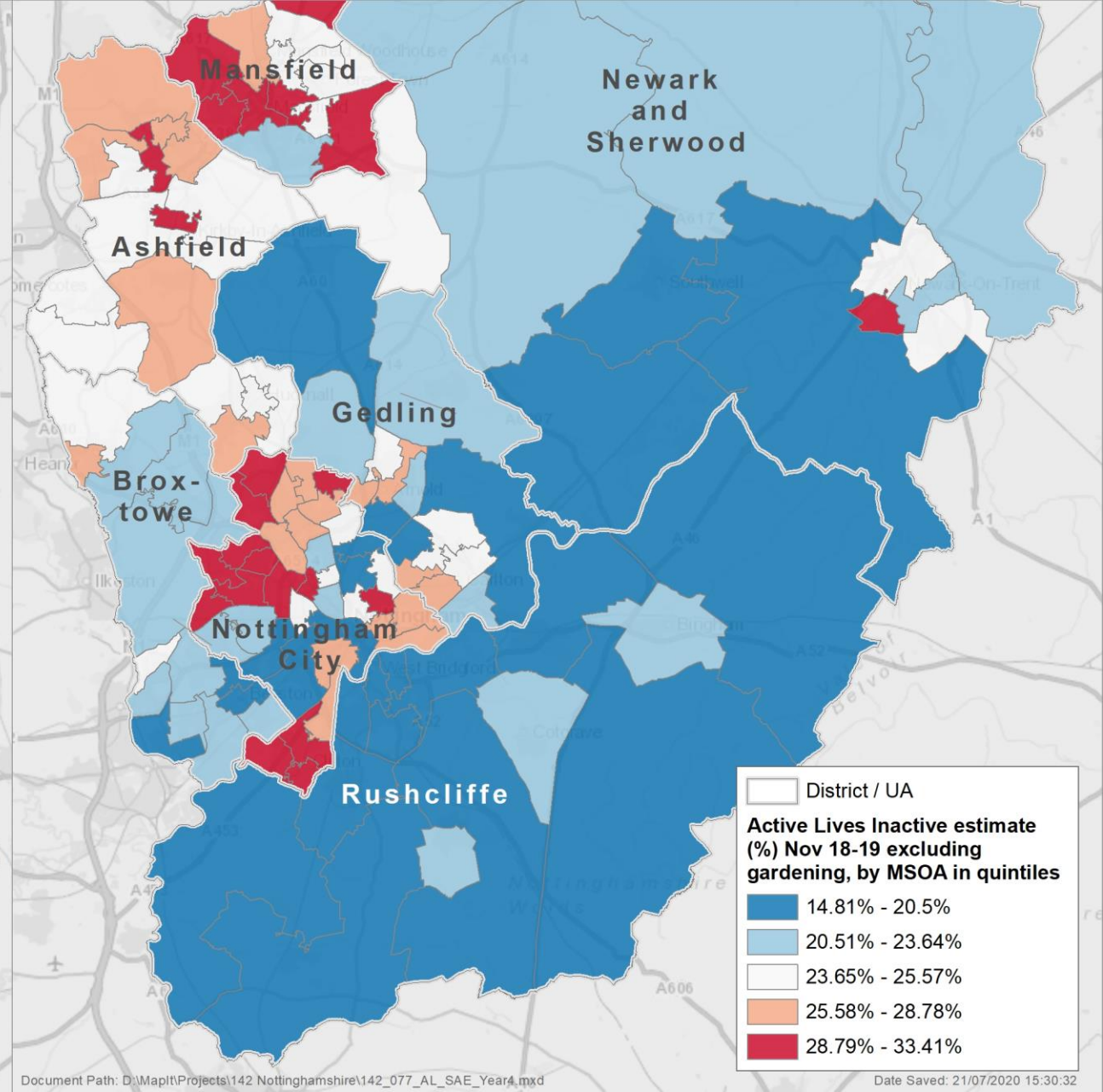
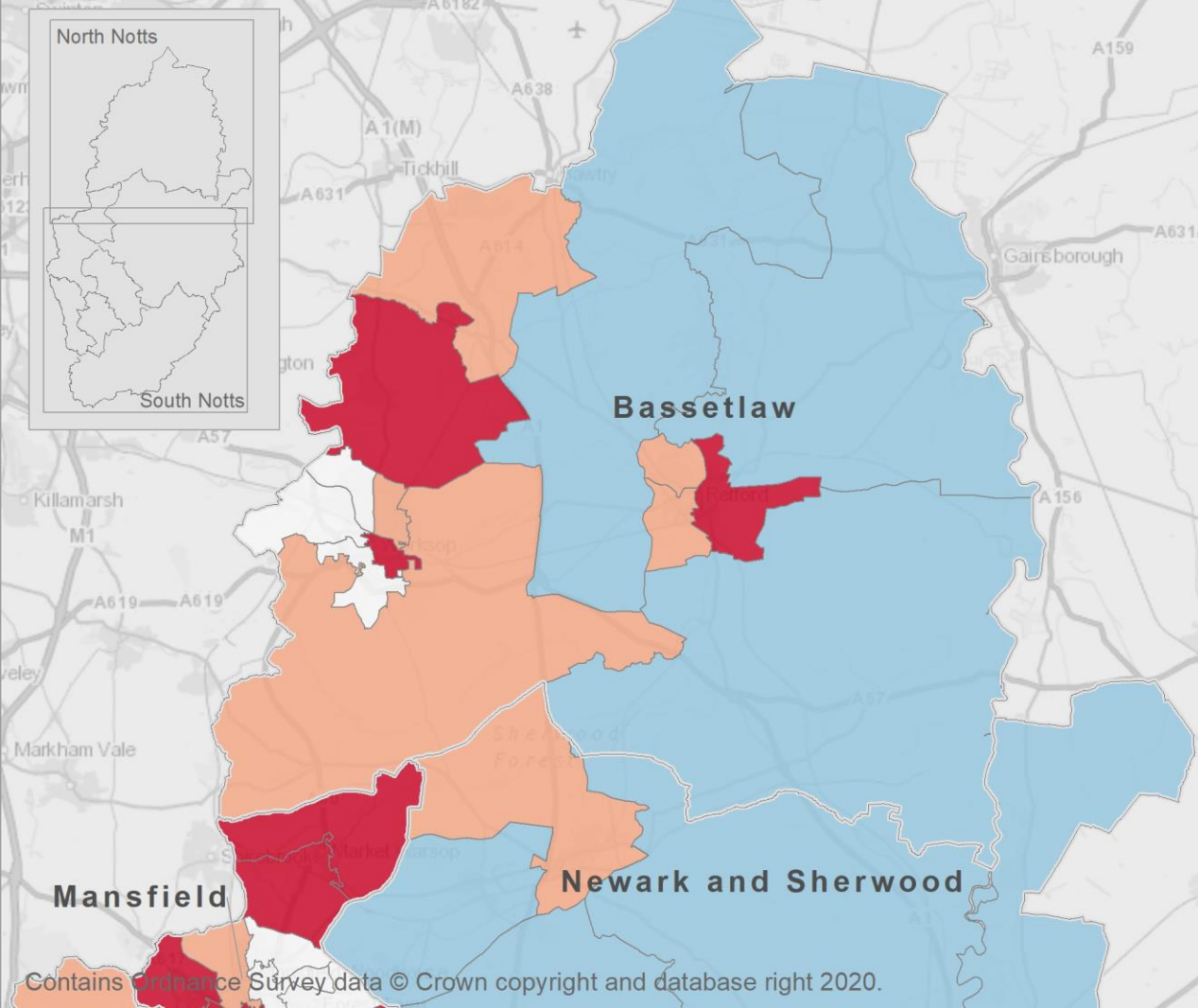
## Inactive population





# Small Area Estimates

Active Lives - Year 4 (Nov 2018/19)



Physical Activity Behaviour:

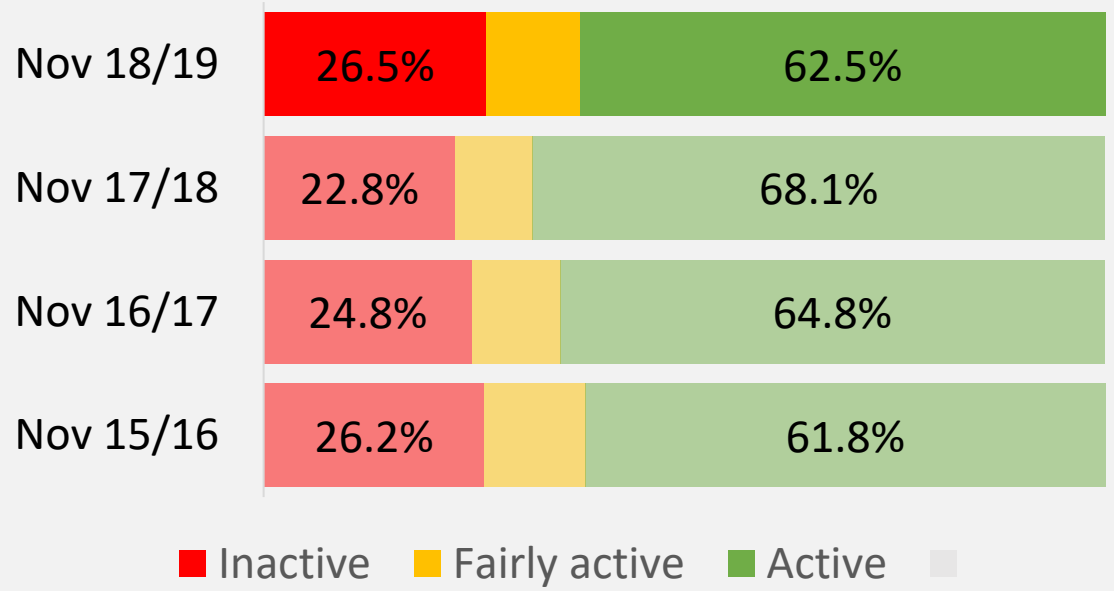
**Gender**

# Male: Physical activity behaviour

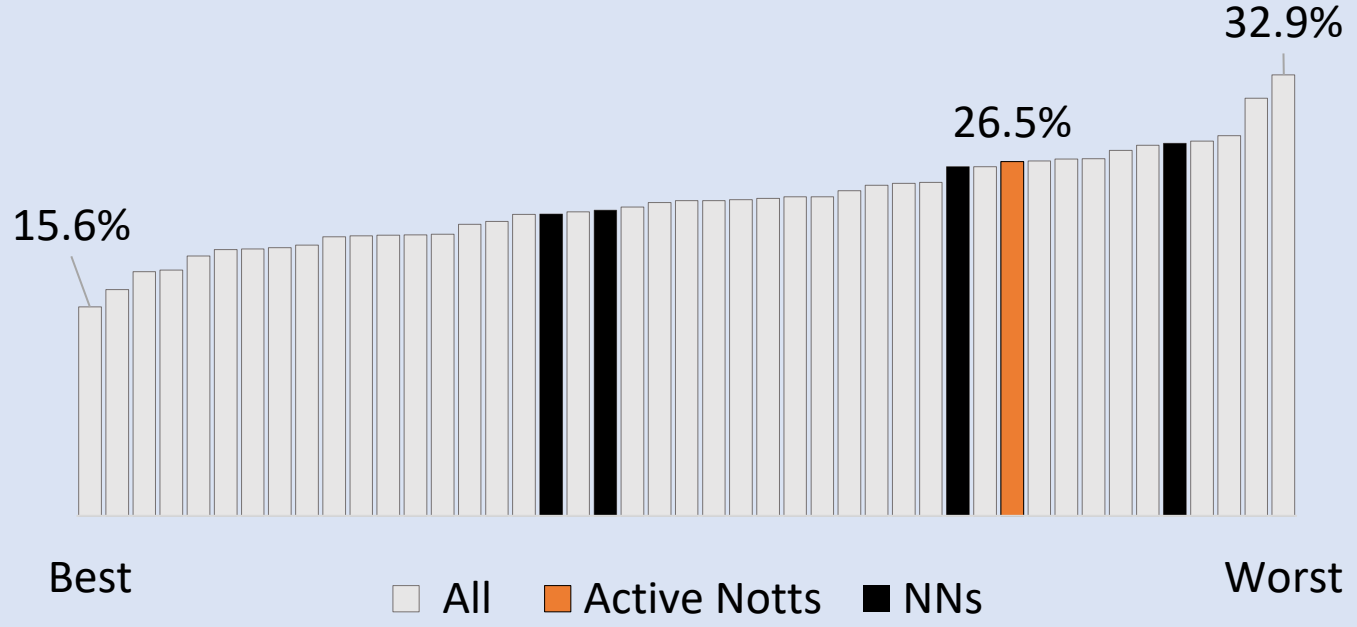
- 26.5% of males across Active Notts are inactive, compared to 23.6% nationally
- There are approximately 123,000 inactive males across Active Notts
- Inactive levels appeared to be improving between Nov 15/16 and Nov 17/18 but have worsened over the last year (Nov 18/19)

## Active Notts

Physical activity behaviour over time



Inactivity compared to peers



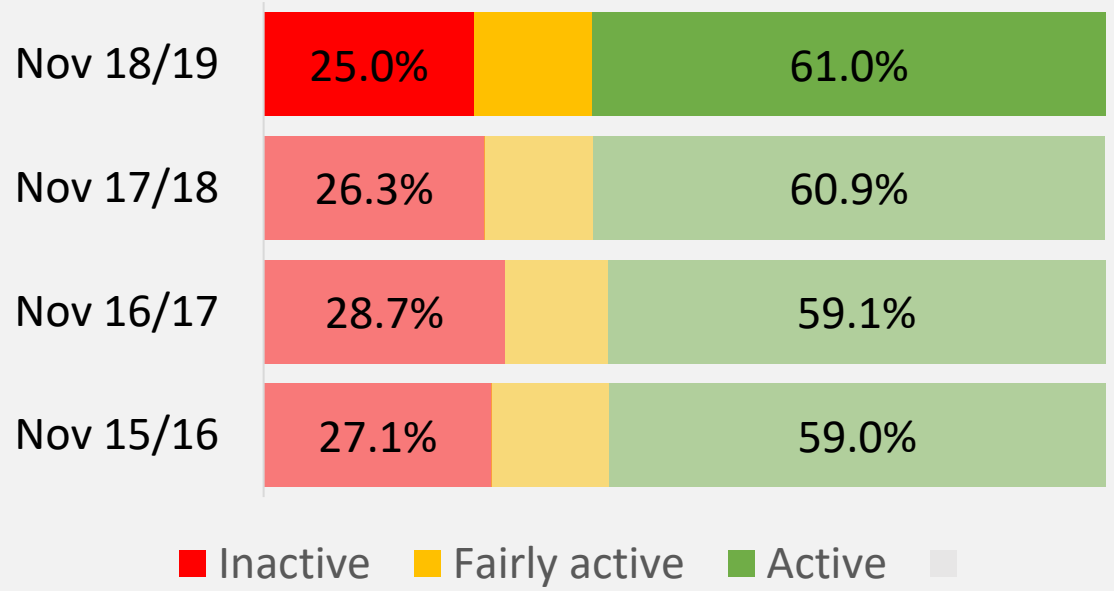
Source: Sport England, Active Lives Adults, Nov 15/16 to Nov 18/19 , age 16+, excluding gardening

# Female: Physical activity behaviour

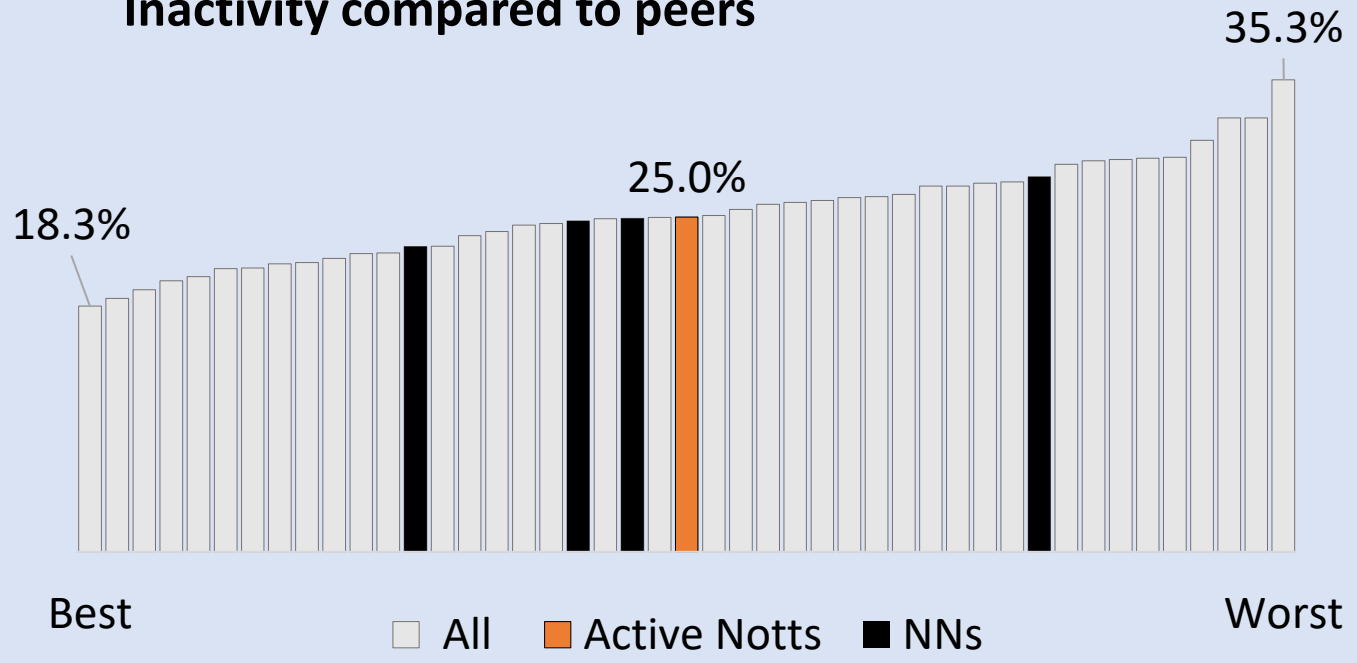
- 25% of females across Active Notts are inactive, compared to 25.3% nationally
- There are approximately 120,000 inactive females across Active Notts
- Inactive levels appear to be improving since Nov 16/17

## Active Notts

Physical activity behaviour over time



Inactivity compared to peers

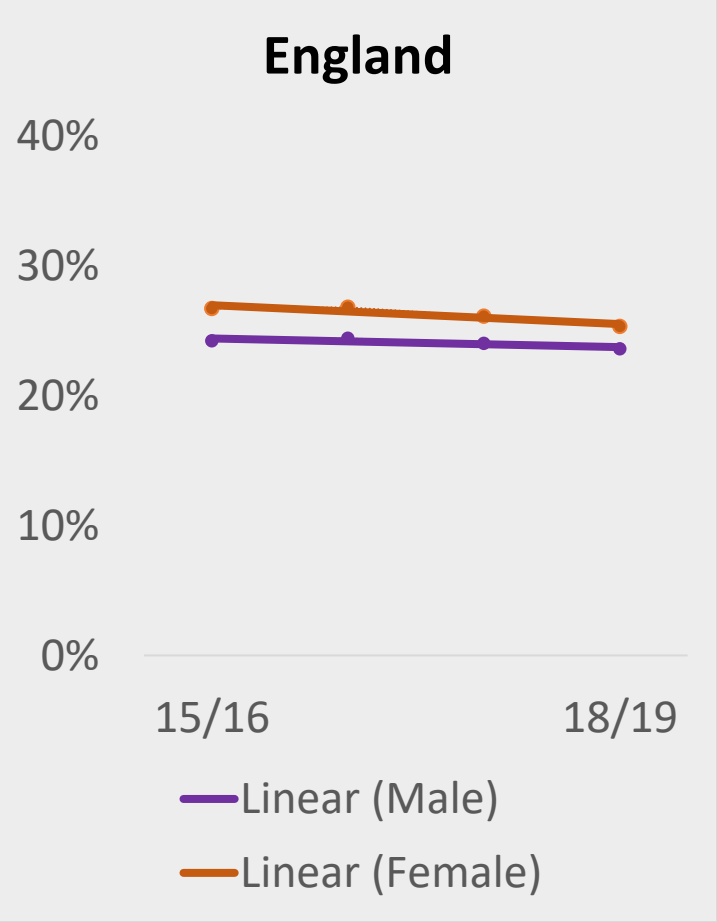
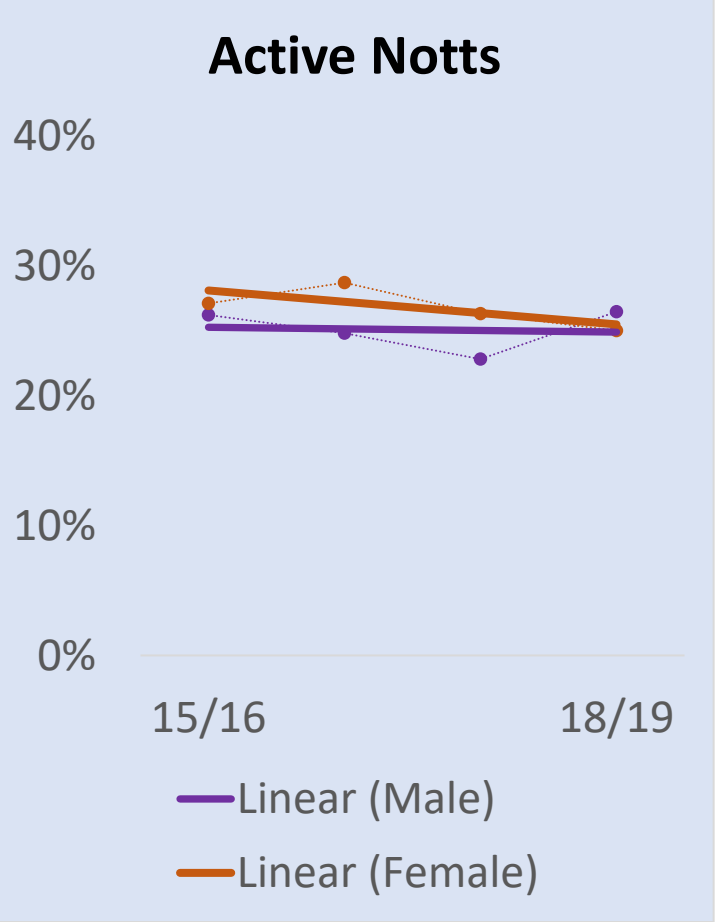
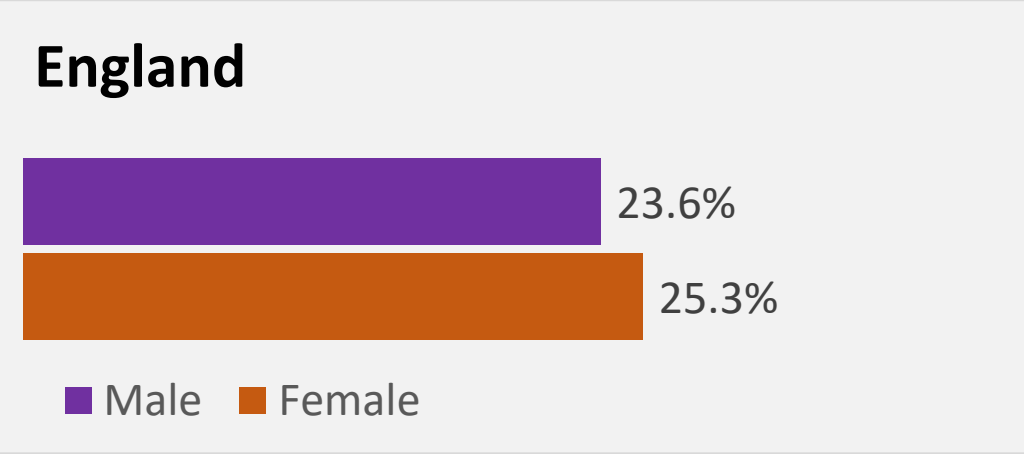
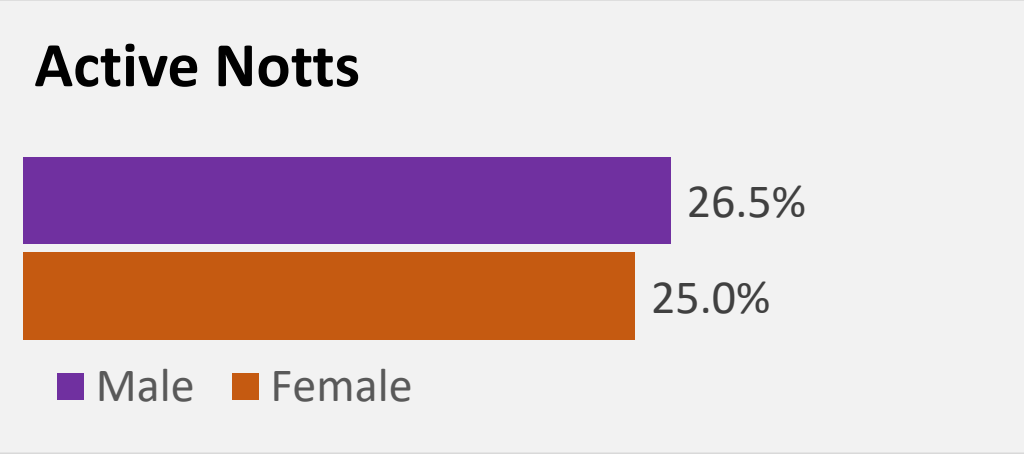


Source: Sport England, Active Lives Adults, Nov 15/16 to Nov 18/19 , age 16+, excluding gardening

# How gender affects levels of inactivity

Trends appear to show the gender inequality gap is reducing. Both male and female inactivity is reducing but female inactivity is reducing at a faster rate

Nov 18/19



Source: Sport England, Active Lives Adults, Nov 15/16 to Nov 18/19 , age 16+, excluding gardening

Physical Activity Behaviour:

# Long term limiting illness or disability

## Definition (Sport England):

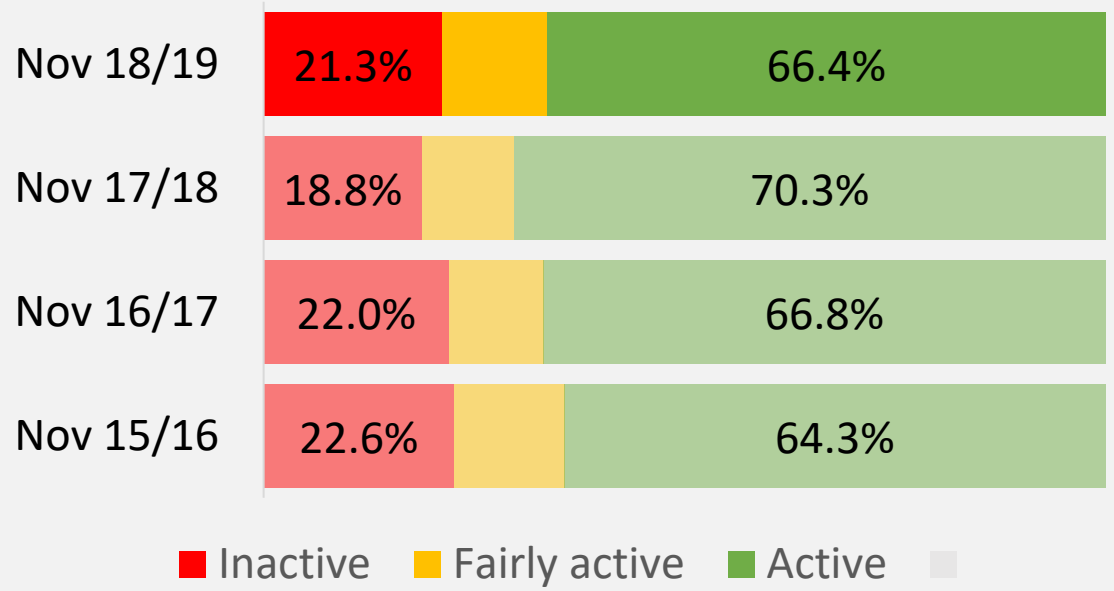
- Limiting disability is defined as an individual reporting they have a physical or mental health condition or illness that has lasted or is expected to last 12 months or more, and that this has a substantial effect on their ability to do normal daily activities.
- In future slides this will be referred to as 'Limiting illness'

# No limiting illness: Physical activity behaviour

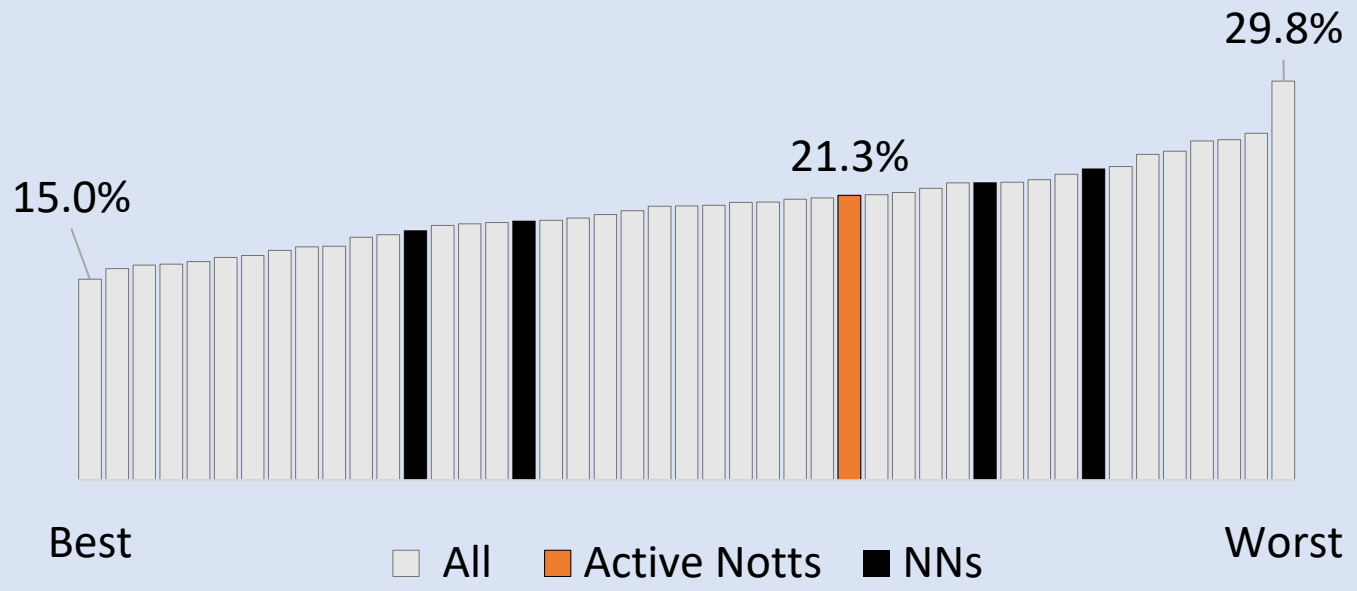
- 21.3% of those without a limiting illness across Active Notts are inactive, compared to 20.5% nationally
- There are approximately 157,000 inactive adults with no limiting illness across Active Notts
- Inactive levels appeared to be improving between Nov 15/16 and Nov 17/18 but have worsened over the last year (Nov 18/19) so overall fairly static

## Active Notts

Physical activity behaviour over time



Inactivity compared to peers



Source: Sport England, Active Lives Adults, Nov 15/16 to Nov 18/19 , age 16+, excluding gardening

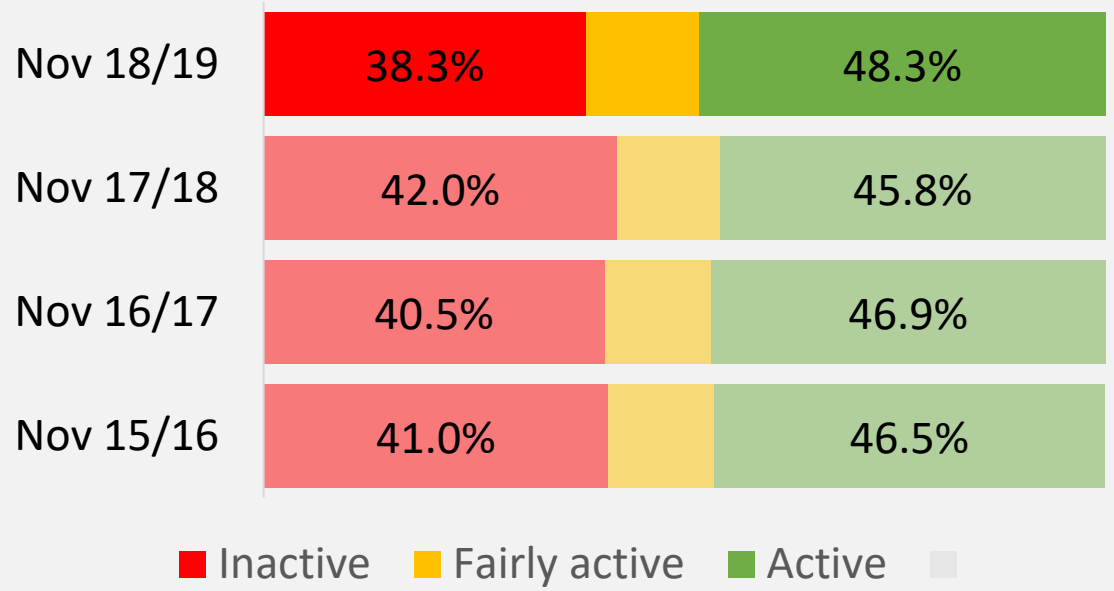


# Limiting illness: Physical activity behaviour

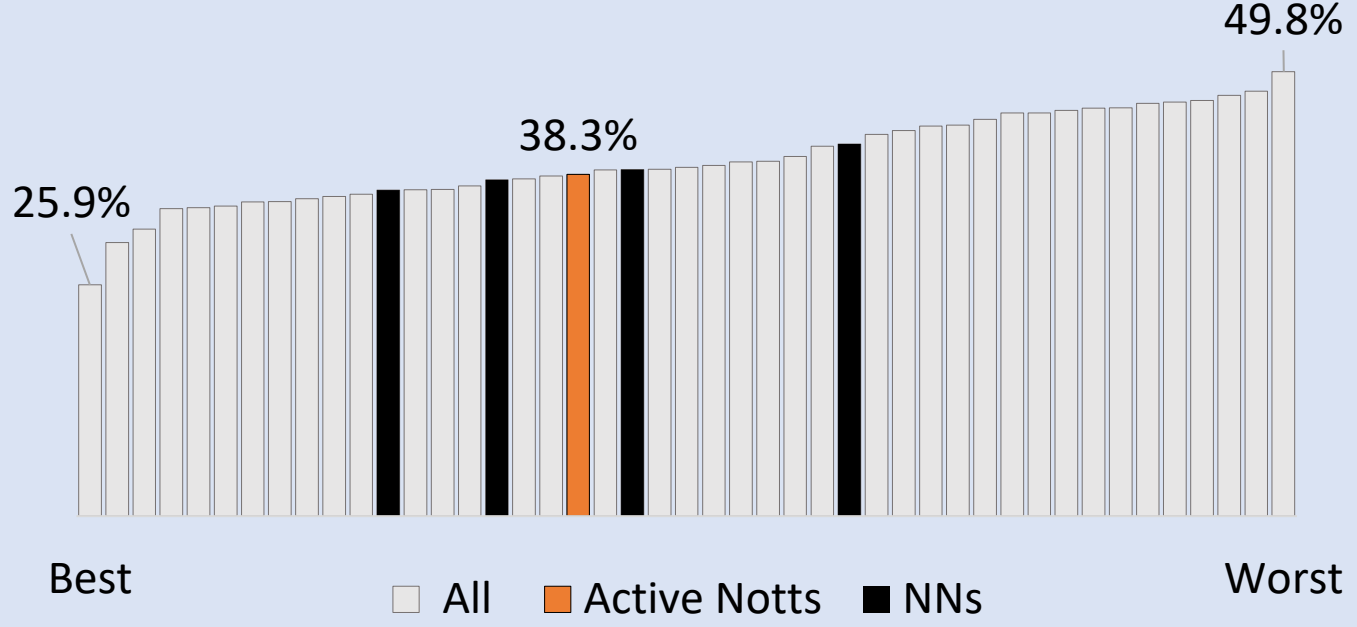
- 38.3% of those with a limiting illness across Active Notts are inactive, compared to 39.8% nationally
- There are approximately 85,000 inactive adults with a limiting illness across Active Notts
- Inactive levels appear to be improving

## Active Notts

Physical activity behaviour over time



Inactivity compared to peers



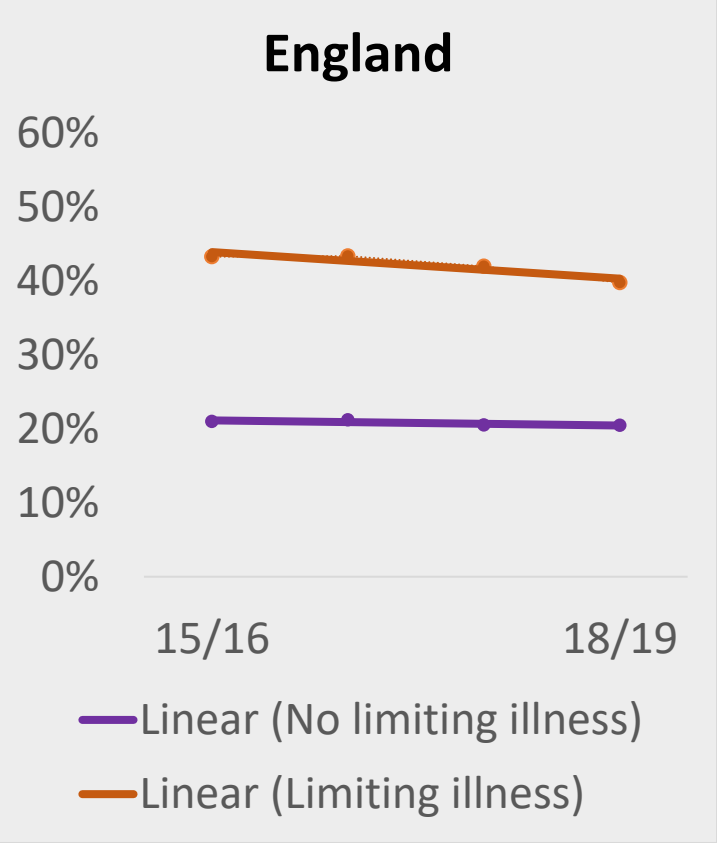
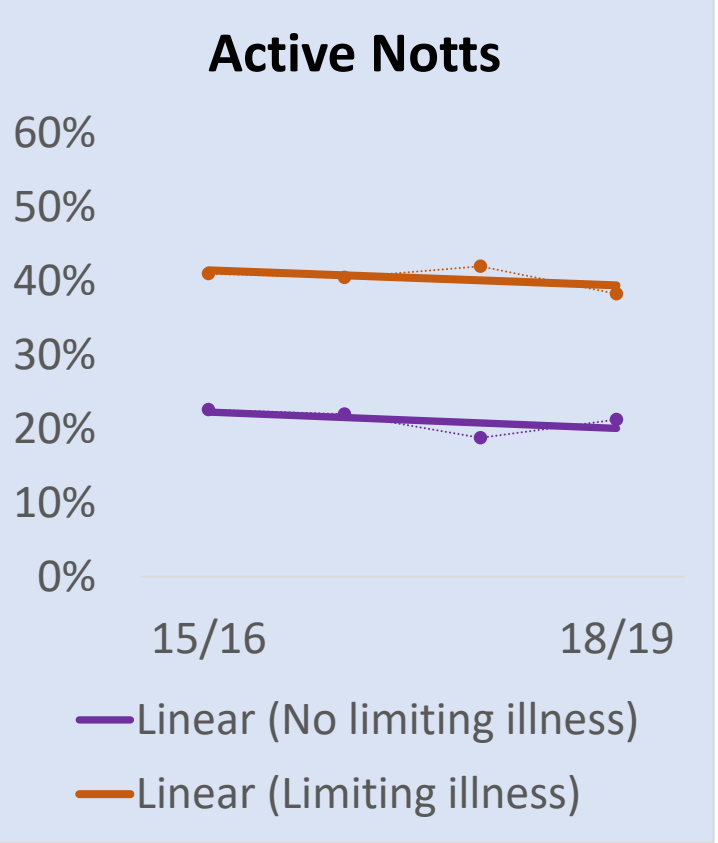
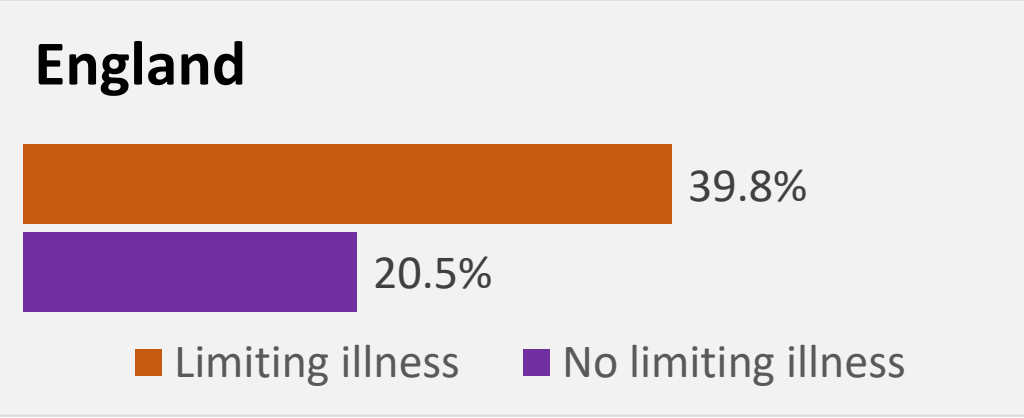
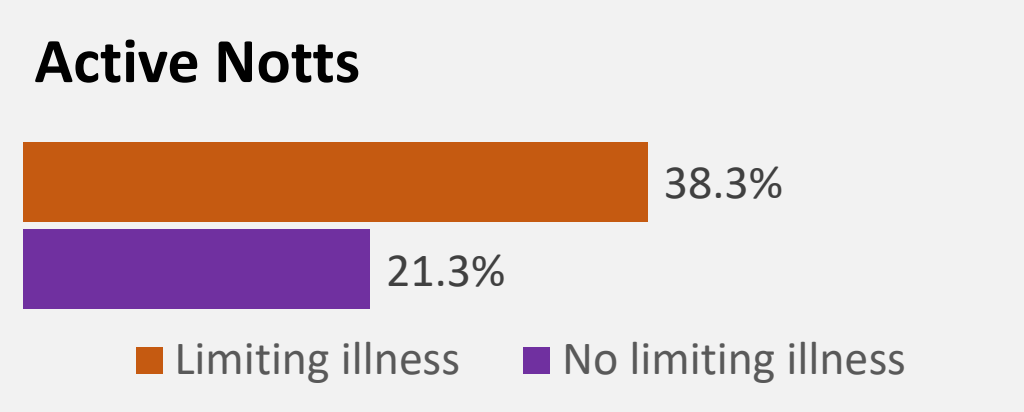
Source: Sport England, Active Lives Adults, Nov 15/16 to Nov 18/19 , age 16+, excluding gardening



# How limiting illness affects levels of inactivity

- Trends appear to show the inequality gap is reducing, inactivity is decreasing for both groups but is decreasing faster for those with a limiting illness
- Those with a limiting illness or disability are almost twice as likely to be inactive

Nov 18/19



Source: Sport England, Active Lives Adults, Nov 15/16 to Nov 18/19 , age 16+, excluding gardening

# Physical Activity Behaviour:

## Age

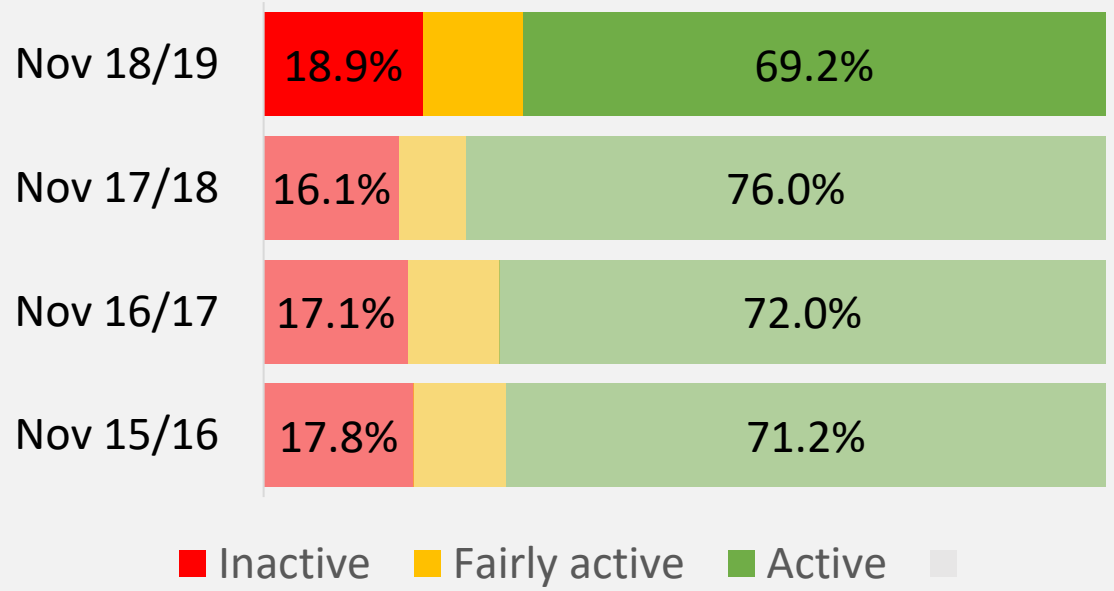
- Age data will be presented in the following groups
  - 16-34 years
  - 35-54 years
  - 55-74 years
  - 75+ years

# Aged 16-34: Physical activity behaviour

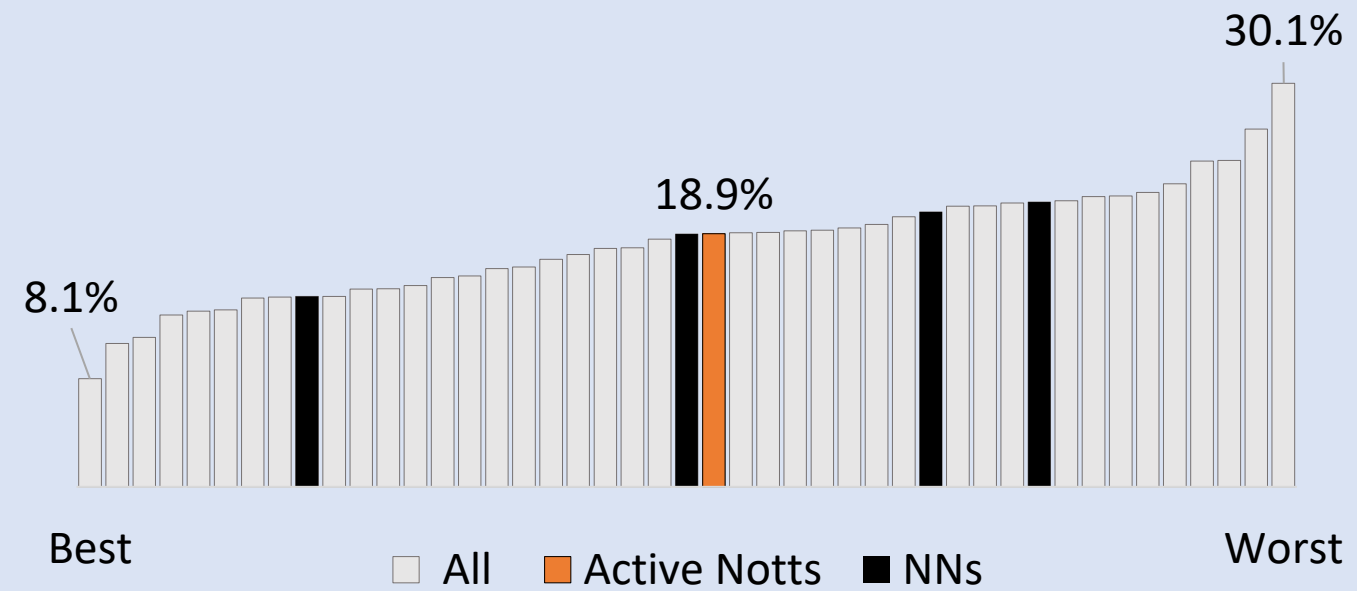
- 18.9% of those aged 16-34 across Active Notts are inactive, compared to 19% nationally
- There are approximately 58,000 inactive people aged 16-34 across Active Notts
- Inactive levels have remained fairly static over the last 4 years

## Active Notts

Physical activity behaviour over time



Inactivity compared to peers



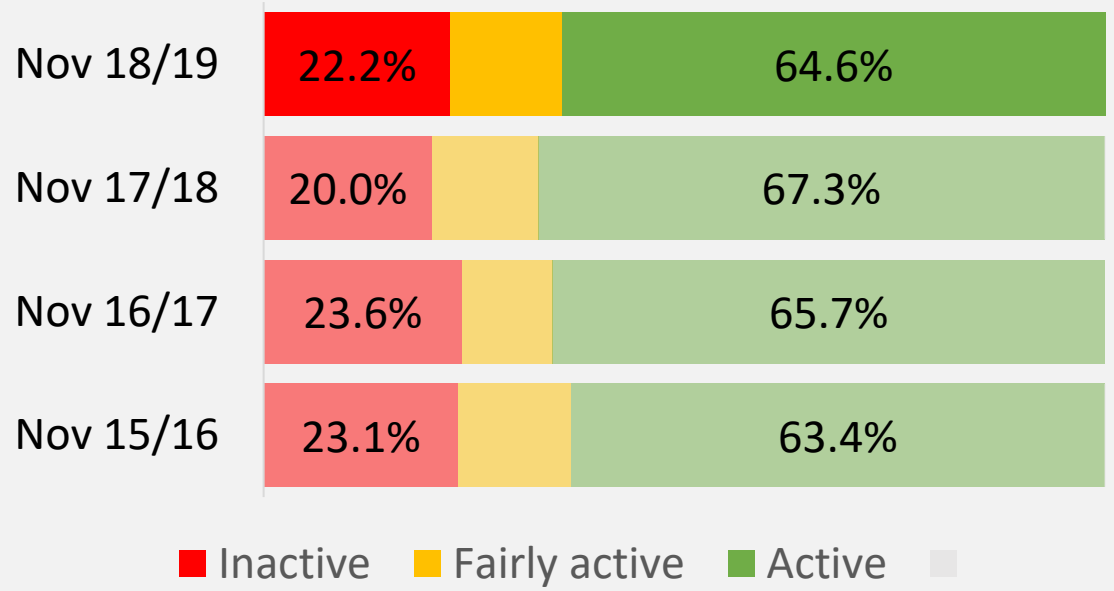
Source: Sport England, Active Lives Adults, Nov 15/16 to Nov 18/19, age 16+, excluding gardening

# Aged 35-54: Physical activity behaviour

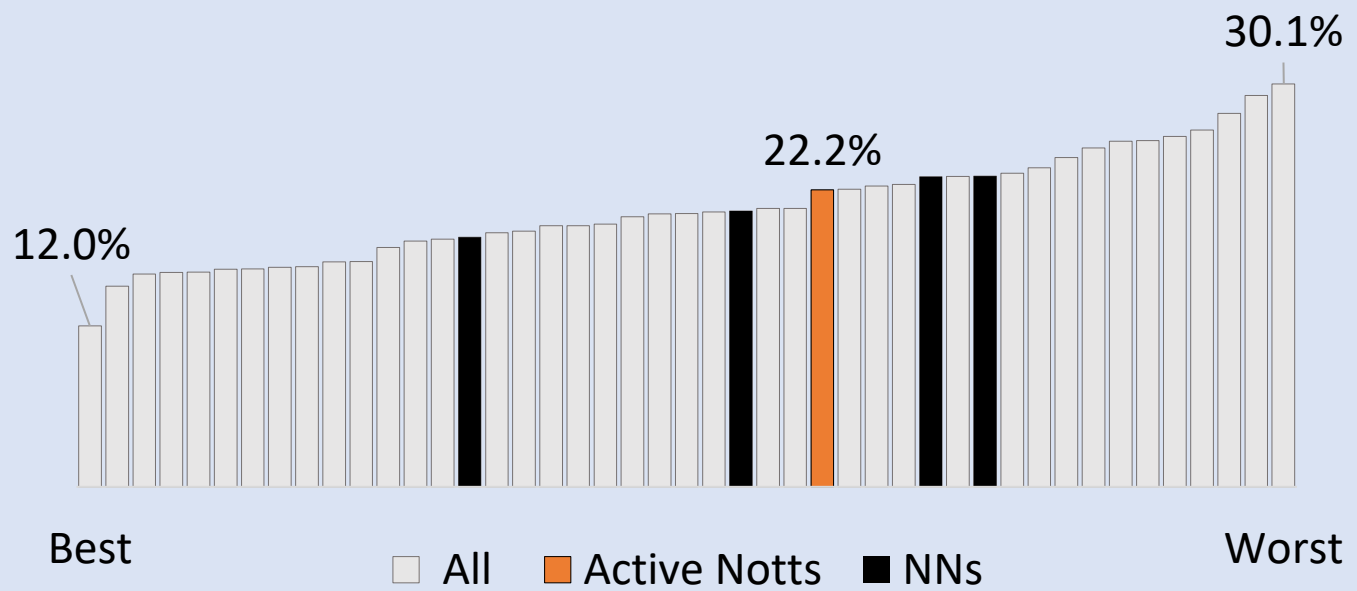
- 22.2% of those aged 35-54 across Active Notts are inactive, compared to 21.3% nationally
- There are approximately 72,000 inactive people aged 35-54 across Active Notts
- Inactive levels appear to be worse than Nov 17/18 but marginally better when compared to Nov 15/16

## Active Notts

Physical activity behaviour over time



Inactivity compared to peers



Source: Sport England, Active Lives Adults, Nov 15/16 to Nov 18/19 , age 16+, excluding gardening

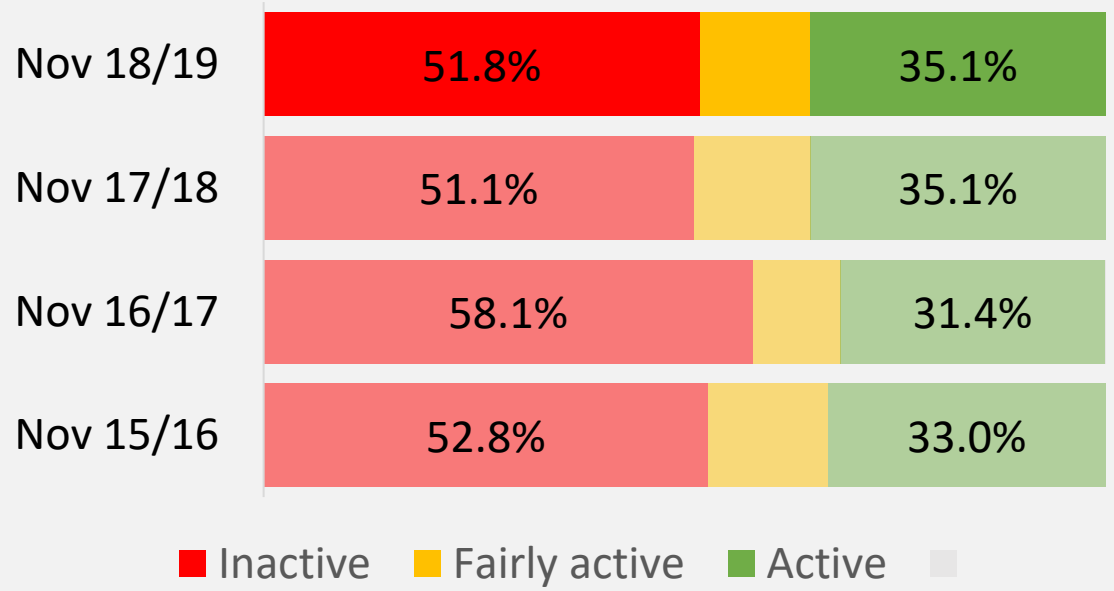


# Aged 75+: Physical activity behaviour

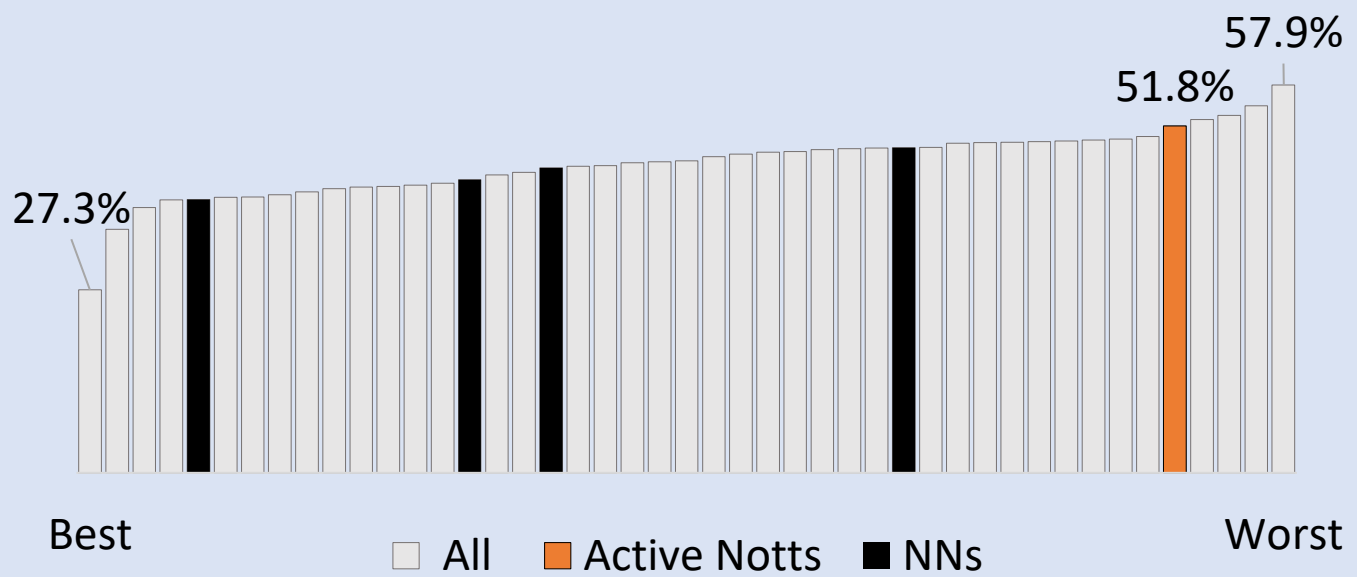
- 51.8% of those aged 75 or over across Active Notts are inactive, compared to 46.4% nationally
- There are approximately 47,000 inactive people aged 75 or over across Active Notts
- Active Notts is now ranked 41 of 45 partnerships when compared to peers

## Active Notts

Physical activity behaviour over time



Inactivity compared to peers

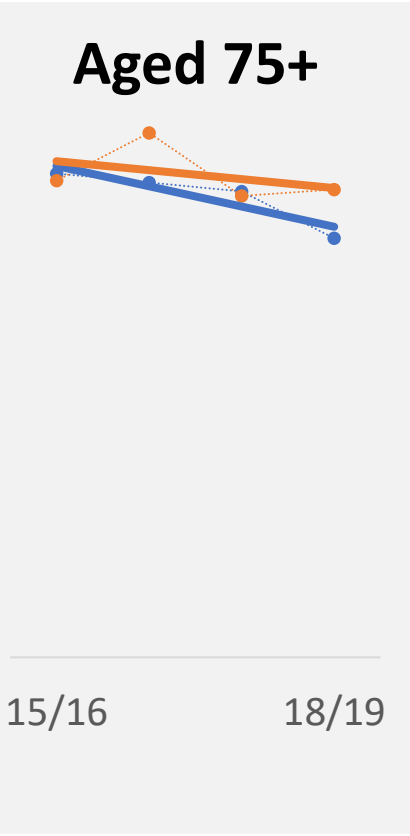
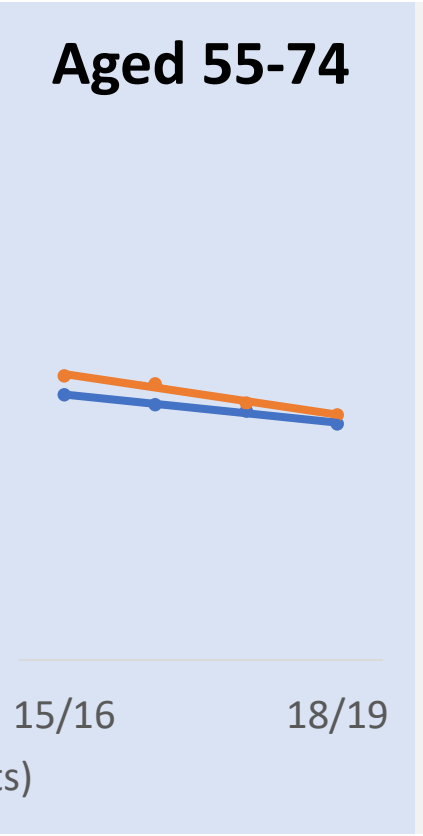
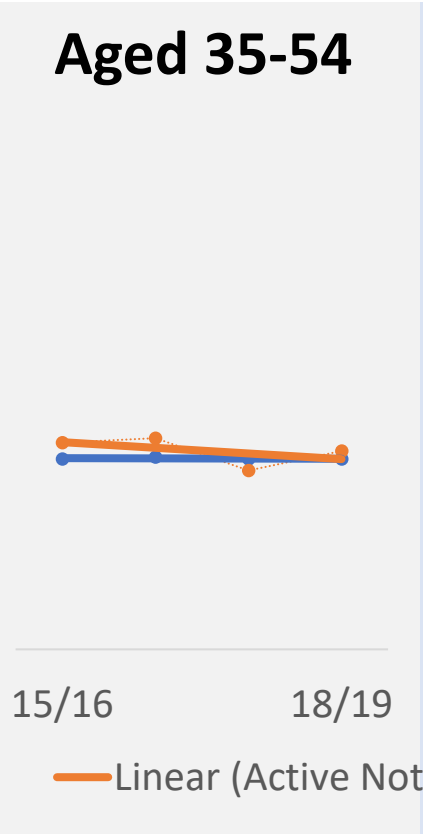
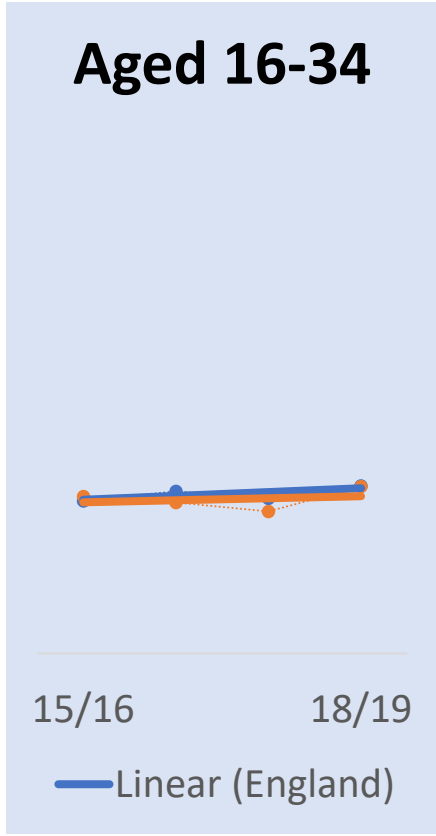
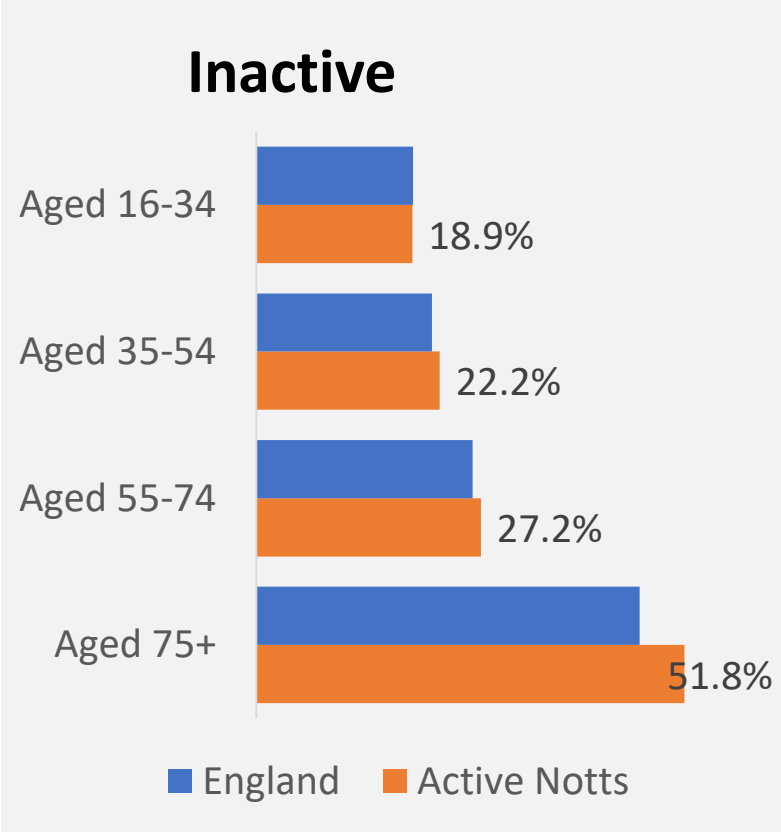


Source: Sport England, Active Lives Adults, Nov 15/16 to Nov 18/19 , age 16+, excluding gardening

# How age affects levels of inactivity

- Inactivity increases with age
- Inactivity levels in Active Notts are worse than England for all age groups

Nov 18/19



Source: Sport England, Active Lives Adults, Nov 15/16 to Nov 18/19 , age 16+, excluding gardening

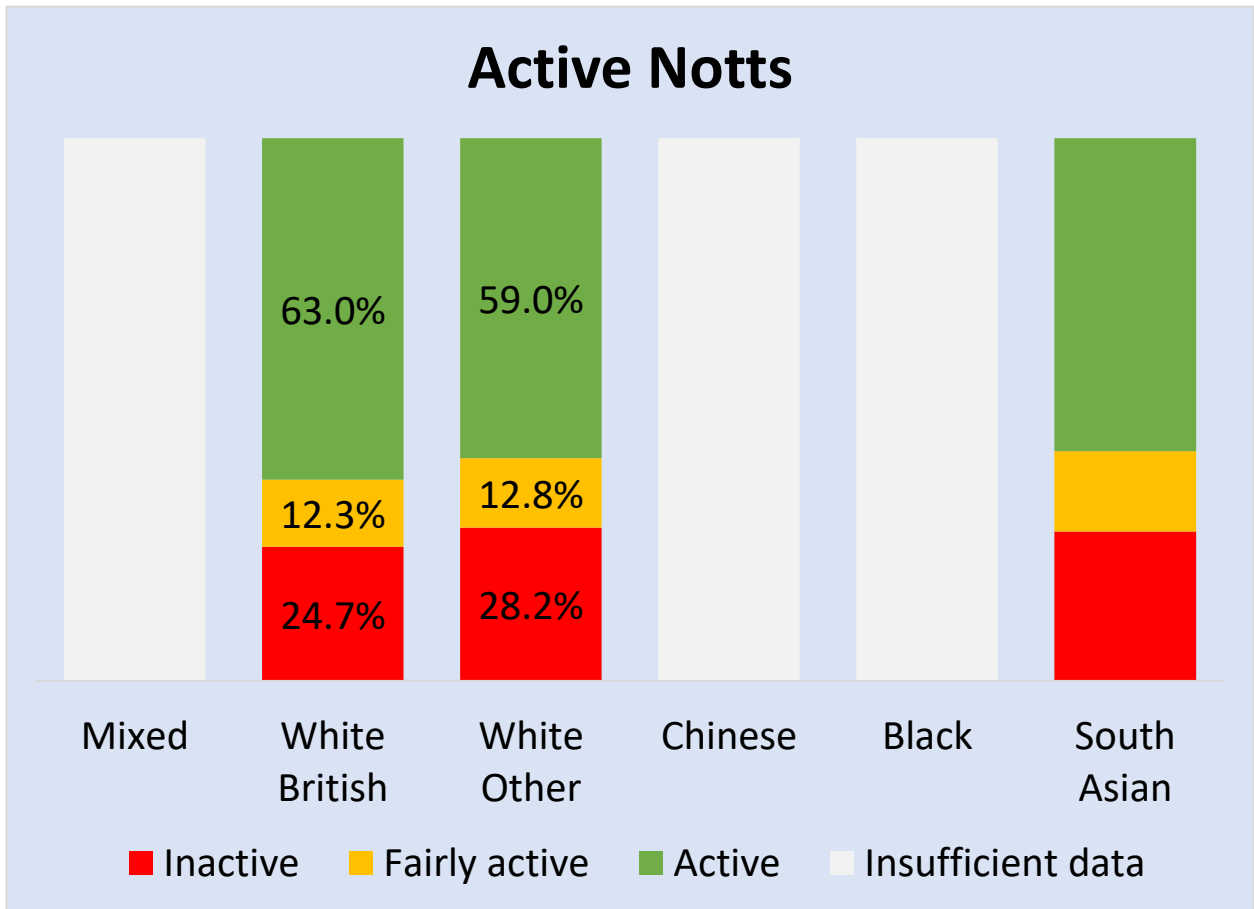
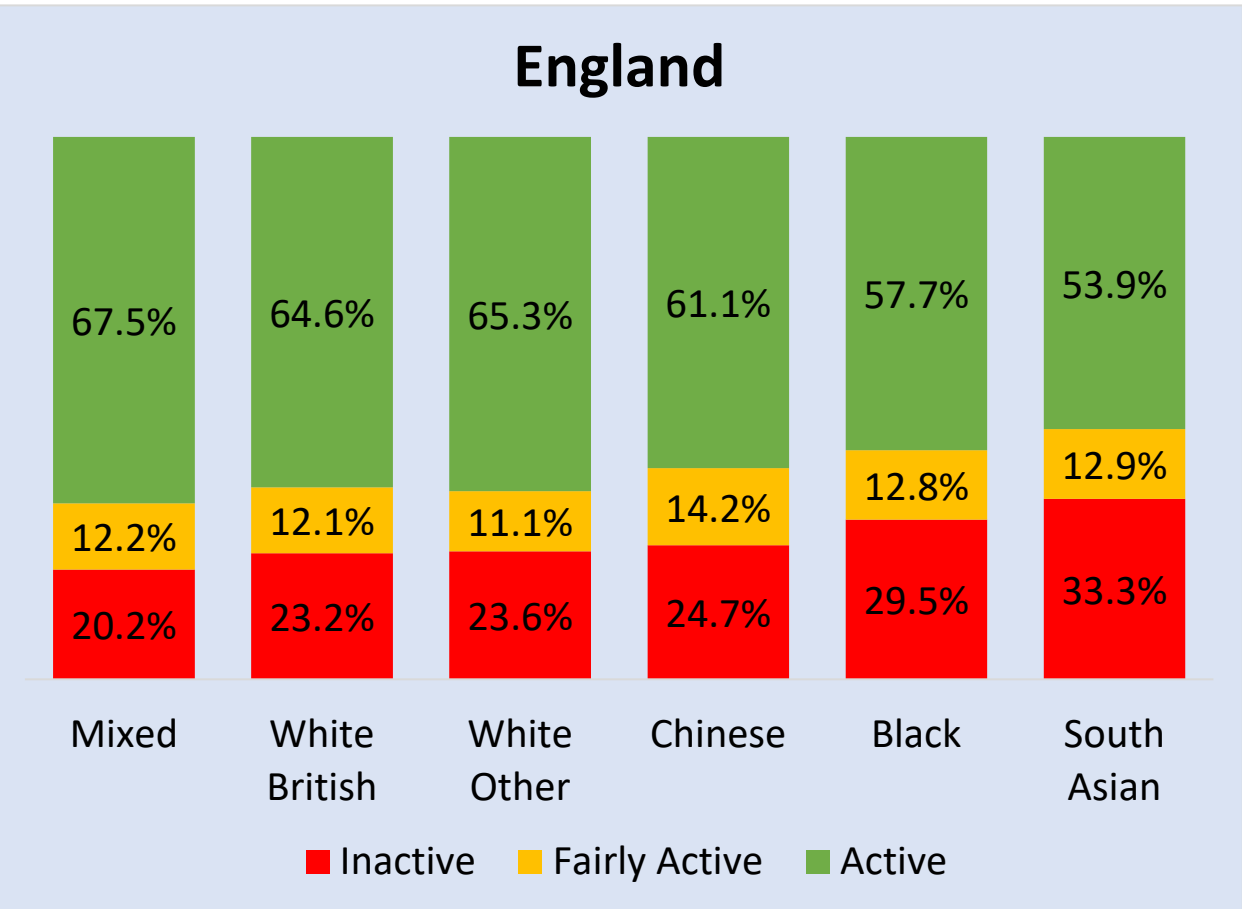
Physical Activity Behaviour:

**Ethnicity**



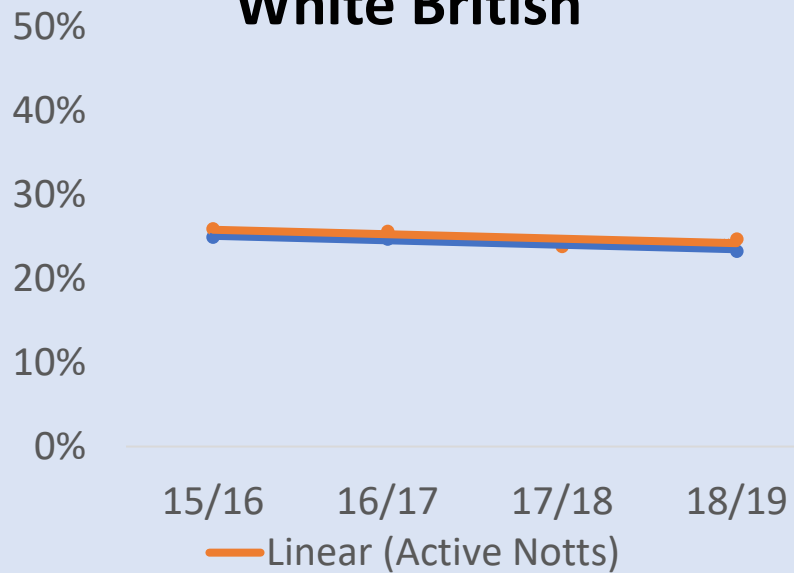
# How ethnicity affects physical activity behaviour

There is insufficient data for majority of the minority ethnic groups

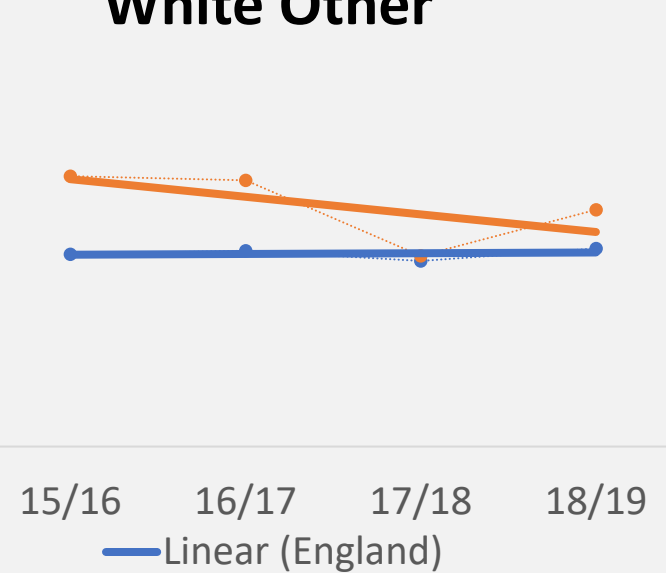


Source: Sport England, Active Lives Adults, Nov 18 to Nov 19, age 16+, excluding gardening

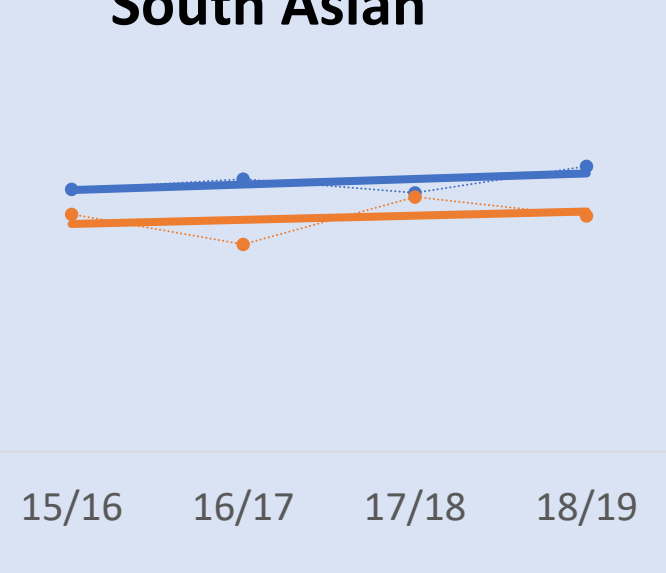
### White British



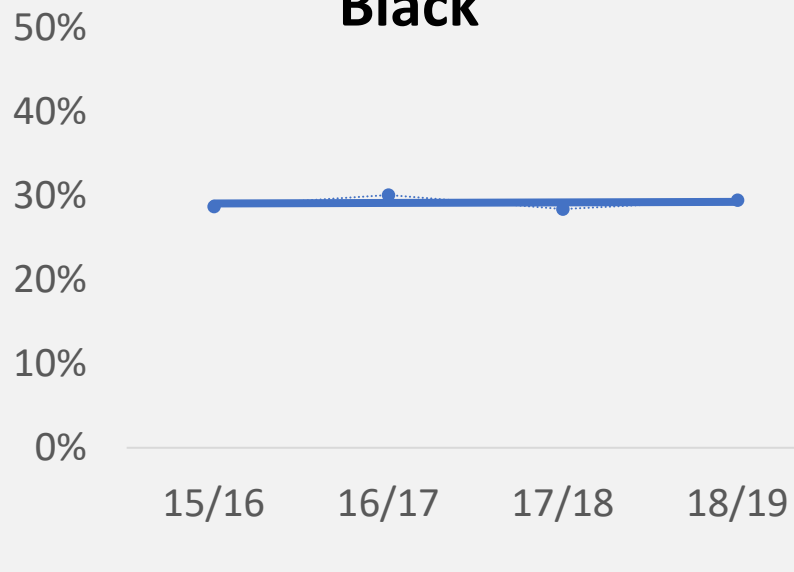
### White Other



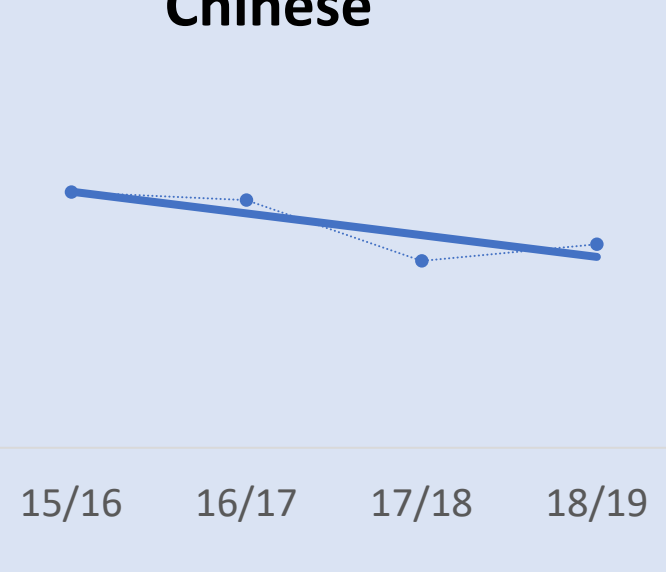
### South Asian



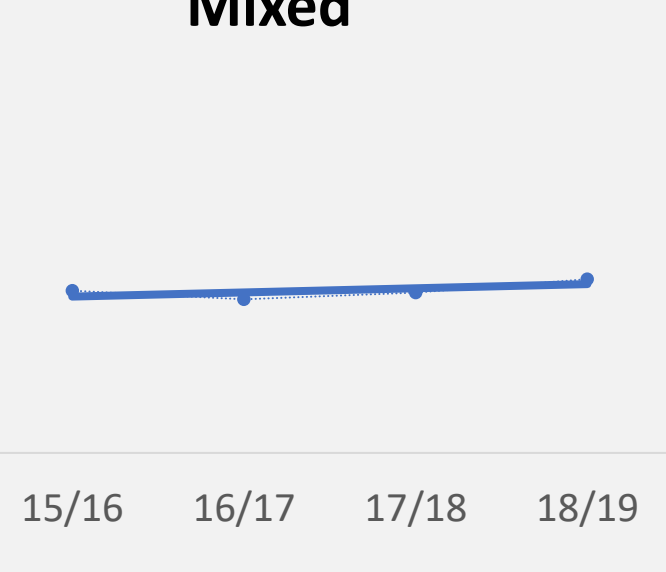
### Black



### Chinese



### Mixed



# Physical Activity Behaviour: Social Grade

**NS-SeC is the National Statistics Socio-economic Classification. It is derived by combining information on occupation and employment status**

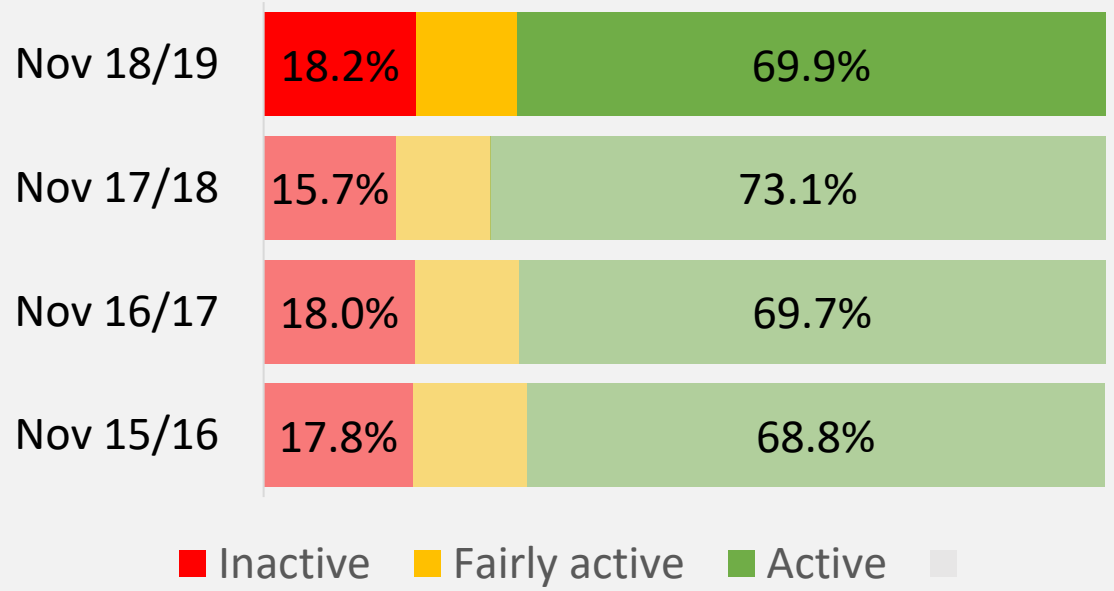
1. Higher managerial and professional occupations
2. Lower managerial and professional occupations
3. Intermediate occupations
4. Small employers and own account workers
5. Lower supervisory and technical occupations
6. Semi-routine occupations
7. Routine occupations
8. Never worked and long-term unemployed
9. Full time students and occupations not stated or inadequately described

# NS SeC 1-2: Physical activity behaviour

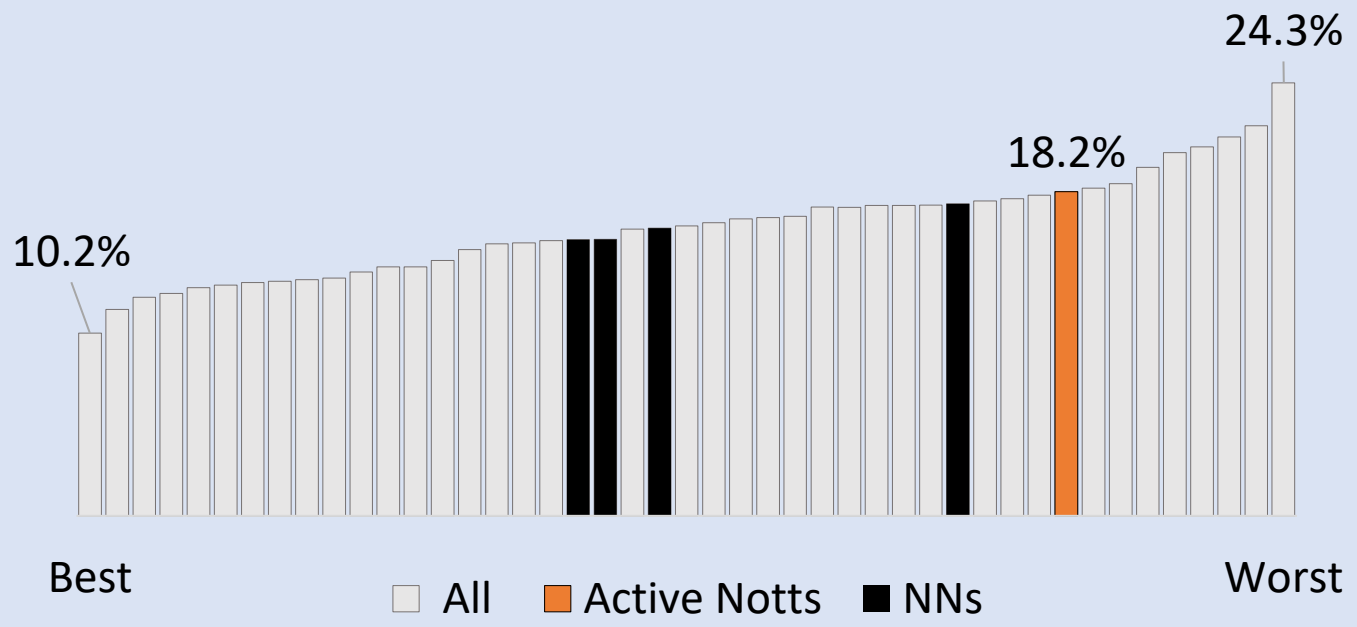
- 18.2% of those in NS SeC 1-2 across Active Notts are inactive, compared to 16.2% nationally
- There are approximately 42,000 inactive people in NS SeC 1-2 across Active Notts
- Inactive levels appear to be stable

## Active Notts

Physical activity behaviour over time



Inactivity compared to peers



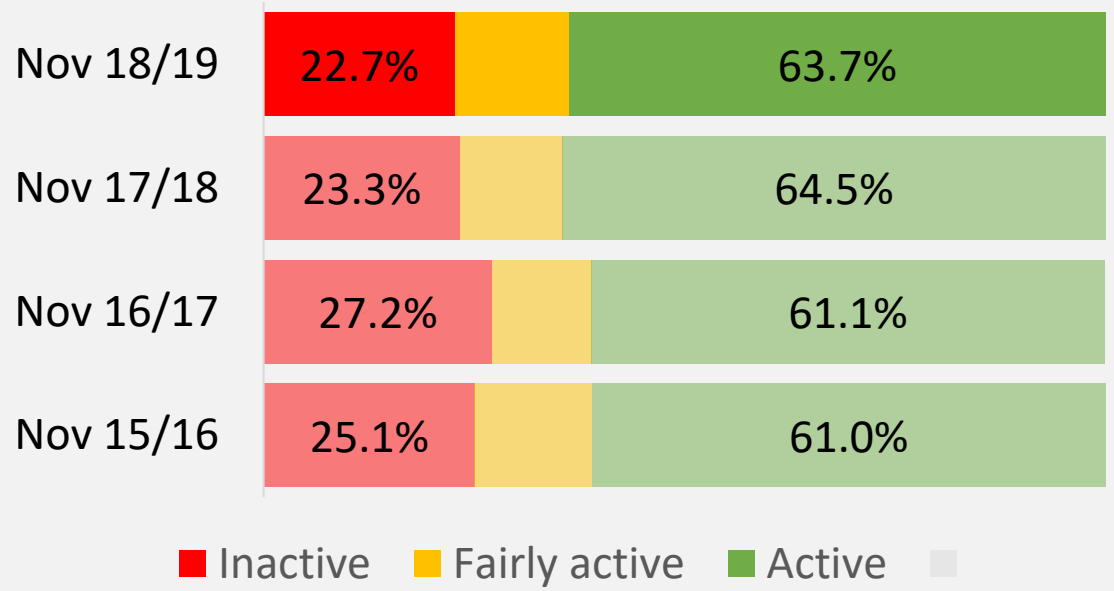
Source: Sport England, Active Lives Adults, Nov 15/16 to Nov 18/19 , age 16+, excluding gardening

# NS SeC 3-5: Physical activity behaviour

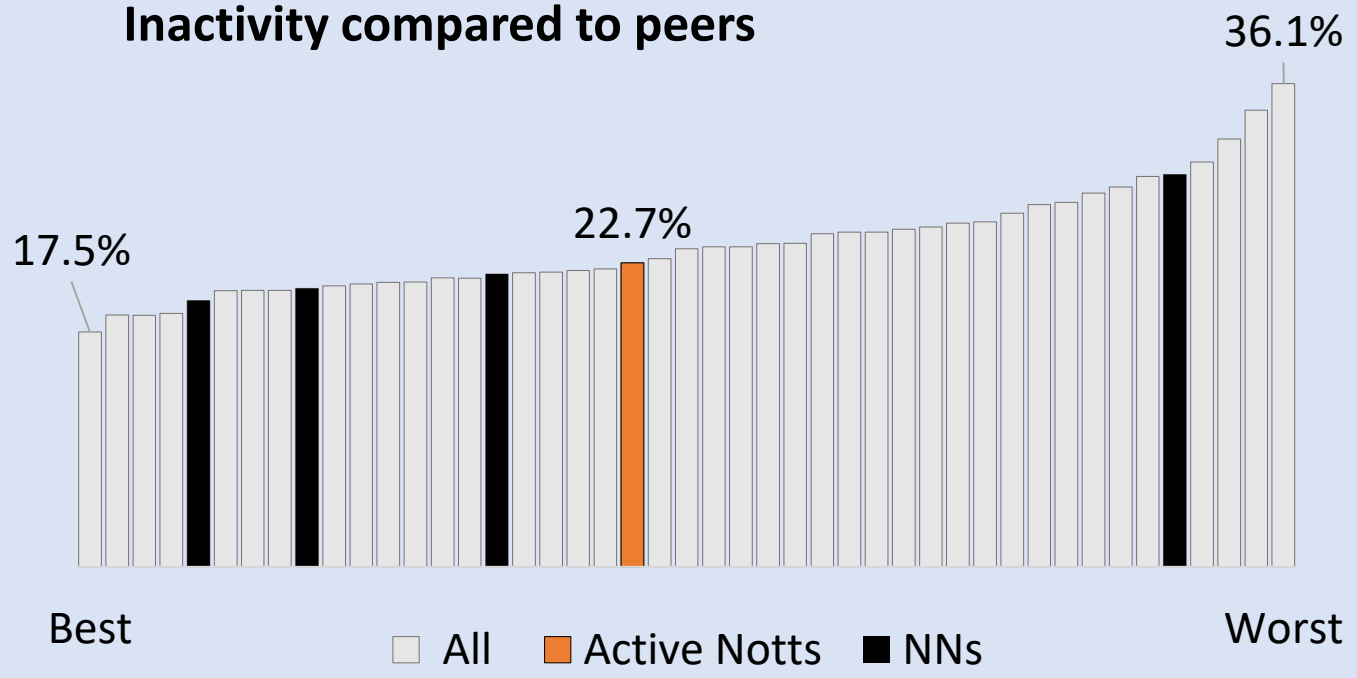
- 22.7% of those in NS SeC 3-5 across Active Notts are inactive, compared to 24.3% nationally
- There are approximately 53,000 inactive people in NS SeC 3-5 across Active Notts
- Inactive levels appear to be improving

## Active Notts

Physical activity behaviour over time



Inactivity compared to peers



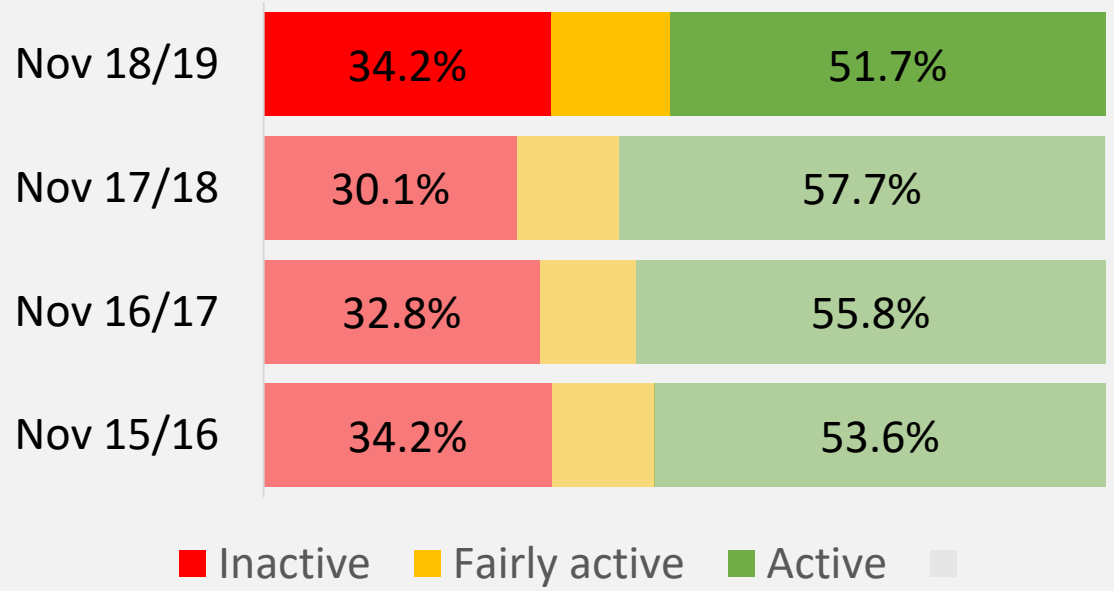
Source: Sport England, Active Lives Adults, Nov 15/16 to Nov 18/19 , age 16+, excluding gardening

# NS SeC 6-8: Physical activity behaviour

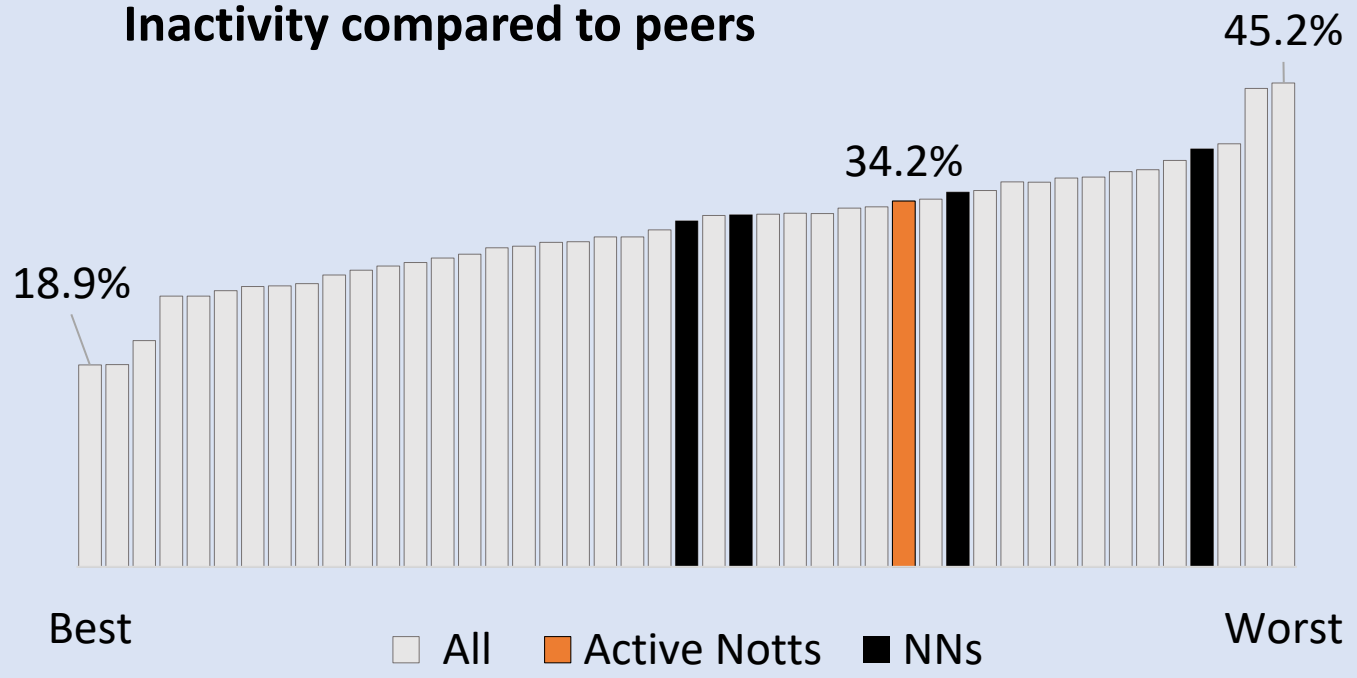
- 34.2% of those in NS SeC 6-8 across Active Notts are inactive, compared to 33.2% nationally
- There are approximately 100,000 inactive people in NS SeC 6-8 across Active Notts
- Inactive levels appear to be marginally improving

## Active Notts

Physical activity behaviour over time



Inactivity compared to peers



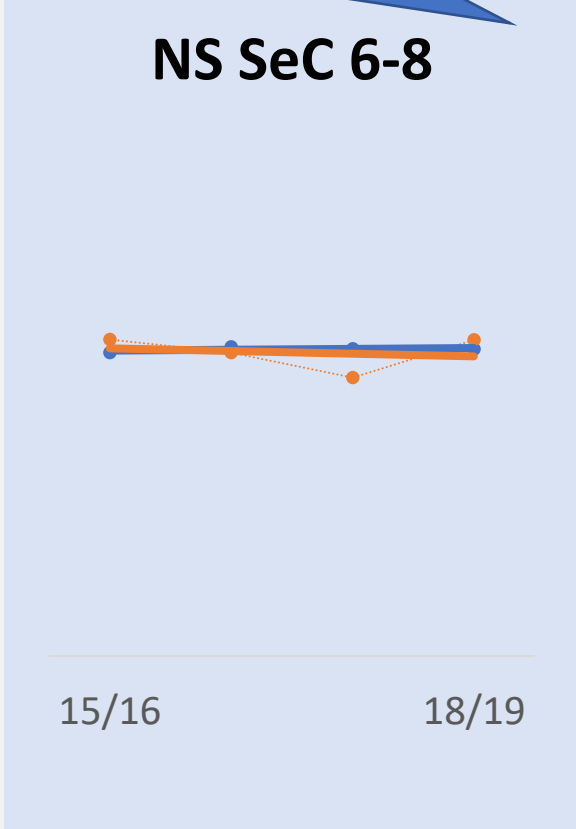
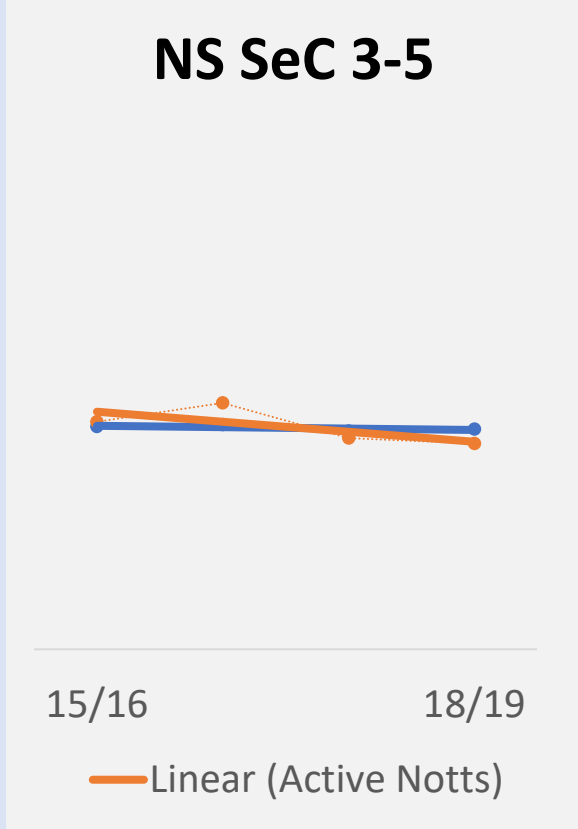
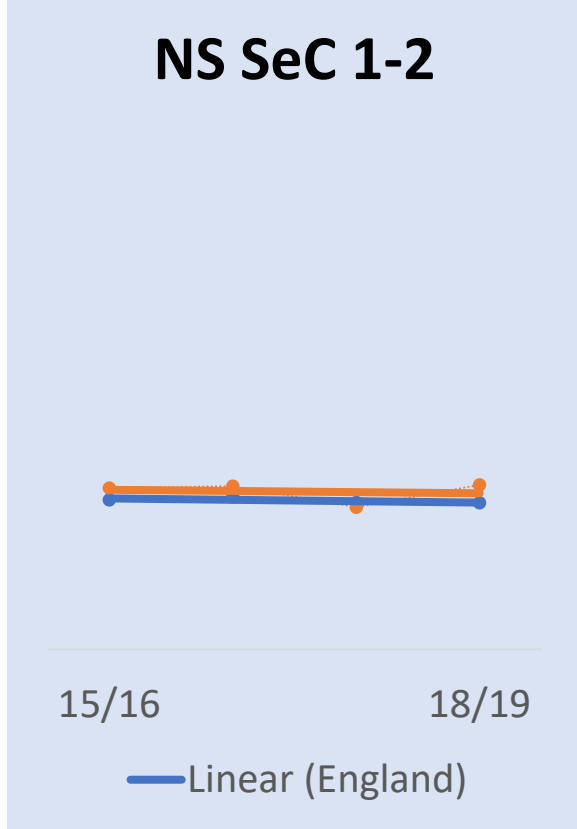
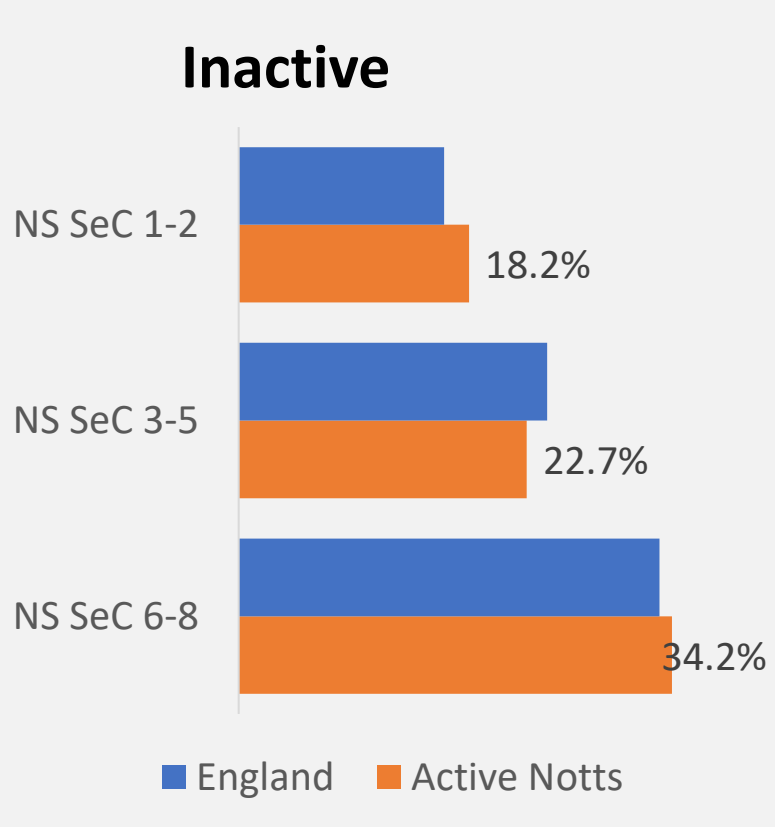
Source: Sport England, Active Lives Adults, Nov 15/16 to Nov 18/19 , age 16+, excluding gardening

# How social grade affects levels of inactivity

Active Notts NS Sec 1-2 appears to be performing better than England. NS SeC 3-5 and NS Sec 6-8 appear to be worsening over the last 3 years

Nov 18/19

Inactivity is 16pp higher for those in NS SeC 6-8 compared to those in NS SeC 1-2



Source: Sport England, Active Lives Adults, Nov 15/16 to Nov 18/19 , age 16+, excluding gardening

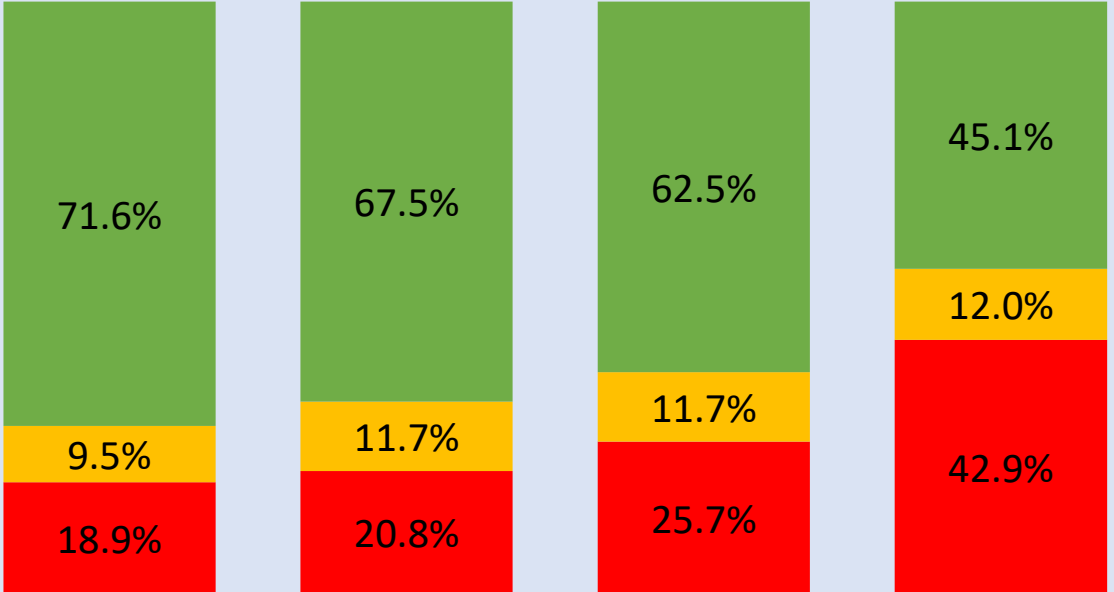
Physical Activity Behaviour:

**Secondary demographic**



# Male by age group: Physical activity behaviour

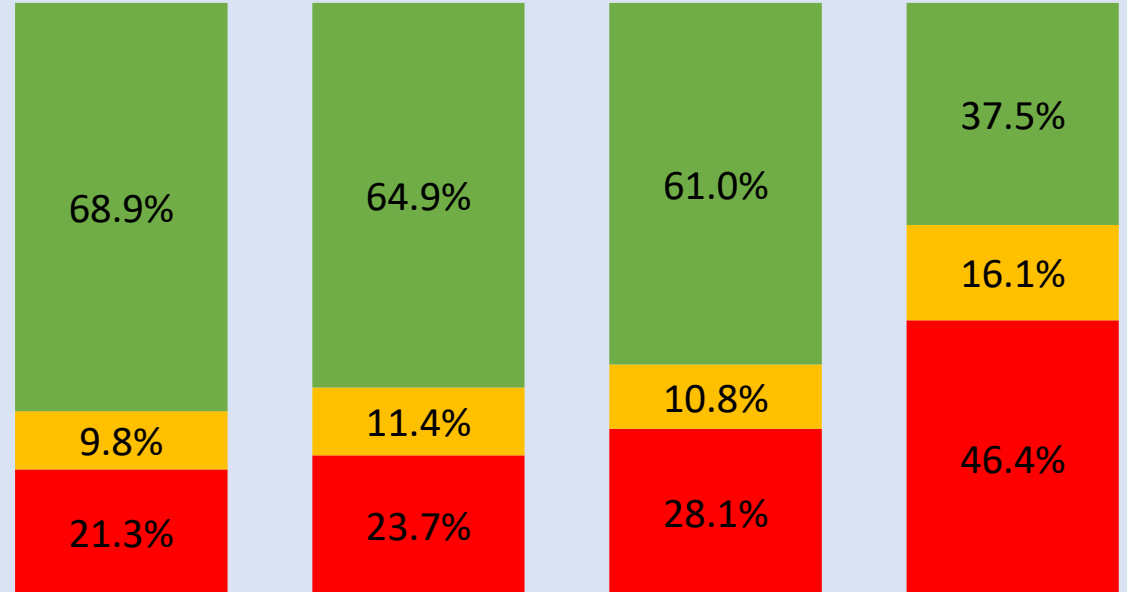
## England



Aged 16-34    Aged 35-54    Aged 55-74    Aged 75+

■ Inactive    ■ Fairly Active    ■ Active

## Active Notts



Aged 16-34    Aged 35-54    Aged 55-74    Aged 75+

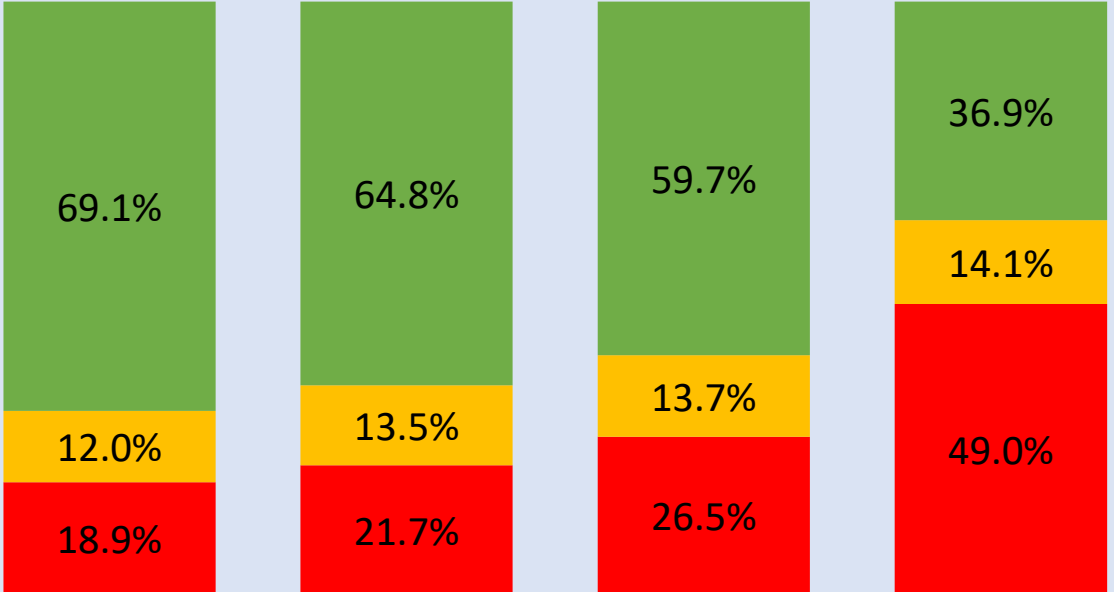
■ Inactive    ■ Fairly active    ■ Active



Source: Sport England, Active Lives Adults, Nov 18 to Nov 19 , age 16+, excluding gardening

# Female by age group: Physical activity behaviour

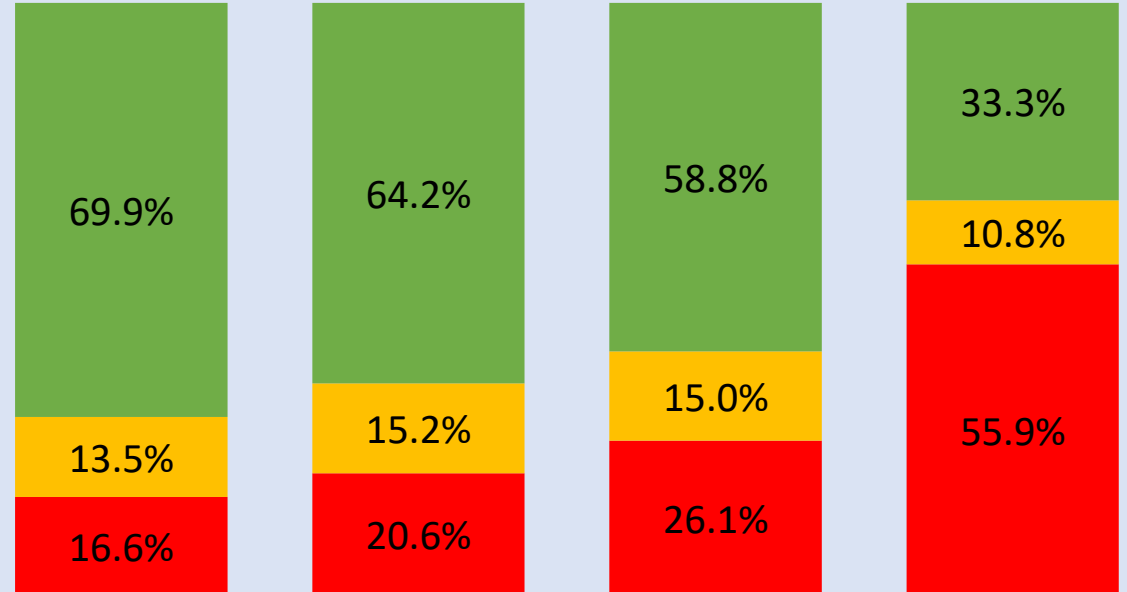
## England



Aged 16-34    Aged 35-54    Aged 55-74    Aged 75+

■ Inactive    ■ Fairly Active    ■ Active

## Active Notts



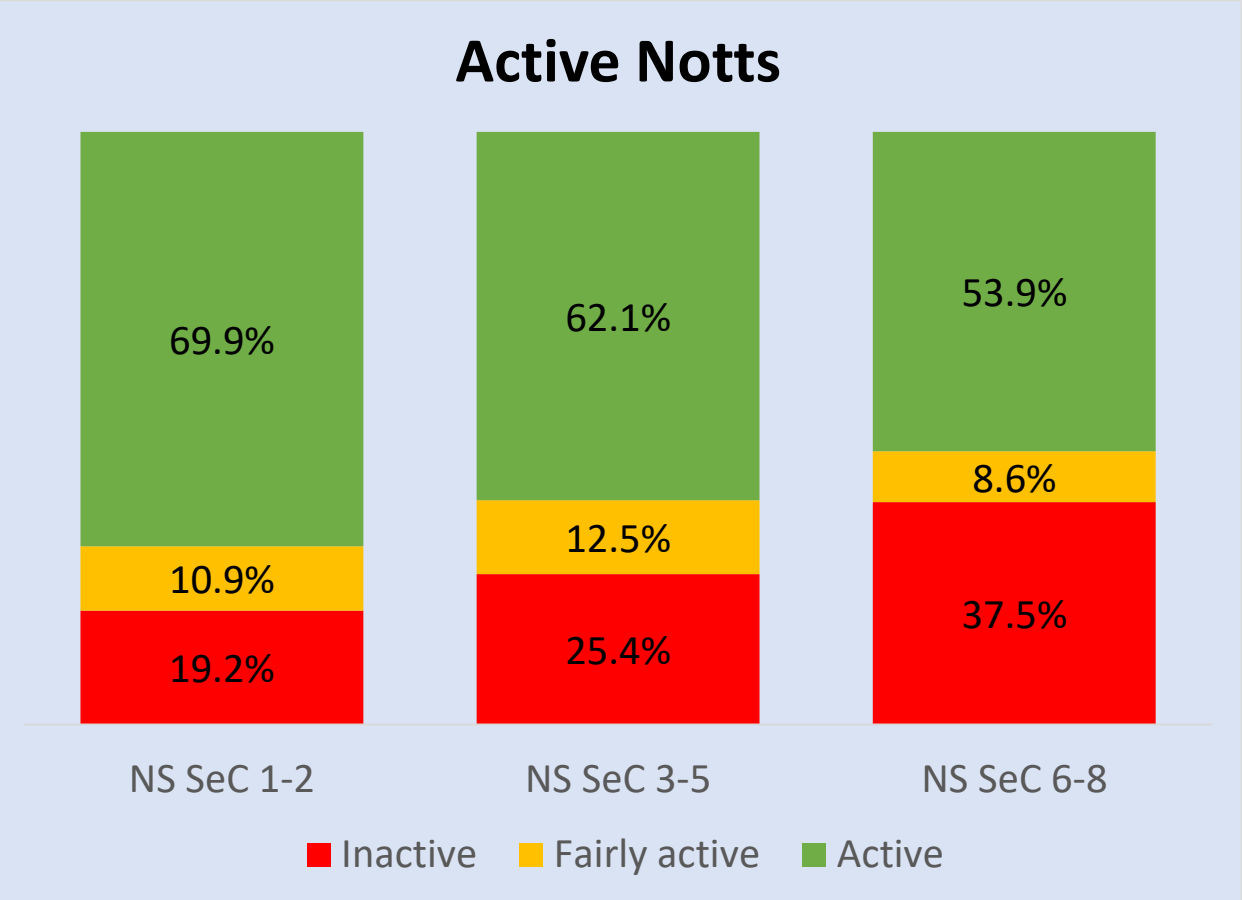
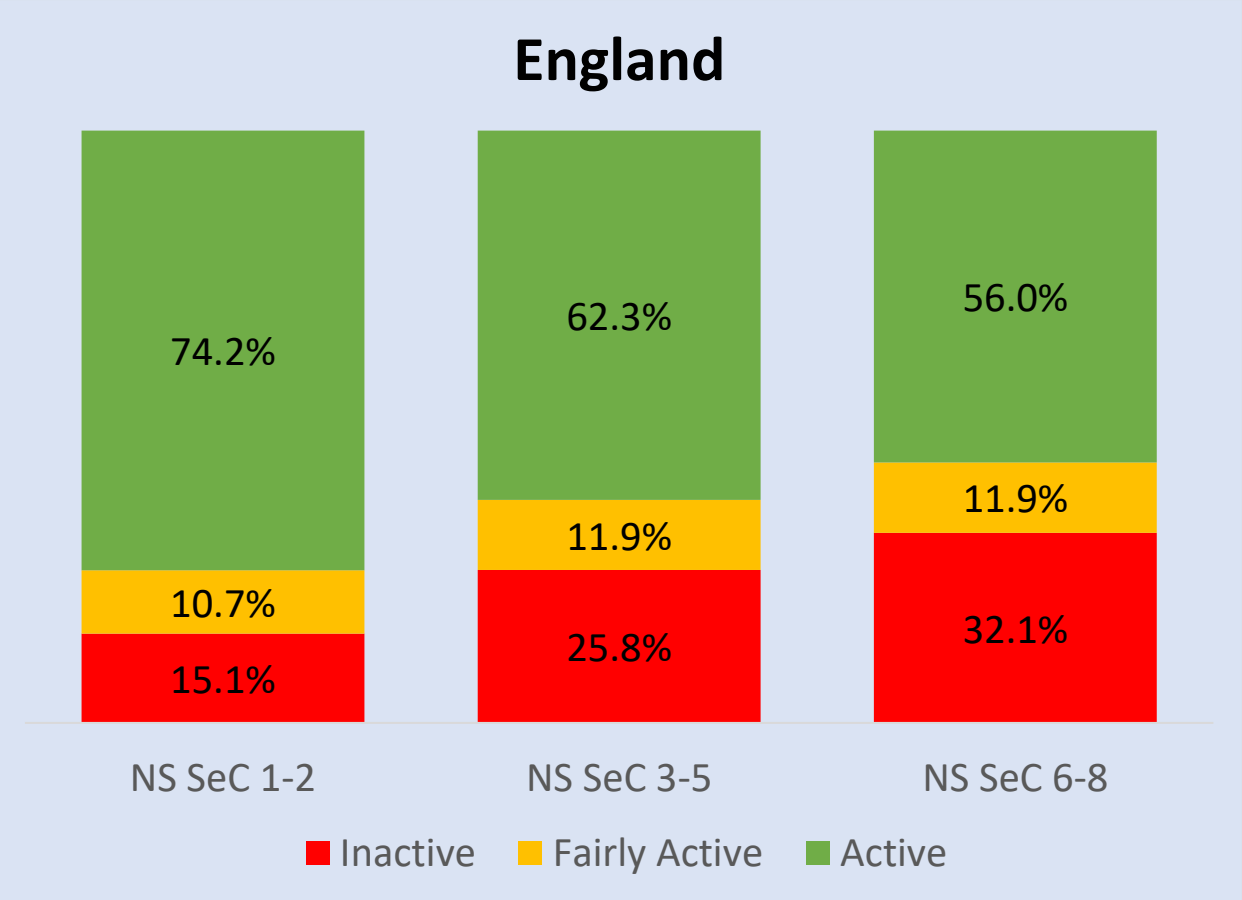
Aged 16-34    Aged 35-54    Aged 55-74    Aged 75+

■ Inactive    ■ Fairly active    ■ Active



Source: Sport England, Active Lives Adults, Nov 18 to Nov 19, age 16+, excluding gardening

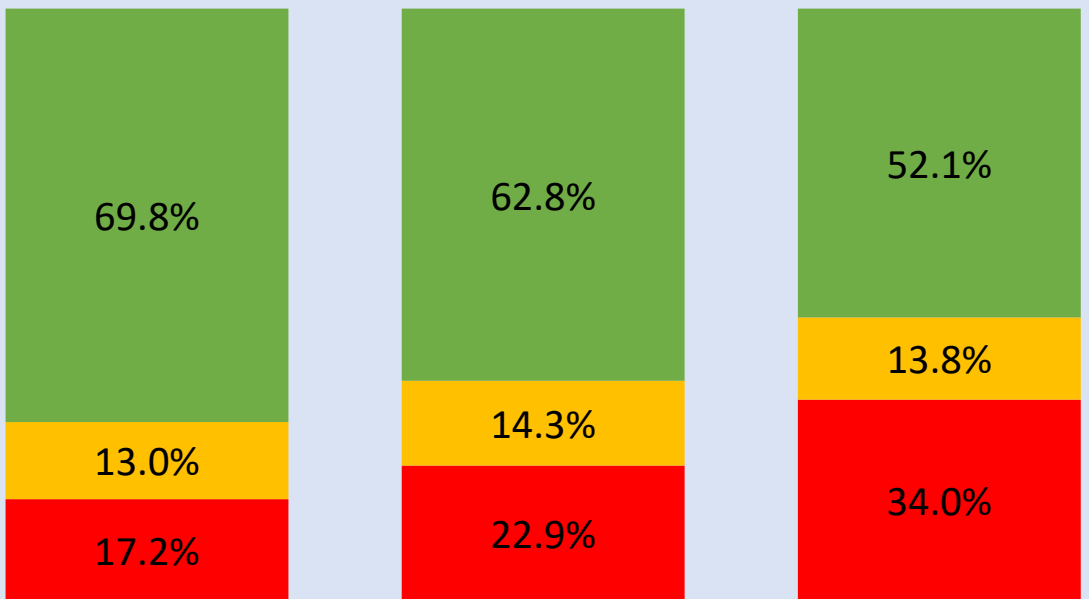
# Male by social grade: Physical activity behaviour



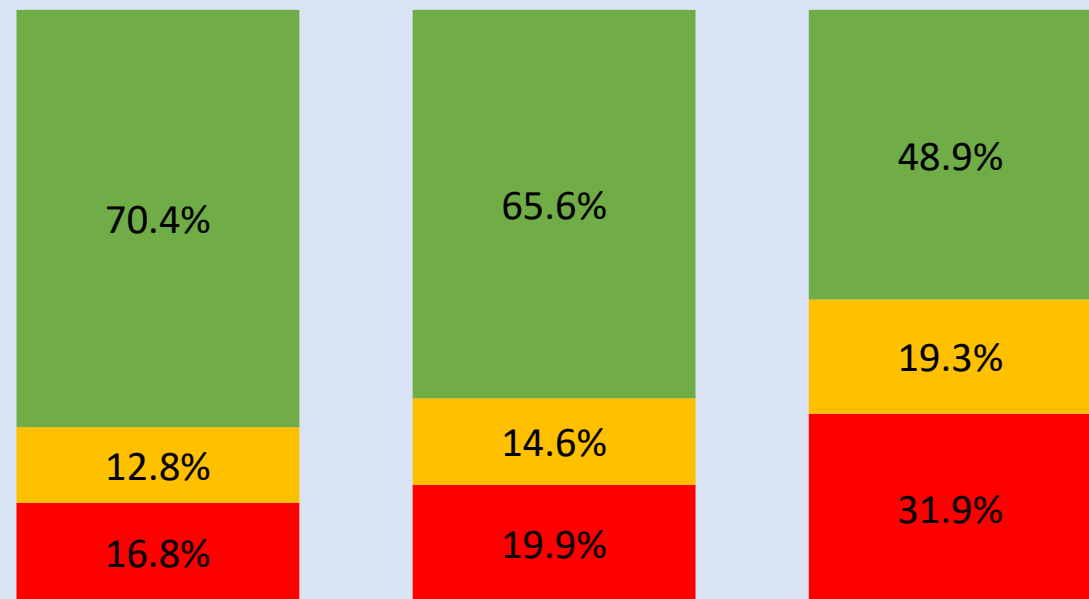
Source: Sport England, Active Lives Adults, Nov 18 to Nov 19, age 16+, excluding gardening

# Female by social grade: Physical activity behaviour

## England



## Active Notts



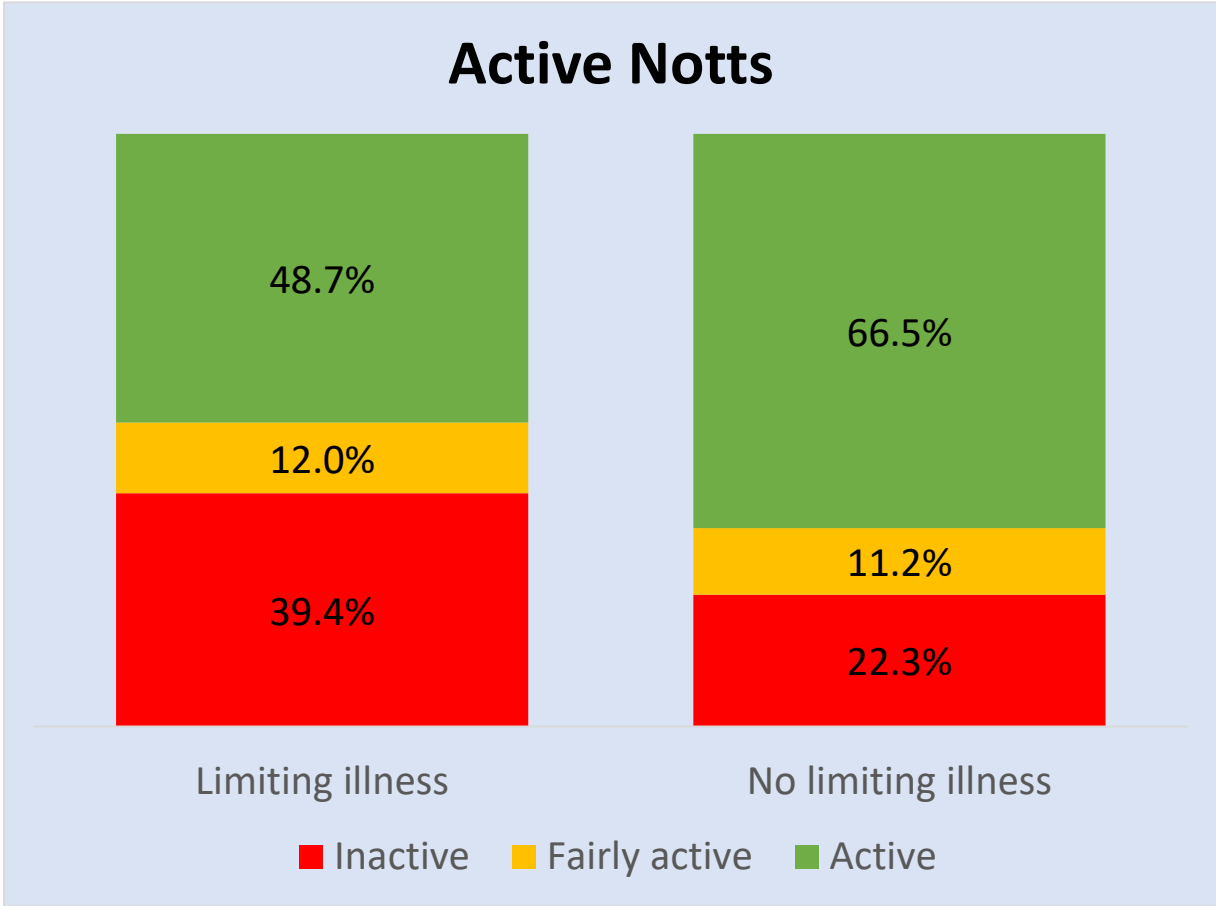
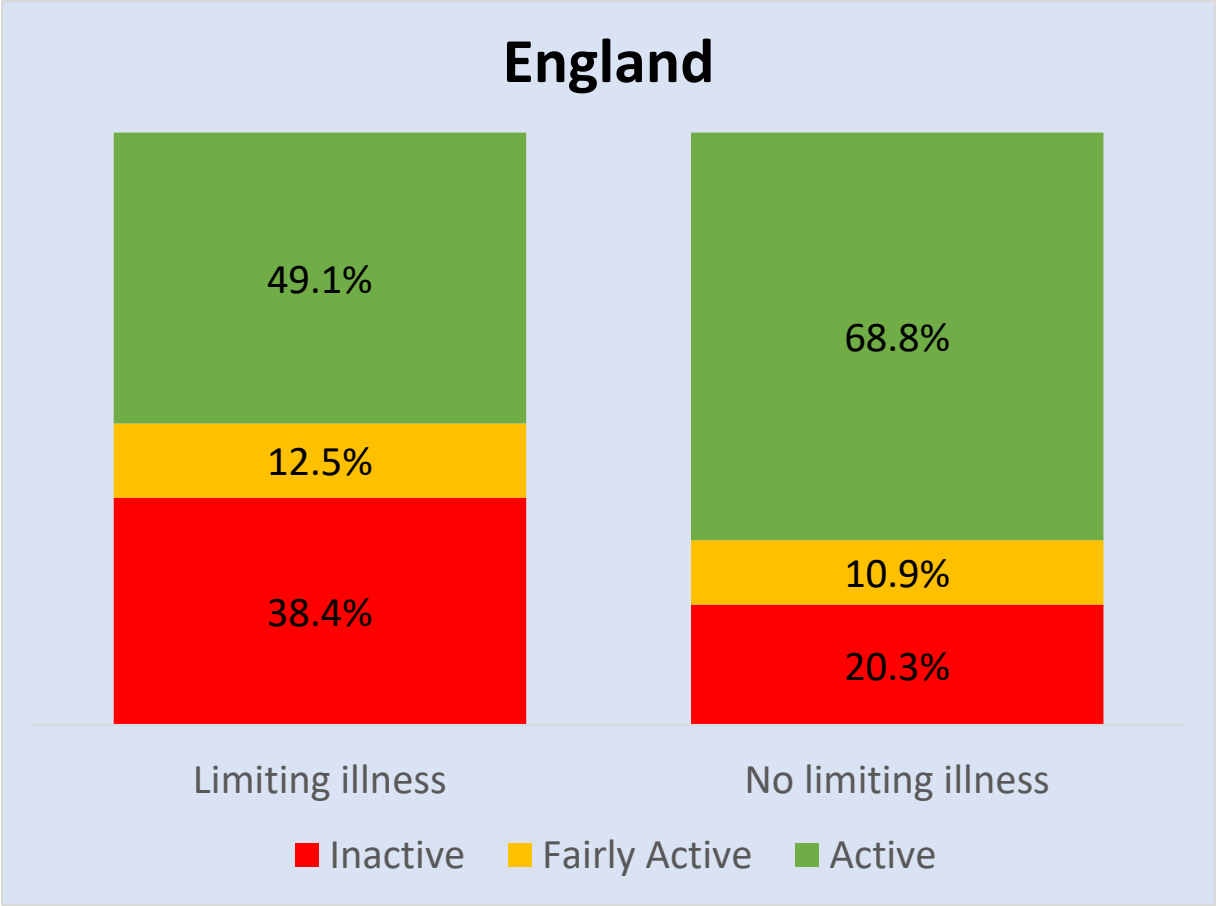
■ Inactive ■ Fairly Active ■ Active

■ Inactive ■ Fairly active ■ Active

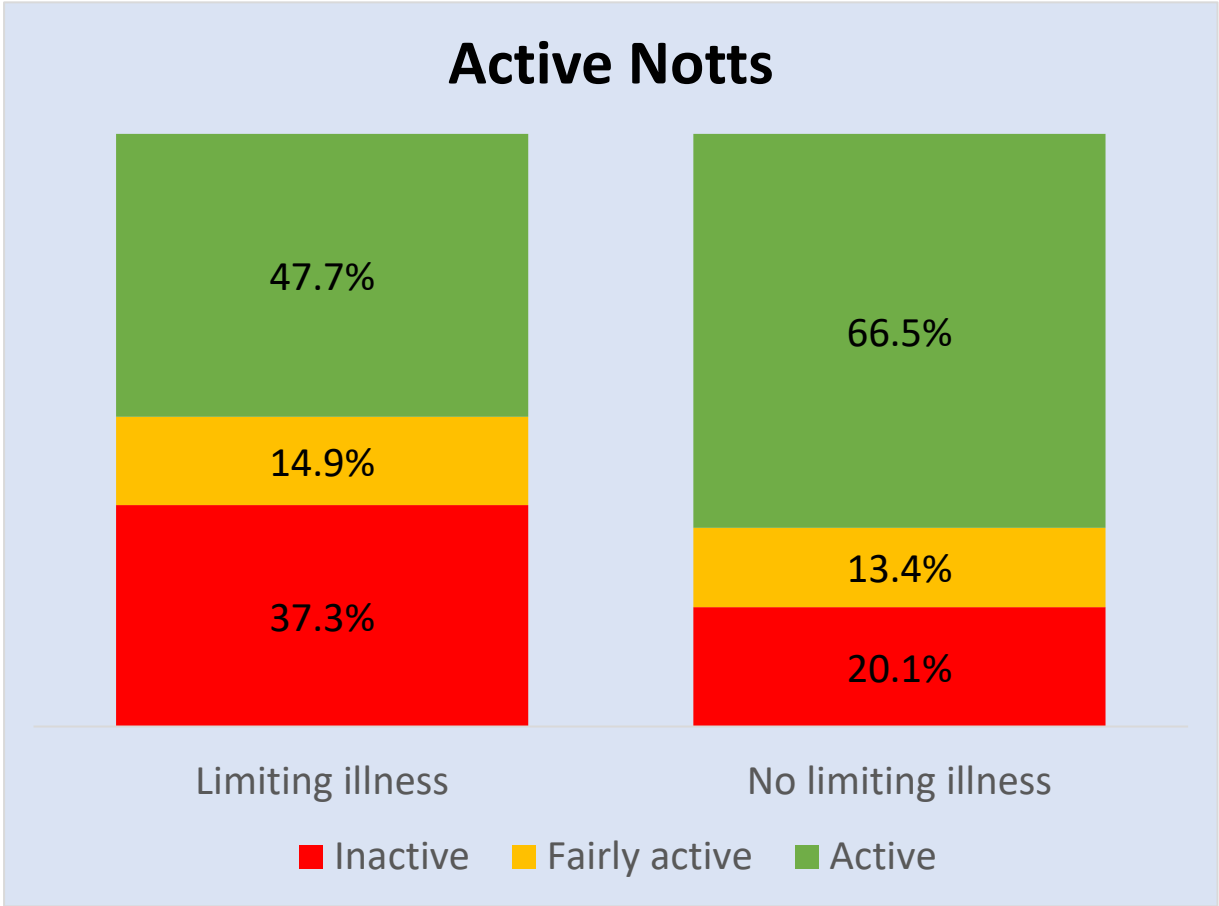
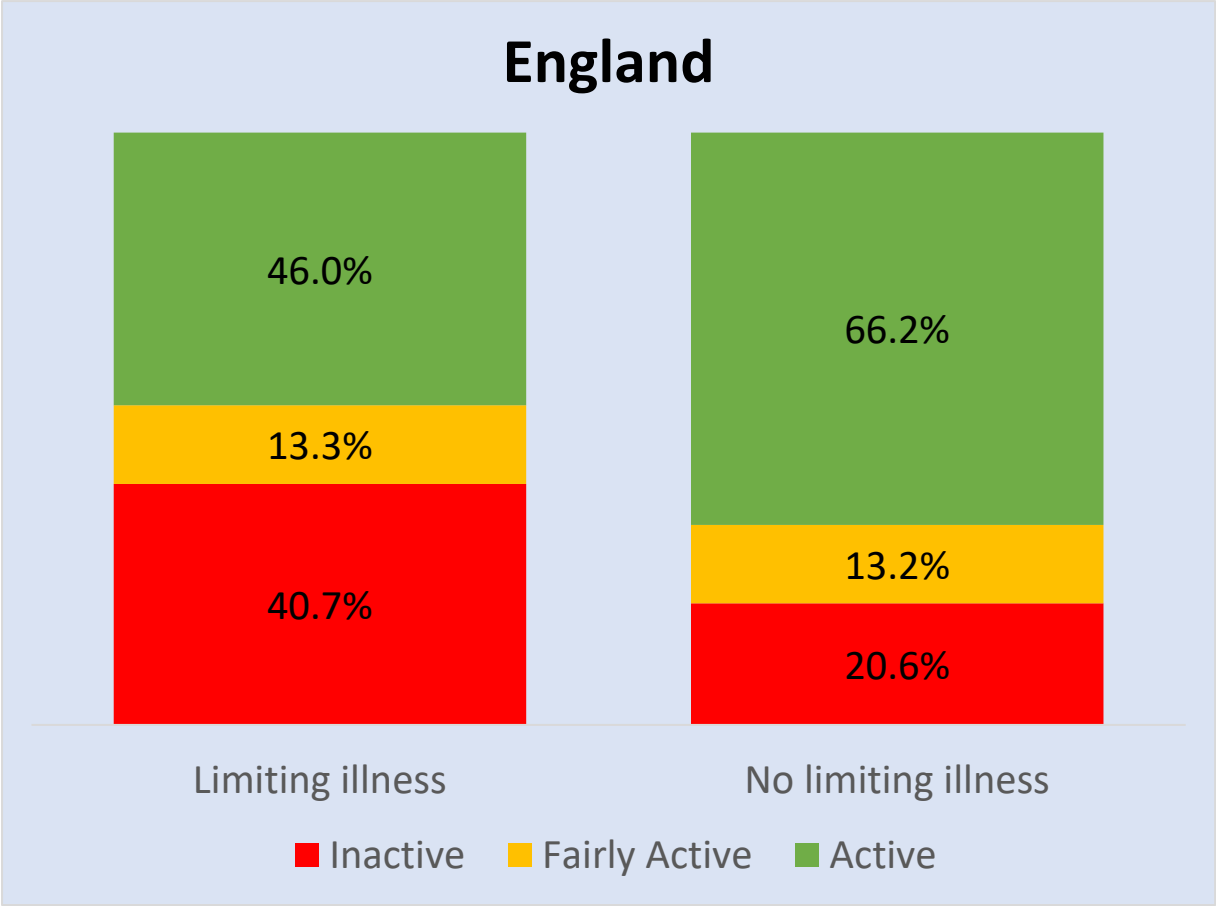


Source: Sport England, Active Lives Adults, Nov 18 to Nov 19, age 16+, excluding gardening

# Male by limiting illness: Physical activity behaviour



# Female by limiting illness: Physical activity behaviour

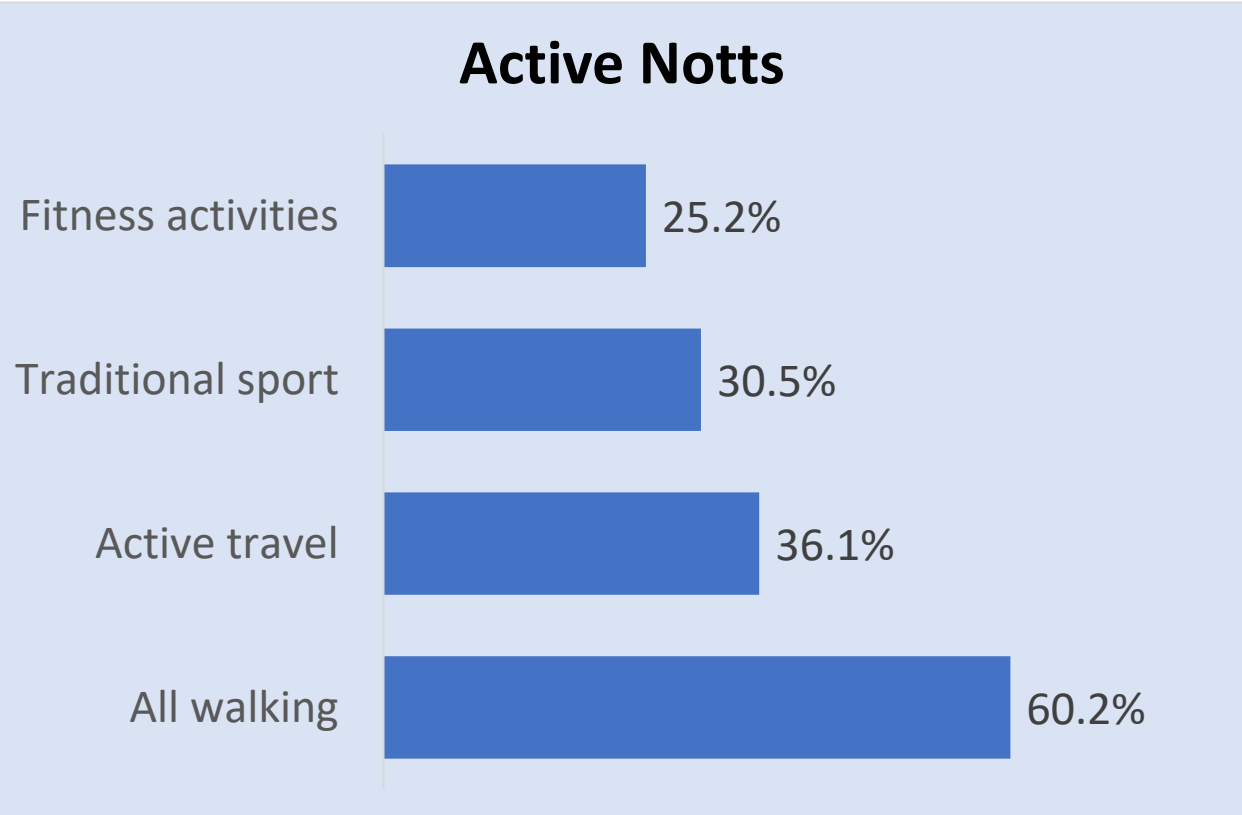
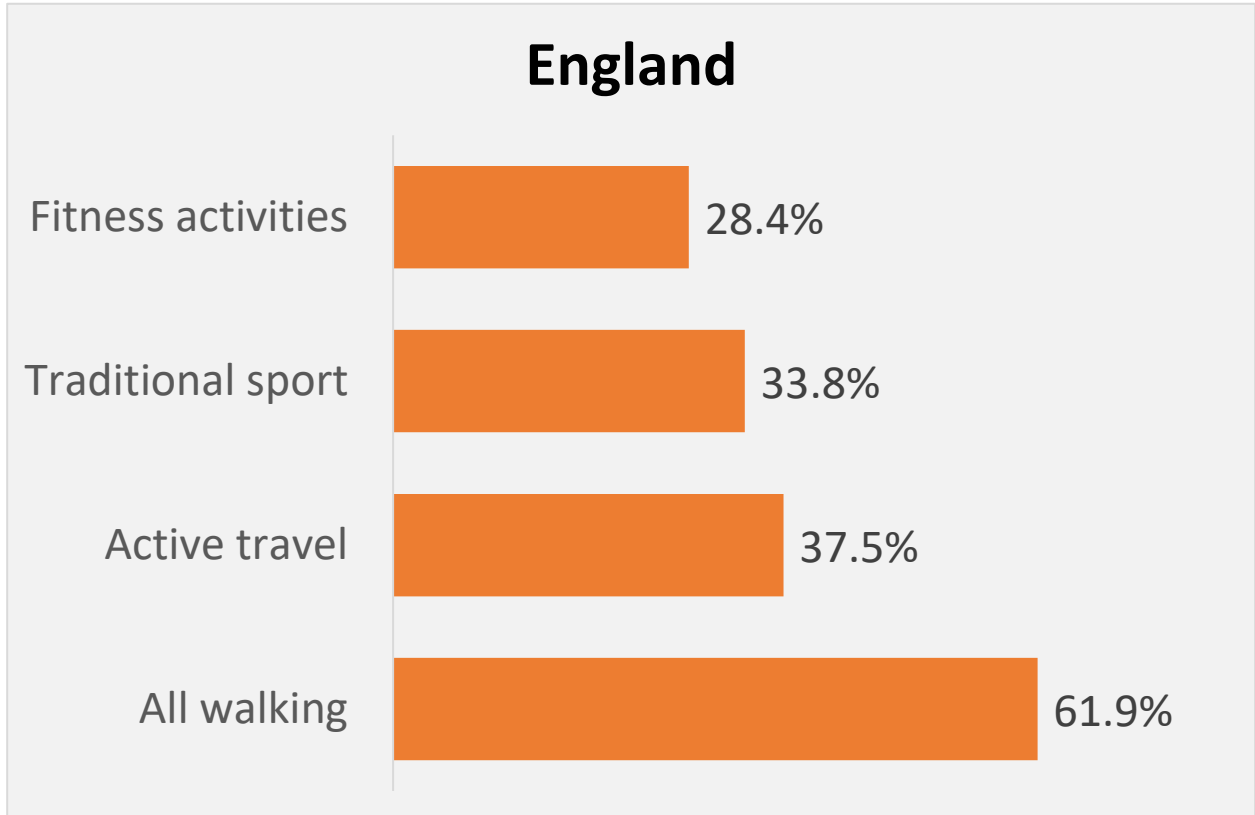


Physical Activity Behaviour:

# **Activities**

# Physical activity behaviour by activity

Twice in 28 days - Nov 18/19

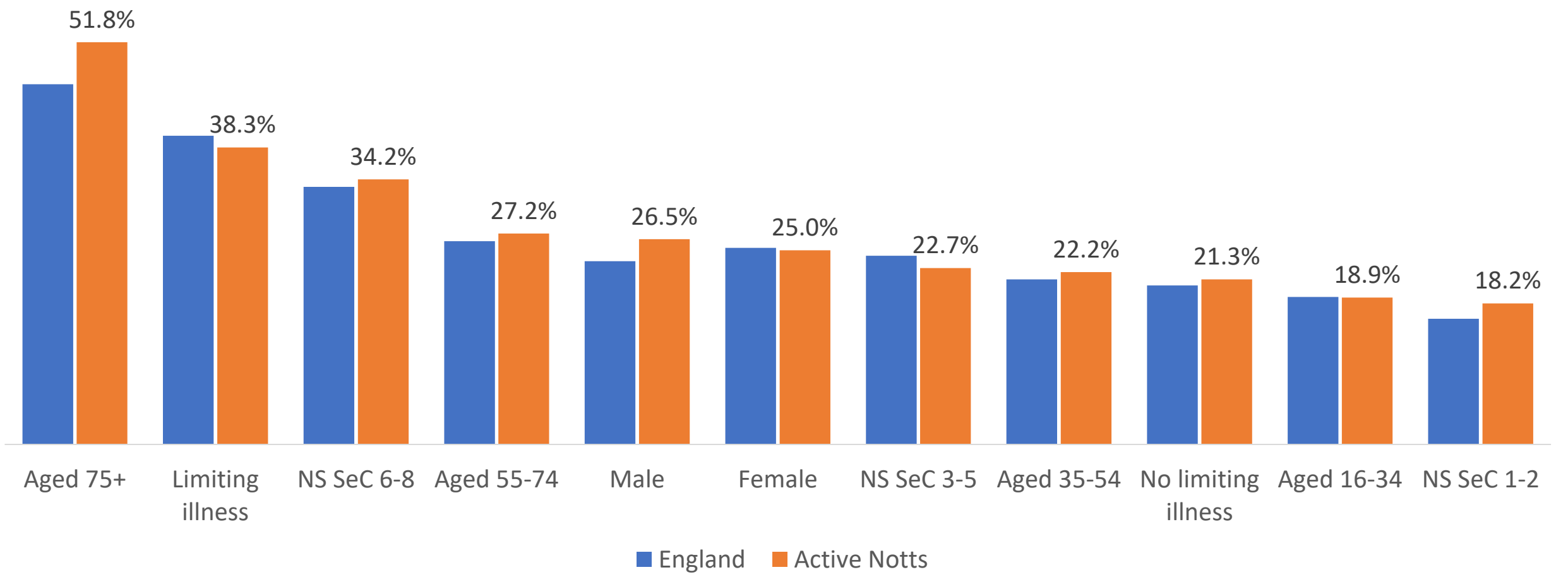


Source: Sport England, Active Lives Adults, Nov 15/16 to Nov 18/19 , age 16+, excluding gardening



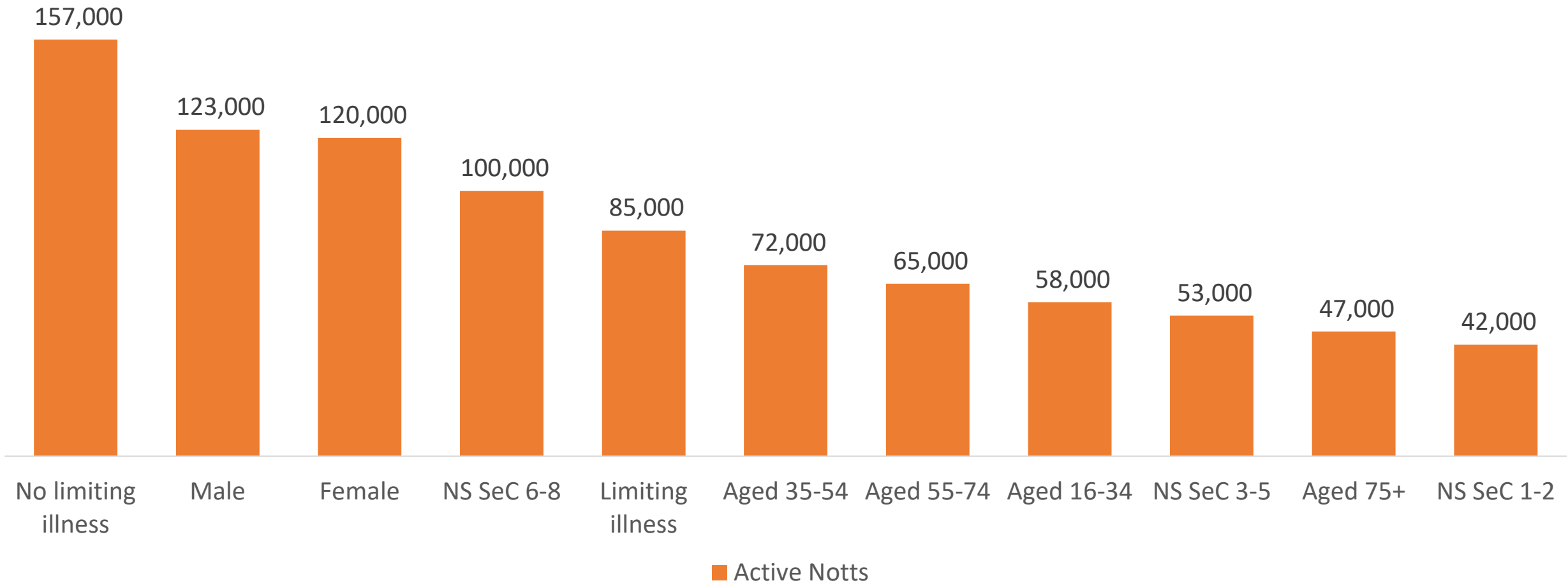
# Summary

# Inactive proportion by demographic group



Source: Sport England, Active Lives Adults, Nov 18 to Nov 19 , age 16+, excluding gardening

# Inactive population by demographic group



Source: Sport England, Active Lives Adults, Nov 18 to Nov 19 , age 16+, excluding gardening

# Overall summary

- Active Notts has a higher proportion of those from NS SeC groups 6-8 and from White British backgrounds. The population profile of Nottingham City is quite different to other districts within Active Notts including a considerably higher percentage of 16-34 year olds (37.7%)
- Overall Active Notts inactivity rates have remained fairly static – showing a slight increase (worsening) compared to Nov 17/18. However there has been a statistically significant decrease (worsening) in active proportions when compared to Nov 17/18. Notts City has conversely seen a significant improvement in inactivity rates since Nov 15/16
- Inactivity levels in Active Notts are worse than England for all age groups but 16-34 year olds inactivity levels and are now worse than Nov 15/16. They had been marginally improving between Nov 15/16 and Nov 17/18 but have got worse in Nov 18/19

# Overall summary

## Possible focus areas

- **Male** inactivity rates are higher than those of females and female inactivity is improving at a faster rate. Inactivity rates for **males from NS SeC groups 6-8** in particular compare poorly to males nationally and to females in Active Notts
- More than half of those **aged 75+** are inactive and Active Notts are ranked 41 of 45 partnerships. The inactivity proportion for this age group appears to be mainly driven by females