



Active Lives
Nov 2019 - 2020



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National update

Activity levels were hit hardest during the initial phase of the pandemic, and the proportion of the population classed as active dropped by 7.1%. This represents just over 3m fewer active adults.

During the second phase, as restrictions were eased, activity levels were still down compared to 12 months ago, but the reductions were smaller:

- 4.4%/2.0m fewer active adults across mid-May to mid-July
- 3.1%/1.4m fewer active adults across mid-July to mid-September

During the third phase of the pandemic, as new restrictions were imposed but before the full impact of the national lockdown was felt, activity levels decreased by 1.8% (0.8m fewer active adults). This was notably a smaller decrease than during the lockdown phase, indicating some recovery

National update

Demographics

Gender: As the pandemic hit, male activity levels fell more quickly with a larger drop during the initial lockdown (mid-March to mid-May). They then recovered more quickly, whereas female activity levels remained more consistently lower than 12 months earlier. This indicates that, despite their activity levels initially seeming more resilient to the pandemic, women who've seen activity levels fall may take longer and require more support to return

NS SEC: Compared to 12 months ago, activity levels have fallen amongst all groups, with those from lower socio-economic groups (routine/semi-routine jobs and those who are long-term unemployed or have never worked, NS-SEC 6-8) seeing larger drops than those from higher socio-economic groups (managerial, administrative and professional occupations, NS-SEC 1-2). As such, the existing inequalities have widened

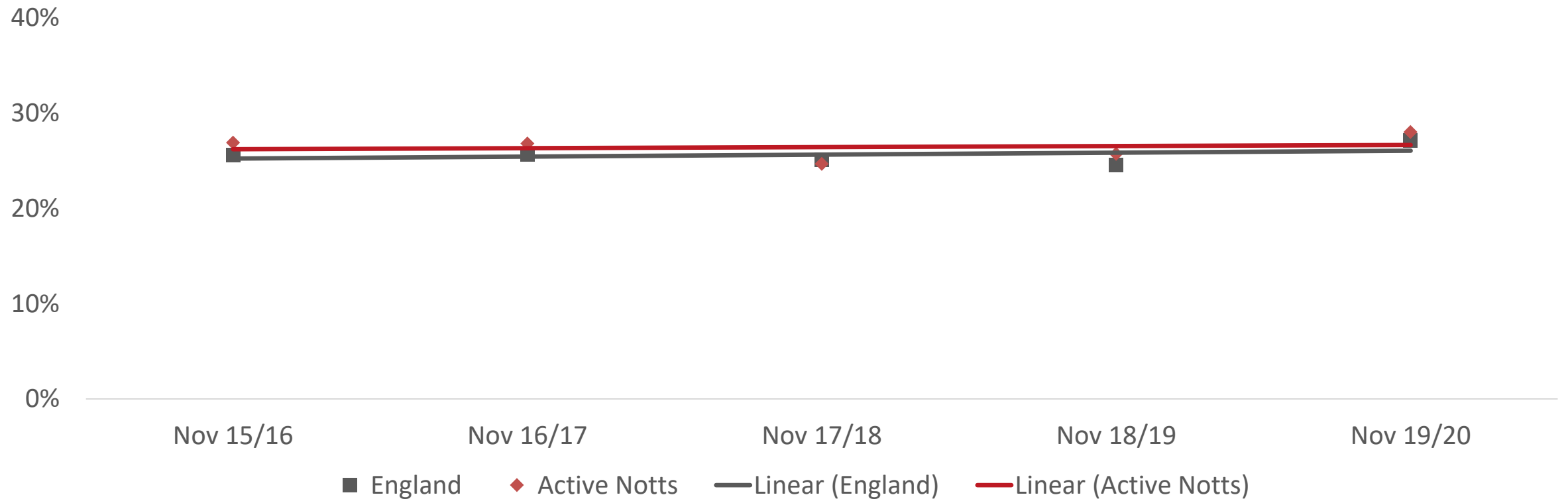
Age: As per the national picture, 16-34-year-olds have seen a large initial drop in activity levels, with recovery into mid-September to mid-November despite some restrictions remaining in place. Given the longer-term downward trend observed, this suggests activity can be recovered within this group. The 35-54 age group saw a smaller but consistent drop throughout the period. The 55-74 age group has largely followed the national pattern, with large initial drops in activity and then recovery into mid-September to mid-November. This suggests there may be a return to growth in activity levels post pandemic. The 75+ group, however, saw consistently large drops throughout the period with no real sign of recovery. This indicates the older age group may need additional support to recover activity levels, or there's a risk of the inequality widening once again.

Disability and long term health conditions: Decreases were the strongest during the initial lockdown phase amongst both those with and without a disability or long-term health condition - in line with the national picture. The scale of drops was slightly greater for disabled people or those with a long-term health condition, which may be attributed to the requirement for those with health conditions to shield.

Ethnicity: There's a clear divide whereby Black and Asian adults, as well as those in the 'other ethnic group', are less likely to be active than those who are White or Mixed race. The pandemic's had a disproportionately negative impact on those with the lowest activity levels and as such the inequalities have widened. Amongst those from Asian (excluding Chinese) backgrounds, men have driven the drops. Despite this, women of Black and Asian (excluding Chinese) ethnicities remain the least active and have the largest gender gap to their male equivalents

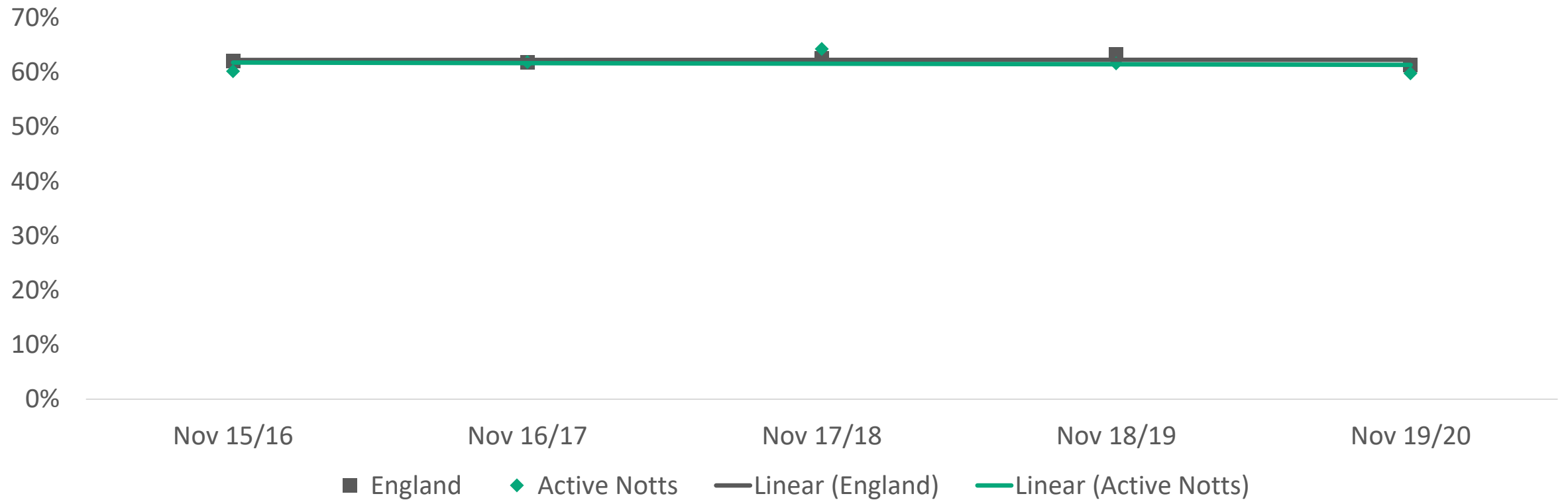
Inactive trend

Inactive

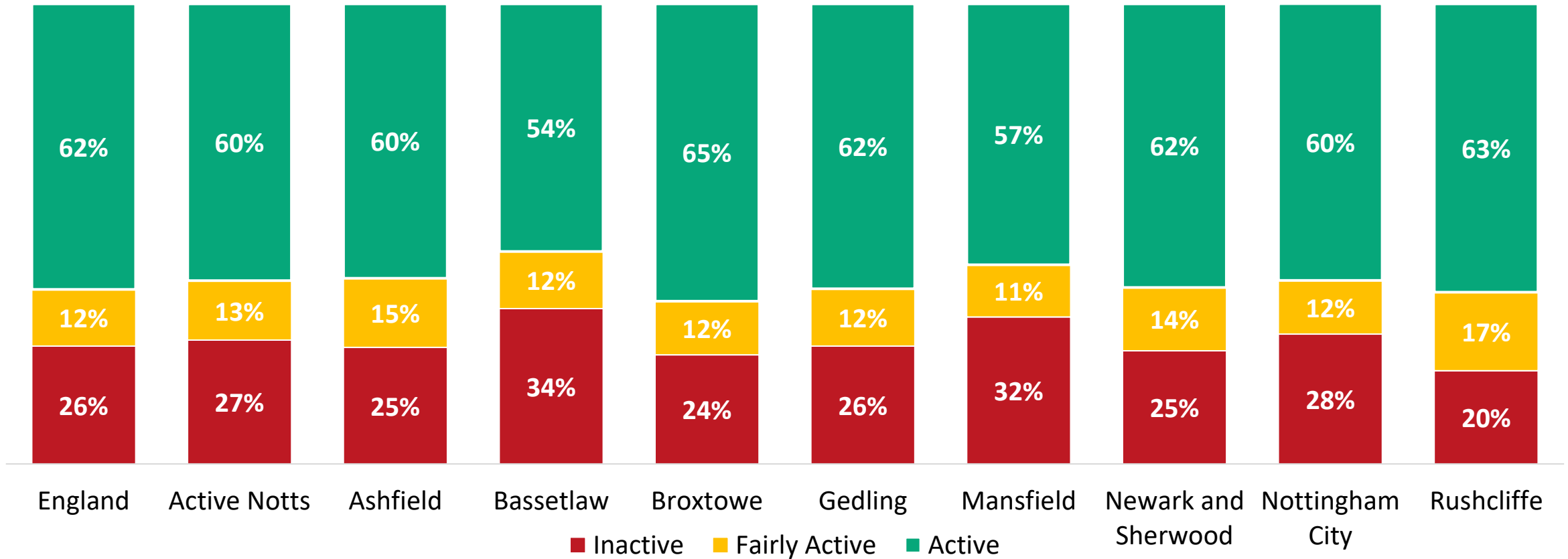


Active trend

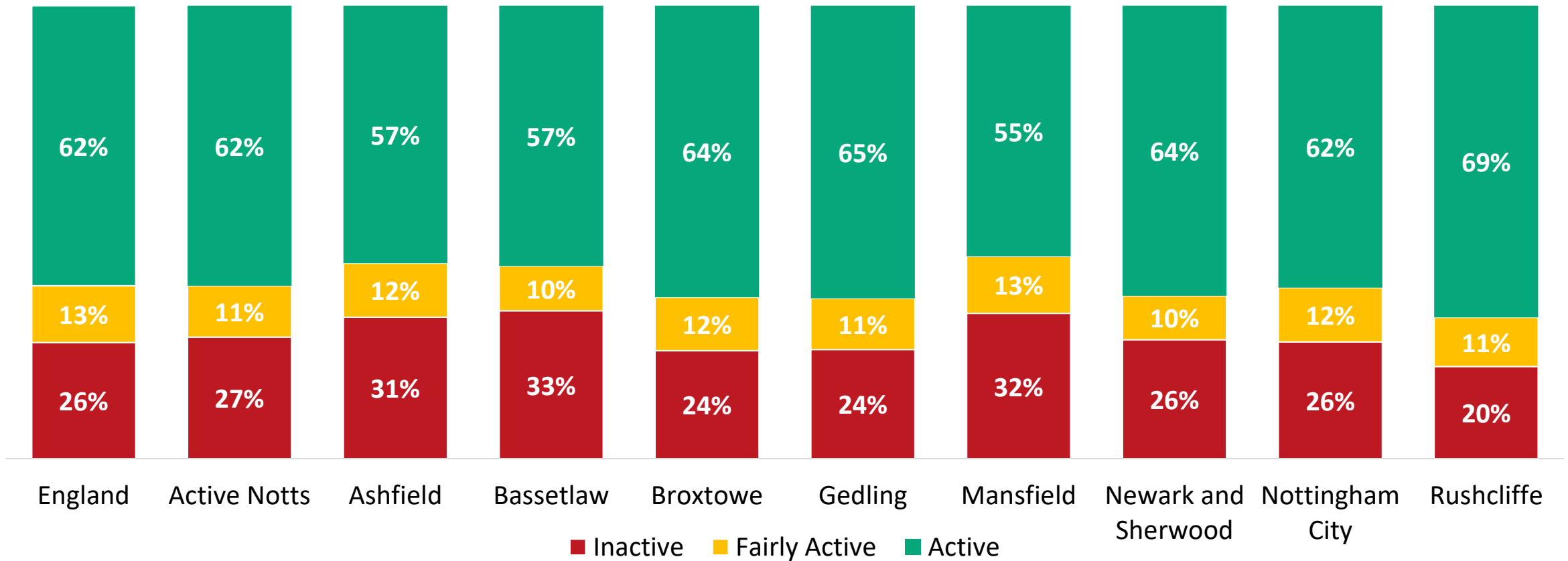
Active



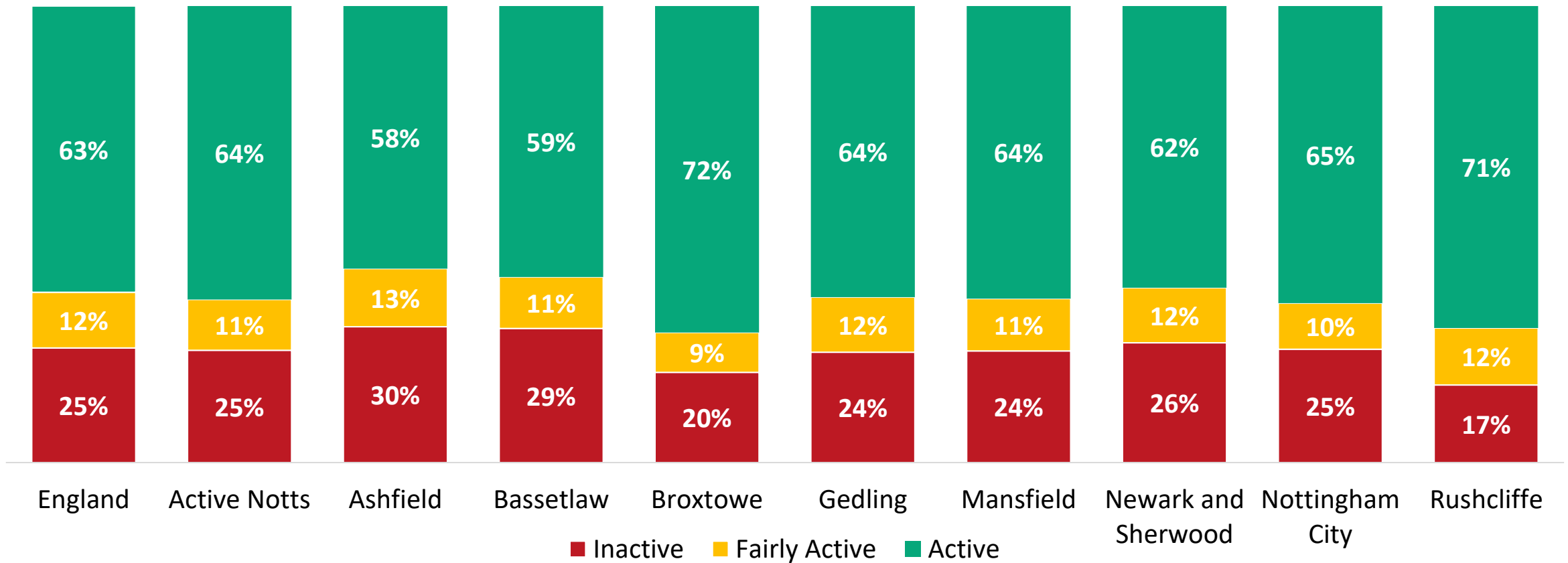
Activity levels Nov 15/16



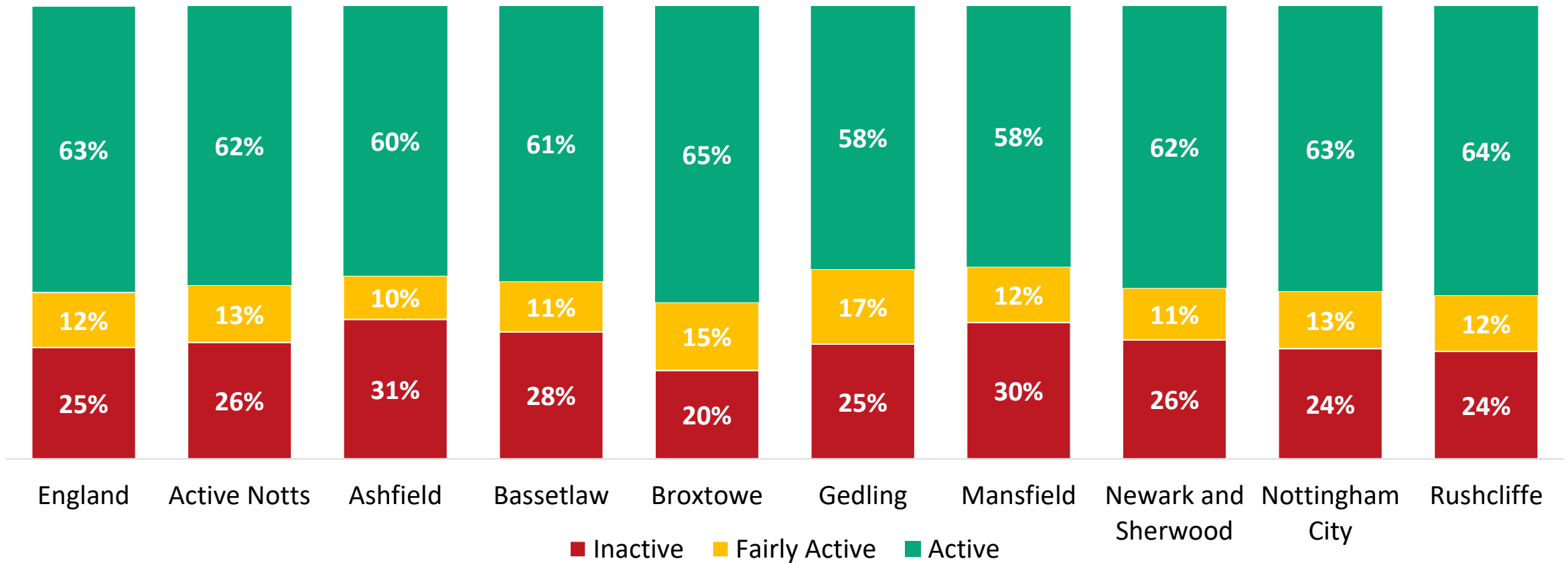
Activity levels Nov 16/17



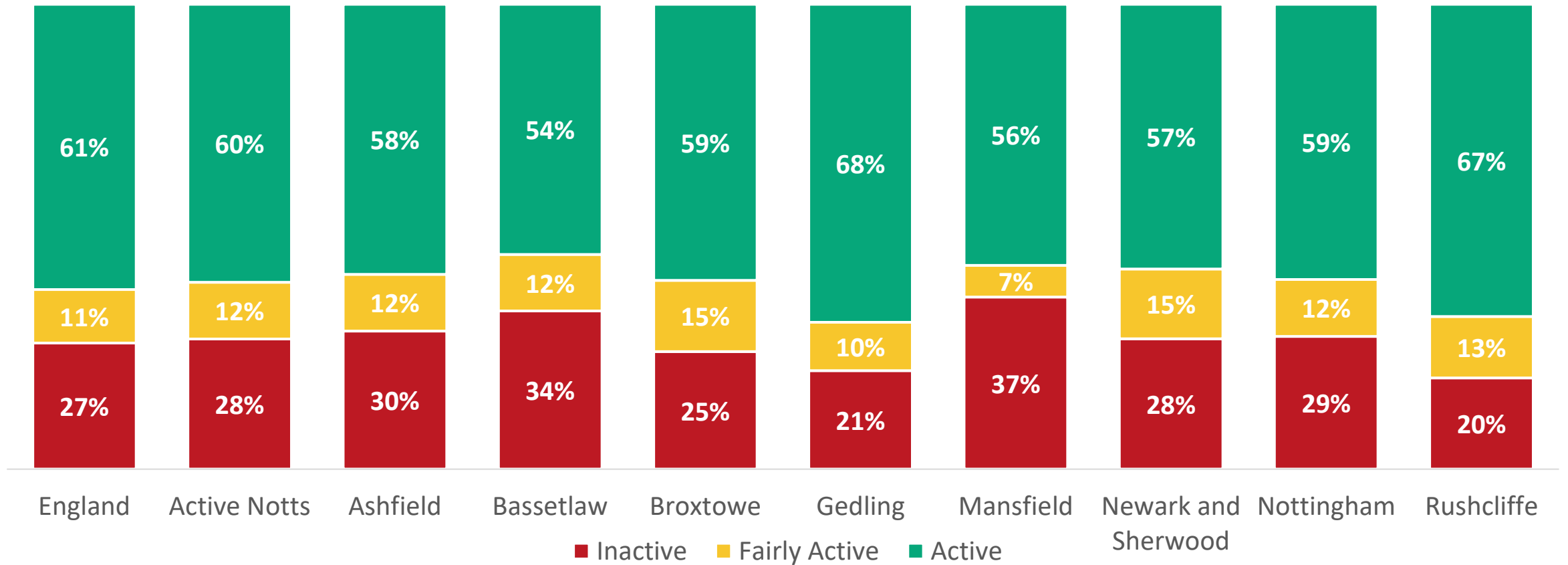
Activity levels Nov 17/18



Activity levels Nov 18/19



Activity levels Nov 19/20



Absolute Change

Absolute Change (Nov 1516 – Nov 1920)

Significant worsening

Significant improvement

	Inactive		Fairly Active		Active	
England	1.6%	Significant increase	-0.9%	Significant decrease	-0.7%	Significant decrease
Active Notts	1.1%	No change	-0.7%	No change	-0.4%	No change
Ashfield	4.4%	No change	-2.9%	No change	-1.6%	No change
Bassetlaw	0.3%	No change	-0.3%	No change	0.0%	No change
Broxtowe	1.6%	No change	3.7%	No change	-5.3%	No change
Gedling	-4.4%	No change	-2.0%	No change	6.4%	No change
Mansfield	5.1%	No change	-4.5%	Significant decrease	-0.6%	No change
Newark and Sherwood	3.5%	No change	1.2%	No change	-4.7%	No change
Nottingham City	0.4%	No change	0.6%	No change	-0.9%	No change
Rushcliffe	-0.6%	No change	-3.9%	No change	4.5%	No change

12 month Change

Change in the last 12 months (Nov 1819 – Nov 1920)

Significant worsening

Significant improvement

	Inactive		Fairly Active		Active	
England	2.6%	Significant increase	-0.7%	Significant decrease	-1.9%	Significant decrease
Active Notts	2.3%	Significant increase	-0.4%	No change	-1.8%	No change
Ashfield	-1.1%	No change	2.5%	No change	-1.4%	No change
Bassetlaw	6.0%	No change	1.0%	No change	-7.0%	No change
Broxtowe	5.8%	No change	0.3%	No change	-6.0%	No change
Gedling	-4.2%	No change	-6.1%	Significant decrease	10.3%	Significant increase
Mansfield	6.9%	No change	-5.5%	Significant decrease	-1.4%	No change
Newark and Sherwood	1.7%	No change	3.6%	No change	-5.3%	No change
Nottingham City	4.2%	Significant increase	-0.5%	No change	-3.7%	No change
Rushcliffe	-4.1%	No change	0.8%	No change	3.3%	No change